

# RVHS Swim Team Calendar – 2019-20 Season

~ October ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>30</b> Complete Pre-season Swim Workout - Select from options online or create your own - At least 2000 meters	<b>1</b>	<b>2</b> Complete Pre-season Swim Workout - Select from options online or create your own - At least 2000 meters	<b>3</b>	<b>4</b> Complete Pre-season Swim Workout - Select from options online or create your own - At least 2000 meters	<b>5</b>
<b>6</b>	<b>7</b> Complete Pre-season Swim Workout - Select from options online or create your own - At least 2200 meters	<b>8</b>	<b>9</b> Complete Pre-season Swim Workout - Select from options online or create your own - At least 2200 meters	<b>10</b>	<b>11</b> Complete Pre-season Swim Workout - Select from options online or create your own - At least 2200 meters	<b>12</b>
<b>13</b>	<b>14</b> **Columbus Day – No School** Complete Pre-season Swim Workout - Select from options online or create your own - At least 2600 meters	<b>15</b>	<b>16</b> Complete Pre-season Swim Workout - Select from options online or create your own - At least 2400 meters	<b>17</b>	<b>18</b> Complete Pre-season Swim Workout - Select from options online or create your own - At least 2400 meters	<b>19</b>
<b>20</b>	<b>21</b> <b>Complete</b> Pre-season Swim Workout - Select from options online or create your own - At least 2650 meters	<b>22</b>	<b>23</b> Complete Pre-season Swim Workout - Select from options online or create your own - At least 2650 meters	<b>24</b>	<b>25</b> Complete Pre-season Swim Workout - Select from options online or create your own - At least 2650 meters	<b>26</b>
<b>27</b>	<b>28</b> Complete Pre-season Swim Workout - Select from options online or create your own - At least 3000 meters	<b>29</b>	<b>30</b> Complete Pre-season Swim Workout - Select from options online or create your own - At least 3000 meters	<b>31</b> <b>**Happy Halloween**</b> Annual Ultimate Frisbee Game - 4:15-5:15 pm - at RVHS		

~ November ~

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

~ December ~

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

~ January ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> <b>**No School for Students**</b>  <b>**NO PRACTICE**</b>	<b>2</b> <b>**No School for Students**</b>  Pasta Party at TBD – 6:00 pm	<b>3</b> <b>**No School for Students**</b>  Swim Meet vs Stone Bridge (A) at Ida Lee – 7pm	<b>4</b> Swim Meet vs Woodgrove (H) at Ida Lee – 6pm
<b>5</b>	<b>6</b> Practice – 8:00-9:15 pm Potomac Club	<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> Team Meeting – 4:15-5:15 pm - Room 1402  <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	<b>10</b>  Pasta Party at TBD – 6:00 pm	<b>11</b> Swim Meet vs Briar Woods (A) at Claude Moore – 3pm
<b>12</b>	<b>13</b> Practice – 8:00-9:15 pm Potomac Club	<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> Team Meeting – 4:15-5:15 pm - Room 1402  Pasta Party at TBD – 6:00 pm	<b>17</b> Swim Meet vs Loudoun County (A) at Ida Lee – 7pm	<b>18</b> Swim Meet vs John Champe (H) at South Riding – 5pm
<b>19</b>	<b>20</b> Practice – 8:00-9:15 pm Potomac Club	<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> Team Meeting – 4:15-5:15 pm - Room 1402  <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	<b>24</b> Pasta Party at TBD – 6:00 pm	<b>25</b> Swim Meet vs Rock Ridge (H) at South Riding – 1pm  <b>**Senior Night**</b>
<b>26</b>	<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> Practice – 8:00-9:15 pm Potomac Club	<b>30</b> Team Meeting – 4:15-5:15 pm - Room 1402  <i>Starting Blocks Practice 9:30-10:30pm – Ida Lee</i>	<b>31</b> Pasta Party at TBD – 6:00 pm	

~ February ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> POSSIBLE Swim Meet vs ???? (H) at Ida Lee – 8pm
<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> Regional Championship Meet at Claude Moore Time TBD
<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>	<b>15</b>
<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> Team Meeting – 4:15-5:15 pm - Room 1402	<b>21</b> State Championship Meet at George Mason - Fairfax, VA ALL DAY Prelims at 8:00 am	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> End-of-Season Party RVHS Cafeteria 6:00-9:00 pm	<b>28</b>	