

# RVHS Swim Team Calendar – 2018-19 Season

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

~ November ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Dryland Conditioning - 4:15-5:15 pm - at RVHS - Led by Coaches	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> **No School for Students** Mandatory Team Meeting 2:00-3:00 pm  Try-outs Practice – 8:00-9:15 pm Potomac Club	<b>6</b> **No School for Students** Try-outs Time Trials – 8:00-9:15 pm Potomac Club	<b>7</b> Try-outs Time Trials – 8:00-9:15 pm Potomac Club	<b>8</b> Mandatory Team Meeting Team Announced – 4:15-5:15 pm Room 1206	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b> Practice – 8:00-9:15 pm Potomac Club	<b>13</b> 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	<b>14</b> Practice – 8:00-9:15 pm Potomac Club	<b>15</b> Team Meeting – 4:15-5:15 pm - Room 1402  Starting Blocks Practice 9:30-10:30pm – Ida Lee	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> Practice – 8:00-9:15 pm Potomac Club	<b>20</b> Practice – 8:00-9:15 pm Potomac Club	<b>21</b> **NO PRACTICE**	<b>22</b> **NO PRACTICE** **Thanksgiving**	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> Practice – 8:00-9:15 pm Potomac Club	<b>27</b> Practice – 8:00-9:15 pm Potomac Club	<b>28</b> Practice – 8:00-9:15 pm Potomac Club	<b>29</b> Team Meeting – 4:15-5:15 pm - Room 1402  Pasta Party at TBD– 6:00 pm	<b>30</b> Swim Meet – Dominion (H) at Ida Lee – 7:00 pm	

~ December ~

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

~ January ~

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

~ February ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Regional Championship Meet at Claude Moore 6:00 pm **POSSIBLE**	<b>2</b> Regional Championship Meet at Claude Moore 2:00 pm **POSSIBLE**
<b>3</b>	<b>4</b> Practice – 8:00-9:15 pm Potomac Club	<b>5</b> Practice – 8:00-9:15 pm Potomac Club	<b>6</b> Swim-a-thon to benefit the Leukemia & Lymphoma Society – 7:00-9:15 pm Potomac Club	<b>7</b> Team Meeting – 4:15-5:15 pm - Room 1402  <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b> Practice – 8:00-9:15 pm Potomac Club	<b>12</b> Practice – 8:00-9:15 pm Potomac Club	<b>13</b> Practice – 8:00-9:15 pm Potomac Club	<b>14</b> <i>Planned travel to Richmond, VA for State Championship Meet - Bus leaves around 2:00 pm</i>	<b>15</b> State Championship Meet Richmond, VA ALL DAY Prelims at 8:00 am Return to RVHS at midnight or later	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> End-of-Season Party RVHS Cafeteria 6:00-9:00 pm	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>			