

RVHS Swim Team Calendar – 2022-23 Season

~ November ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14 Team Picture – 5pm Parent Meeting 7pm Practice @Dulles South – 8-9:30pm	15 Practice @Dulles South – 8-9:30pm	16 Practice @RVHS (Dryland) 4:45-5:45pm	17 Team Meeting @RVHS 4:30-5:15pm	18 Pasta Party @TBA 6:00pm	19
20	21 Practice @Lansdowne 4:45-6:00pm	22 Practice @Lansdowne 4:45-6:00pm	23	24	25	26
27	28 Practice @Lansdowne 4:45-6:00pm	29 Practice @Lansdowne 4:45-6:00pm	30 Practice @Lansdowne 4:45-6:00pm			

~ December ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Team Meeting @RVHS 4:30-5:15pm	2 Pasta Party @TBA 6:00pm	3 Stone Bridge (H) @Claude Moore 1:00 pm
4	5 Practice @Lansdowne 4:45-6:00pm	6 Practice @Lansdowne 4:45-6:00pm	7 Practice @Lansdowne 4:45-6:00pm	8 Team Meeting @RVHS 4:30-5:15pm	9 Pasta Party @TBA 6:00pm	10 Potomac Falls (H) @Claude Moore 1:00 pm
11	12 Practice @Lansdowne 4:45-6:00pm	13 Practice @Lansdowne 4:45-6:00pm	14 Practice @Lansdowne 4:45-6:00pm	15 Team Meeting @RVHS 4:30-5:15pm	16 Pasta Party @TBA 6:00pm	17 Briar Woods (A) @Claude Moore 1:00 pm
18	19 Practice @Lansdowne 4:45-6:00pm	20 Practice @Lansdowne 4:45-6:00pm	21 Practice @Lansdowne 4:45-6:00pm	22	23	24
25	26	27 Practice @Lansdowne 4:45-6:00pm	28 Practice @Lansdowne 4:45-6:00pm	29	30	31

~ January ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Practice @Lansdowne 4:45-6:00pm	3 Practice @Lansdowne 4:45-6:00pm	4 Practice @Lansdowne 4:45-6:00pm	5 Team Meeting @RVHS 4:30-5:15pm Pasta Party @TBA 6:00pm	6 Patriot (A) @Freedom @7:30pm Bus To Meet	7 Woodgrove (A) @Claude Moore 1:00 pm
8	9 Practice @Lansdowne 4:45-6:00pm	10 Practice @Lansdowne 4:45-6:00pm	11 Practice @Lansdowne 4:45-6:00pm	12 Team Meeting @RVHS 4:30-5:15pm	13 Pasta Party @TBA 6:00pm	14 LCPS Championship @Claude Moore 8:30 am
15	16 Practice @Lansdowne 4:45-6:00pm	17 Practice @Lansdowne 4:45-6:00pm	18 Boys vs Girls Meet @Lansdowne 4:45- 6:00 pm	19 Team Meeting @RVHS 4:30-5:15pm Pasta Party @TBA 6:00pm	20 Independence (A) @Ida Lee 7:00 pm	21 Senior Night – Parade to meet Heritage (H) @Claude Moore 1:00 pm
22	23 Practice @Lansdowne 4:45-6:00pm	24 Practice @Lansdowne 4:45-6:00pm	25 Practice @Lansdowne 4:45-6:00pm	26 Team Meeting @RVHS 4:30-5:15pm	27 Pasta Party @TBA 6:00pm	28 Potomac District Championship @Dulles South 2:00 pm
29	30 Practice @Lansdowne 4:45-6:00pm	31 Practice @Lansdowne 4:45-6:00pm				

~ February ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Practice @Lansdowne 4:45-6:00pm	2 Team Meeting @RVHS 4:30-5:15pm	3	4
5	6 Practice @Lansdowne 4:45-6:00pm	7 Practice @Lansdowne 4:45-6:00pm	8 Practice @Lansdowne 4:45-6:00pm	9 Team Meeting @RVHS 4:30-5:15pm	10	11 Regional Championship @Claude Moore 2:00 pm
12	13 Practice @Lansdowne 4:45-6:00pm	14 Practice @Lansdowne 4:45-6:00pm	15 Practice @Lansdowne 4:45-6:00pm	16 Team Meeting @RVHS 4:30-5:15pm	17 Travel to Hampton for State Championships	18 State Championship @Hampton ALL DAY Morning Prelims, Evening Finals
19	20	21	22	23 End-of Season Party @RVHS 6pm	24	25
26	27	28				