

RVHS Swim Team Calendar – 2019-20 Season

~ October ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2200 meters	5	6 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2200 meters	7	8 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2200 meters	9
10	11 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2200 meters	12	13 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2200 meters	14	15 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2200 meters	16
17	18 **No School** Complete Pre-season Swim Workout - Select from options online or create your own - At least 2600 meters	19	20 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2400 meters	21	22 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2400 meters	23
24	25 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2800 meters	26	27 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2800 meters	28	29 Complete Pre-season Swim Workout - Select from options online or create your own - At least 2800 meters	30

~ November ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 **No School for Students** Complete Pre-season Swim Workout - Select from options online or create your own - At least 3000 meters	2 **No School for Students**	3 Complete Pre-season Swim Workout - Select from options online or create your own - At least 3000 meters	4 **No School for Students**	5 Complete Pre-season Swim Workout - Select from options online or create your own - At least 3000 meters	6
7	8 Mandatory Team Meeting 8:00am in room 1402 Try-outs Time Trials – 400M Free – 4:45-6:00 pm Potomac Club	9 Try-outs Time Trials – 100M Free & 50M Breast – 4:45-6:00 pm Potomac Club	10 Try-outs Time Trials – 50M Back & 50M Fly – 4:45-6:00 pm Potomac Club	11 Mandatory Team Meeting Team Announced – 4:15-5:15 pm Room 1402	12	13 Team Kick-off Party ???
14	15 Practice – 4:45-6:00 pm Potomac Club	16 Team Picture – 4:00-6:00 pm @ RVHS Parent’s Meeting – 7:00-9:00 pm @ RVHS Practice – 4:45-6:00 pm Potomac Club	17 Practice – 4:45-6:00 pm Potomac Club	18 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 8:30-9:30pm – Ida Lee</i>	19	20
21	22 Practice – 4:45-6:00 pm Potomac Club	23 Practice – 4:45-6:00 pm Potomac Club	24 **NO PRACTICE**	25 **NO PRACTICE** **Thanksgiving**	26	27
28	29 Practice – 4:45-6:00 pm Potomac Club	30 Practice – 4:45-6:00 pm Potomac Club				

~ December ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Practice – 4:45-6:00 pm Potomac Club	2 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 8:30-9:30pm – Ida Lee</i>	3 Pasta Party at TBD – 6:00 pm	4 Swim Meet vs Stone Bridge (H) at Claude Moore – 1pm
5	6 Practice – 4:45-6:00 pm Potomac Club	7 Practice – 4:45-6:00 pm Potomac Club	8 Practice – 4:45-6:00 pm Potomac Club	9 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 8:30-9:30pm – Ida Lee</i>	10 Pasta Party at TBD – 6:00 pm	11 Swim Meet vs Potomac Falls (H) at Claude Moore – 1pm
12	13 Practice – 4:45-6:00 pm Potomac Club	14 Practice – 4:45-6:00 pm Potomac Club	15 Practice – 4:45-6:00 pm Potomac Club	16 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 8:30-9:30pm – Ida Lee</i>	17 Pasta Party at TBD – 6:00 pm	18 Swim Meet – Loudoun County Championships at Claude Moore – 8am
19	20 **No School for Students** Practice – 4:45-6:00 pm Potomac Club	21 **No School for Students** Practice – 4:45-6:00 pm Potomac Club	22 **No School for Students** Practice – 4:45-6:00 pm Potomac Club	23 **No School for Students** <i>Starting Blocks Practice 8:30-9:30pm – Ida Lee</i>	24 **No School for Students**	25
26	27 **No School for Students** Practice – 4:45-6:00 pm Potomac Club	28 **No School for Students** Practice – 4:45-6:00 pm Potomac Club	29 **No School for Students** Practice – 4:45-6:00 pm Potomac Club Swim-a-thon?	30 **No School for Students** <i>Starting Blocks Practice 8:30-9:30pm – Ida Lee</i>	31 **No School for Students**	1

~ January ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Practice – 4:45-6:00 pm Potomac Club	4 Practice – 4:45-6:00 pm Potomac Club	5 Practice – 4:45-6:00 pm Potomac Club	6 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 8:30-9:30pm – Ida Lee</i>	7 Pasta Party at TBD – 6:00 pm	8 Swim Meet vs Woodgrove (A) at Claude Moore – 1pm
9	10 Practice – 4:45-6:00 pm Potomac Club	11 Practice – 4:45-6:00 pm Potomac Club	12 Practice – 4:45-6:00 pm Potomac Club	13 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 8:30-9:30pm – Ida Lee</i>	14 Pasta Party at TBD – 6:00 pm	15 Swim Meet vs Briar Woods (A) at Claude Moore – 1pm
16	17 Practice – 4:45-6:00 pm Potomac Club	18 Practice – 4:45-6:00 pm Potomac Club	19 Practice – 4:45-6:00 pm Potomac Club Boys vs. Girls Meet	20 Team Meeting – 4:15-5:15 pm - Room 1402 Pasta Party at TBD – 6:00 pm	21 Swim Meet vs Independence (A) at Ida Lee – 7pm	22 Swim Meet vs Heritage (H) at Claude Moore – 1pm **Senior Night**
23	24 Practice – 4:45-6:00 pm Potomac Club	25 Practice – 4:45-6:00 pm Potomac Club	26 Practice – 4:45-6:00 pm Potomac Club	27 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 8:30-9:30pm – Ida Lee</i>	28 Pasta Party at TBD – 6:00 pm	29 District Championship Meet at Claude Moore – 2pm
30	31 Practice – 4:45-6:00 pm Potomac Club					

~ February ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Practice – 4:45-6:00 pm Potomac Club	2 Practice – 4:45-6:00 pm Potomac Club	3 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 8:30-9:30pm – Ida Lee</i>	4 Pasta Party at TBD – 6:00 pm	5 Regional Championship Meet at Jeff Rouse (Stafford, VA) Time TBD
6	7 Practice – 4:45-6:00 pm Potomac Club	8 Practice – 4:45-6:00 pm Potomac Club	9 Practice – 4:45-6:00 pm Potomac Club	10 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 8:30-9:30pm – Ida Lee</i>	11	12
13	14 Practice – 4:45-6:00 pm Potomac Club	15 Practice – 4:45-6:00 pm Potomac Club	16 Practice – 4:45-6:00 pm Potomac Club	17 Team Meeting – 4:15-5:15 pm - Room 1402 <i>Starting Blocks Practice 8:30-9:30pm – Ida Lee</i>	18	19 State Championship Meet at Jeff Rouse (Stafford, VA) ALL DAY Prelims at 8:00 am
20	21	22	23	24 End-of-Season Party RVHS Cafeteria 6:00-9:00 pm	25	26
27	28					