



Riverside High School

19019 Upper Belmont Place

Leesburg, VA 20176

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RVHS Swim Team Interest Meeting

Welcome to the Riverside Rams Swim Team! We are excited that you are here. The 2019-20 season is going to be an exciting one for RVHS Swimming. We have moved up to compete at the 5A level, which brings on new challenges. We expect to have an extremely strong and deep team this season, with many returning swimmers and a strong incoming class of athletes trying out.

	<u>2018-19 Results</u>	<u>2019-20 Goals</u>
Boy's Team		
Regular Season	6 wins, 1 loss	8 wins
District Championship	Champions	Champions
Regional Championship	Champions	Champions
State Championship	5 th	Top 5
Girl's Team		
Regular Season	6 wins, 1 loss	8 wins
District Championship	Champions	Top 2
Regional Championship	Champions	Top 2
State Championship	3rd	Top 5

Pre-Season Training & Conditioning

Beginning on October 22, we will hold OPTIONAL Dryland conditioning sessions – Tuesdays & Thursdays from 4:15-5:15 pm. To participate, athletes must have ALL required paperwork submitted to the RVHS Athletic Department.

Try-out Information & Expectations

Try-outs for the 2019-20 season start on November 11. 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 11. 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 to be fully considered for the team. The time trial try-out schedule is as follows:
Monday, November 11 – 4:15-5:00pm @ Riverside High School, room 1402 – Meeting
Monday, November 11 – 8:00-9:15pm @ Lansdowne on the Potomac – 400M freestyle
Tuesday, November 12 – 8:00-9:15 pm @ Lansdowne on the Potomac – 100M freestyle & 50M breast
Wednesday, November 13 – 8:00-9:15pm @ Lansdowne on the Potomac – 50M fly & 50M back
Thursday, November 14 – 4:00pm @ Riverside High School, room 1402 – Team Announced



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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.

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 Keeton

RVHS Swim Team Calendar – 2019-20 Season

~ October ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	30 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2000 meters	1	2 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2000 meters	3	4 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2000 meters	5
6	7 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2200 meters	8	9 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2200 meters	10	11 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2200 meters	12
13	14 **Columbus Day – No School** Complete Pre-season Swim Workout - Select from options online or create your own - At least 2600 meters	15	16 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2400 meters	17	18 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2400 meters	19
20	21 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2650 meters	22 Dryland Conditioning - 4:15-5:15 pm - at RVHS - Led by Coaches	23 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2650 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 2650 meters	26
27	28 Complete Pre-season Swim Workout - Select from options online or create your own - At least 3000 meters	29 Dryland Conditioning - 4:15-5:15 pm - at RVHS - Led by Coaches	30 Complete Pre-season Swim Workout - Select from options online or create your own - At least 3000 meters	31 **Happy Halloween** Dryland Conditioning - 4:15-5:15 pm - at RVHS - Led by Coaches		

~ November ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 **No School for Students** Complete Pre-season Swim Workout - Select from options online or create your own - At least 3000 meters	5 **No School for Students**	6 Complete Pre-season Swim Workout - Select from options online or create your own - At least 3000 meters	7	8 Complete Pre-season Swim Workout - Select from options online or create your own - At least 3000 meters	9
10	11 Mandatory Team Meeting 4:15pm in room 1402 Try-outs Time Trials – 400M Free – 8:00-9:15 pm Potomac Club	12 Try-outs Time Trials – 100M Free & 50M Breast – 8:00-9:15 pm Potomac Club	13 Try-outs Time Trials – 50M Back & 50M Fly – 8:00-9:15 pm Potomac Club	14 Mandatory Team Meeting Team Announced – 4:15-5:15 pm Room 1402	15	16 Team Kick-off Party Tran's House
17	18 Practice – 8:00-9:15 pm Potomac Club	19 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	20 Practice – 8:00-9:15 pm Potomac Club	21 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	22	23
24	25 Practice – 8:00-9:15 pm Potomac Club	26 Practice – 8:00-9:15 pm Potomac Club	27 **NO PRACTICE**	28 **NO PRACTICE** **Thanksgiving**	29	30

~ December ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Practice – 8:00-9:15 pm Potomac Club	3 Practice – 8:00-9:15 pm Potomac Club	4 Practice – 8:00-9:15 pm Potomac Club	5 Team Meeting – 4:15-5:15 pm - Room 1402 Pasta Party at TBD – 6:00 pm	6 Swim Meet vs John Handley (A) at Barret Park in Winchester – 7:00 pm	7 Swim Meet vs Potomac Falls (H) at Ida Lee – 8pm
8	9 Practice – 8:00-9:15 pm Potomac Club	10 Practice – 8:00-9:15 pm Potomac Club	11 Practice – 8:00-9:15 pm Potomac Club	12 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	13 Pasta Party at TBD – 6:00 pm	14 Swim Meet vs Freedom (A) at South Riding – 1pm
15	16 Practice – 8:00-9:15 pm Potomac Club	17 Practice – 8:00-9:15 pm Potomac Club	18 Practice – 8:00-9:15 pm Potomac Club	19 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	20 Pasta Party at TBD – 6:00 pm	21 Swim Meet – Loudoun County Championships at Claude Moore – 10am
22	23 **No School for Students** Practice – 8:00-9:15 pm Potomac Club	24 **No School for Students** **NO PRACTICE**	25 Merry Christmas! **No School for Students** **NO PRACTICE**	26 **No School for Students** <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	27 **No School for Students**	28
29	30 **No School for Students** Practice – 8:00-9:15 pm Potomac Club	31 **No School for Students** **NO PRACTICE**				

~ January ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 **No School for Students** **NO PRACTICE**	2 **No School for Students** Pasta Party at TBD – 6:00 pm	3 **No School for Students** Swim Meet vs Stone Bridge (A) at Ida Lee – 7pm	4 Swim Meet vs Woodgrove (H) at Ida Lee – 6pm
5	6 Practice – 8:00-9:15 pm Potomac Club	7 Practice – 8:00-9:15 pm Potomac Club	8 Practice – 8:00-9:15 pm Potomac Club	9 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	10 Pasta Party at TBD – 6:00 pm	11 Swim Meet vs Briar Woods (A) at Claude Moore – 3pm
12	13 Practice – 8:00-9:15 pm Potomac Club	14 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 Pasta Party at TBD – 6:00 pm	17 Swim Meet vs Loudoun County (A) at Ida Lee – 7pm	18 Swim Meet vs John Champe (H) at South Riding – 5pm
19	20 Practice – 8:00-9:15 pm Potomac Club	21 Practice – 8:00-9:15 pm Potomac Club	22 Practice – 8:00-9:15 pm Potomac Club	23 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	24 Pasta Party at TBD – 6:00 pm	25 Swim Meet vs Rock Ridge (H) at South Riding – 1pm **Senior Night**
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 <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	31 Pasta Party at TBD – 6:00 pm	

~ February ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 POSSIBLE Swim Meet vs ???? (H) at Ida Lee – 8pm
2	3 Practice – 8:00-9:15 pm Potomac Club	4 Practice – 8:00-9:15 pm Potomac Club	5 Practice – 8:00-9:15 pm Potomac Club	6 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	7 Pasta Party at TBD – 6:00 pm	8 Regional Championship Meet at Claude Moore Time TBD
9	10 Practice – 8:00-9:15 pm Potomac Club	11 Practice – 8:00-9:15 pm Potomac Club	12 Practice – 8:00-9:15 pm Potomac Club	13 Team Meeting – 4:15-5:15 pm - Room 1402	14 State Championship Meet at George Mason - Fairfax, VA ALL DAY Prelims at 8:00 am	15
16	17	18	19	20 End-of-Season Party RVHS Cafeteria 6:00-9:00 pm	21	22
23	24	25	26	27	28	