



Riverside High School

19019 Upper Belmont Place

Leesburg, VA 20176

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RVHS Swim Team 2017-18: Interest Meeting

Welcome to the Riverside Rams Swim Team! We are excited that you are here. The 2017-18 season is going to be an exciting one for RVHS Swimming as we build on our successes from last year.

	<u>2016-17 Results</u>	<u>2017-18 Goals</u>
Boy's Team		
Regular Season	8 wins, 1 loss	6 wins
District Championship	N/A	Top 2
Regional Championship	3 rd	Top 5
State Championship	8 th	Top 12
Girl's Team		
Regular Season	9 wins, 0 losses	7 wins
District Championship	N/A	Champions
Regional Championship	Champions	Champions
State Championship	Champions	Top 3

Try-out Information & Expectations

Try-outs for the 2017-18 season start on November 6. We expect swimmers to show up *in shape* for the swim season and ready to compete for positions on the team. As such, swimmers should swim and work-out as often as possible prior to November 6. At a minimum, we recommend that swimmers follow the work-out schedule outlined in the attached calendar.

Each team (Boys & Girls) will have approximately 25 athletes on the team. Coaches will evaluate swimmers during the time trial try-outs and select the team accordingly. All athletes are expected to attend all sessions during try-outs in order to be fully considered for the team. The time trial try-out schedule is as follows:

Monday, November 6 – 2:00-3:00pm @ Riverside High School, room 1402 – Info. Meeting

Monday, November 6 – 8:00-9:15pm @ Lansdowne on the Potomac – 400M freestyle

Tuesday, November 7 – 8:00-9:15 pm @ Lansdowne on the Potomac – 100M freestyle & 50M breast

Wednesday, November 8 – 8:00-9:15pm @ Lansdowne on the Potomac – 50M fly & 50M back

Thursday, November 9 – 4:00pm @ Riverside High School, room 1402 – Team Announced

Swimmers will be evaluated based on times achieved in each event. Coaches will analyze each event separately as well as cumulatively to determine each swimmer's "rank". This analysis will be used to determine the final roster for the Riverside Rams Swim Team.



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In-Season Information & Expectations

As a varsity student-athlete, swimmers are expected to be dedicated and devoted to the swim team. As such, they are expected to attend practices, meetings, and meets in accordance with the team policies.

The practice schedule is as follows:

Monday, Tuesday, & Wednesday: 8:00-9:15 pm @ Lansdowne on the Potomac – regular practices

Thursday: 4:15-5:15 pm @ Riverside High School, room 1402 – team meetings

Thursday: 9:30-10:30 pm @ Ida Lee Recreation Center – starting block practice

We always start on time and end on time. Please plan appropriately, as we have a very tight schedule and limited time in the pool. There is no built-in time for breaks, etc, and swimmers are expected to participate throughout the **entire** practice session.

For each practice session, swimmers are expected to bring the following equipment:

Swim suit – must be appropriate for swimming laps/racing. No board shorts, bikinis, etc.

Goggles – more than one pair is recommended, in case one breaks.

Water bottle – athletes need to constantly drink during exercise.

Fins – we use fins often during workouts.

Pull buoys – we use buoys often during workouts.

Swim snorkel – we will be utilizing the swim snorkel during workouts this season. Note that this is not a scuba or diving snorkel, but a swim training snorkel.

Hat, Jacket, appropriate shoes – something *appropriate* to wear home after practice. This is a winter sport, and it'll be cold outside. Please dress appropriately so that you don't get sick!

It is extremely important that swimmers come to every swim team event with a great attitude. While things are very structured, we have a lot of fun throughout the season. We want everyone to have a great time, to be great teammates, to constantly improve, and to love the sport. Through this, we will be extremely successful as a team and exceed each of our goals!

Go Rams!

Coach Getis

Coach Quinn

Coach Koons

RVHS Swim Team Calendar – 2017-18 Season

~ October ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Complete Pre-season Swim Workout - Select from options online or create your own - At least 1800 meters	3 Dryland Conditioning - 4:15-5:15 pm - at RVHS - Led by Coaches	4 Complete Pre-season Swim Workout - Select from options online or create your own - At least 1800 meters	5 Dryland Conditioning - 4:15-5:15 pm - at RVHS - Led by Coaches Parents Interest Meeting - 6:00 pm RVHS	6	7
8	9 **Columbus Day**	10 Dryland Conditioning - 4:15-5:15 pm - at RVHS - Led by Coaches	11 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2000 meters	12 Dryland Conditioning - 4:15-5:15 pm - at RVHS - Led by Coaches	13 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2000 meters	14
15	16 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2200 meters	17 Dryland Conditioning - 4:15-5:15 pm - at RVHS - Led by Coaches	18 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2200 meters	19 Dryland Conditioning - 4:15-5:15 pm - at RVHS - Led by Coaches	20	21
22	23 **No School for Students** Complete Pre-season Swim Workout - Select from options online or create your own - At least 2400 meters	24 Dryland Conditioning - 4:15-5:15 pm - at RVHS - Led by Coaches	25 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2400 meters	26 Dryland Conditioning - 4:15-5:15 pm - at RVHS - Led by Coaches	27	28
29	30 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2600 meters	31 **Happy Halloween** Dryland Conditioning - 4:15-5:15 pm - at RVHS - Led by Coaches		Notes:		

~ November ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2600 meters	2 Dryland Conditioning - 4:15-5:15 pm - at RVHS - Led by Coaches	3	4
5	6 **No School for Students** Mandatory Team Meeting 2:00-3:00 pm Try-outs Practice – 8:00-9:15 pm Potomac Club	7 **No School for Students** Try-outs Time Trials – 8:00-9:15 pm Potomac Club	8 Try-outs Time Trials – 8:00-9:15 pm Potomac Club	9 Mandatory Team Meeting Team Announced – 4:15-5:15 pm Room 1206	10	11
12	13 Practice – 8:00-9:15 pm Potomac Club	14 Team Picture – 4:00-6:00 pm @ RVHS Parent's Meeting – 7:00-9:00 pm @ RVHS Practice – 8:00-9:15 pm Potomac Club	15 Practice – 8:00-9:15 pm Potomac Club	16 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	17	19
19	20 Practice – 8:00-9:15 pm Potomac Club	21 Practice – 8:00-9:15 pm Potomac Club	22 **NO PRACTICE**	23 **NO PRACTICE** **Thanksgiving**	24	25
26	27 Practice – 8:00-9:15 pm Potomac Club	28 Practice – 8:00-9:15 pm Potomac Club	29 Practice – 8:00-9:15 pm Potomac Club	30 Team Meeting – 4:15-5:15 pm - Room 1402 Pasta Party at TBD's – 7:00 pm		

~ December ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Swim Meet vs Dominion (A) at Ida Lee – 7:00 pm	2
3	4 Practice – 8:00-9:15 pm Potomac Club	5 Practice – 8:00-9:15 pm Potomac Club	6 Practice – 8:00-9:15 pm Potomac Club	7 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	8 Pasta Party at TBD's – 7:00 pm	9 Swim Meet vs Woodgrove (A) at Claude Moore – 2pm
10	11 Practice – 8:00-9:15 pm Potomac Club	12 Practice – 8:00-9:15 pm Potomac Club	13 Practice – 8:00-9:15 pm Potomac Club	14 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	15 Pasta Party at TBD's – 7:00 pm	16 Swim Meet vs Heritage (H) at Ida Lee – 8pm
17	18 **No School for Students** Practice – 8:00-9:15 pm Potomac Club	19 **No School for Students** Practice – 8:00-9:15 pm Potomac Club	20 **No School for Students** Practice – 8:00-9:15 pm Potomac Club	21 **No School for Students** <i>"Optional" Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	22 **No School for Students**	23
24	25 **No School for Students** **NO PRACTICE**	26 **No School for Students** **NO PRACTICE**	27 **No School for Students** Practice – 8:00-9:15 pm Potomac Club	28 **No School for Students** <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	29 **No School for Students** Pasta Party at TBD's – 7:00 pm	30 Swim Meet vs Loudoun County (A) at Ida Lee – 6pm
31						

~ January ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 **No School for Students** Practice – 8:00-9:15 pm Potomac Club	2 Practice – 8:00-9:15 pm Potomac Club	3 Practice – 8:00-9:15 pm Potomac Club	4 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	5 Pasta Party at TBD's – 7:00 pm	6 Swim Meet vs Loudoun Valley (H) at Ida Lee – 6pm
7	8 Practice – 8:00-9:15 pm Potomac Club	9 Practice – 8:00-9:15 pm Potomac Club	10 Practice – 8:00-9:15 pm Potomac Club	11 Team Meeting – 4:15-5:15 pm - Room 1402 Pasta Party at TBD's – 7:00 pm	12 Swim Meet vs Park View (H) at Ida Lee – 9pm **Senior Night**	13
14	15 Practice – 8:00-9:15 pm Potomac Club	16 Practice – 8:00-9:15 pm Potomac Club	17 Practice – 8:00-9:15 pm Potomac Club	18 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	19 Pasta Party at TBD's – 7:00 pm	20 Swim Meet vs Stone Bridge (A) at Ida Lee – 6pm
21	22 Practice – 8:00-9:15 pm Potomac Club	23 Practice – 8:00-9:15 pm Potomac Club	24 Practice – 8:00-9:15 pm Potomac Club	25 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	26 Pasta Party at TBD's – 7:00 pm	27 <i>Dulles District Championship Meet at Claude Moore – 2pm</i>
28	29 Practice – 8:00-9:15 pm Potomac Club	30 Practice – 8:00-9:15 pm Potomac Club	31 Practice – 8:00-9:15 pm Potomac Club			

~ February ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice</i> 9:30-10:30pm – Ida Lee	2 Regional Championship Meet (Tentative) at Claude Moore	3 Regional Championship Meet (Tentative) at Claude Moore
4	5 Practice – 8:00-9:15 pm Potomac Club	6 Practice – 8:00-9:15 pm Potomac Club	7 Swim-a-thon to benefit the Leukemia & Lymphoma Society – 7:00-9:15 pm Potomac Club	8 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice</i> 9:30-10:30pm – Ida Lee	9	10
11	12 Practice – 8:00-9:15 pm Potomac Club	13 Practice – 8:00-9:15 pm Potomac Club	14 Practice – 8:00-9:15 pm Potomac Club	15	16 <i>Planned travel to Richmond, VA for State Championship Meet</i> - After School	17 State Championship Meet Richmond, VA Time All Day
18	19	20	21	22 End-of-Season Party RVHS Cafeteria 6:00-9:00 pm	23	24
25	26	27	28			