

RVHS Swim Team Calendar – 2016-17 Season

~ October 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Complete Pre-season Swim Workout - Select from options online or create your own - At least 1800 meters	4 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches	5 Complete Pre-season Swim Workout - Select from options online or create your own - At least 1800 meters	6 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches Parents Interest Meeting - 6:00 pm RVHS	7	8
9	10 **Columbus Day**	11 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches	12 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2000 meters	13 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches	14 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2000 meters	15
16	17 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2200 meters	18 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches	19 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2200 meters	20 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches	21	22
23	24 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2400 meters	25 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches	26 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2400 meters	27 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches	27	29
30	31 **Happy Halloween**			Notes:		

~ November 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches	2 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2600 meters	3 Dryland Conditioning - 4:00 – 5:00 pm - at RVHS - Led by Coaches	4 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2600 meters	
6	7 **No School for Students** Mandatory Team Meeting 2:00-3:00 pm Try-outs Practice – 8:00-9:15 pm Potomac Club	8 **No School for Students** Try-outs Time Trials – 8:00-9:15 pm Potomac Club	9 Try-outs Time Trials – 8:00-9:15 pm Potomac Club	10 Mandatory Team Meeting Team Announced – 4:00-5:00 pm Room 1206	11	12
13	14 Practice – 8:00-9:15 pm Potomac Club	15 Practice – 8:00-9:15 pm Potomac Club	16 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	17 Team Meeting – 4:00-5:00 pm - Room 1206 Starting Blocks Practice 9:30-10:30pm – Ida Lee	18	19
20	21 Practice – 8:00-9:15 pm Potomac Club	22 Practice – 8:00-9:15 pm Potomac Club	23 **NO PRACTICE**	24 **NO PRACTICE** **Thanksgiving**	25	26
27	28 Practice – 8:00-9:15 pm Potomac Club	29 Practice – 8:00-9:15 pm Potomac Club	30 Practice – 8:00-9:15 pm Potomac Club	Notes:		

~ December 2016 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Team Meeting – 4:00-5:00 pm - Room 1206 Pasta Party @TBD's 7:00 pm	2 Swim Meet (Ida Lee) vs Loudoun Valley (A) – 9:0 0 pm	3
4	5 Practice – 8:00-9:15 pm Potomac Club	6 Practice – 8:00-9:15 pm Potomac Club	7 Practice – 8:00-9:15 pm Potomac Club	8 Team Meeting – 4:00-5:00 pm - Room 1206 <i>Starting Blocks Practice</i> <i>9:30-10:30pm – Ida Lee</i>	9 Pasta Party @TBD's 7:00 pm	10 Swim Meet (Central Park Aquatic Center) vs Brensville (A) – 12:00 pm
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 Team Meeting – 4:00-5:00 pm - Room 1206 <i>Starting Blocks Practice</i> <i>9:30-10:30pm – Ida Lee</i>	16 Pasta Party @TBD's 6:00 – 8:00 pm	17 Swim Meet (Claude Moore) vs Rock Ridge (H) – 3:30 pm
18	19 Practice – 8:00-9:15 pm Potomac Club	20 Practice – 8:00-9:15 pm Potomac Club	21 Practice – 8:00-9:15 pm Potomac Club	22 **No School for Students** Pasta Party @TBD's 7:00 pm	23 **No School for Students** Swim Meet (Ida Lee) vs Loudoun County (A) – 7:00 pm	24
25	26 **No School for Students** "Optional" Practice – 8:00-9:15 pm Potomac Club	27 **No School for Students** "Optional" Practice – 8:00-9:15 pm Potomac Club	28 **No School for Students** "Optional" Practice – 8:00-9:15 pm Potomac Club	29 **No School for Students** "Optional" Starting Blocks Practice 9:30-10:30pm – Ida Lee	30	31

~ January 2017 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 **No School for Students** 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 – 4:00-5:00 pm - Room 1206 Pasta Party @TBD's 7:00 pm	6 Swim Meet (Ida Lee) vs Heritage (H) – 7:00 pm	7
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 – 4:00-5:00 pm - Room 1206 Pasta Party @TBD's 7:00 pm	13 Swim Meet (Barnett Park) vs Handley (A) – 7:00 pm	14 Swim Meet (Claude Moore) vs Dominion (A) – 11:30 am
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 – 4:00-5:00 pm - Room 1206 Pasta Party @TBD's 7:00 pm	20 Swim Meet (Ida Lee) vs Stone Bridge (H) – 7:00 pm **SENIOR NIGHT**	21 Swim Meet (Claude Moore) vs Park View (A) – 5:30 pm
22	23 Practice – 8:00-9:15 pm Potomac Club	24 Practice – 8:00-9:15 pm Potomac Club	25 Swim-a-thon to benefit the Leukemia & Lymphoma Society – 7:00-9:15 pm Potomac Club	26 Team Meeting – 4:00-5:00 pm - Room 1206 <i>Starting Blocks Practice</i> <i>9:30-10:30pm – Ida Lee</i>	27	28
29	30 Practice – 8:00-9:15 pm Potomac Club	31 Practice – 8:00-9:15 pm Potomac Club				

~ February 2017 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Practice – 8:00-9:15 pm Potomac Club	2 Team Meeting – 4:00-5:00 pm - Room 1206 <i>Starting Blocks Practice</i> 9:30-10:30pm – Ida Lee	3	4
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 – 4:00-5:00 pm - Room 1206 Pasta Party @TBD's 7:00 pm	10 Regional Championship Meet Richmond, VA Time TBD	11
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 <i>Planned travel to Richmond, VA for State Championship Meet</i> - After School	17 State Championship Meet Richmond, VA Time TBD	18
19	20	21	22	23 End-of-Season Party RVHS Cafeteria 7:00-9:00 pm	24	28
26	27	28				