

RVHS Swim Team Calendar – 2024-25 Season

~ November ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Day 1 of Tryouts Meeting at RVHS 8:30 am Swim @Lansdowne 4:45-6:00pm – 400 Free	5 Day 2 of Tryouts Swim @Lansdowne 4:45-6:00pm – 100 Free & 50 Breast	6 Day 3 of Tryouts Swim @Lansdowne 4:45-6:00pm – 50 Fly & 50 Back	7 Team Announced Meeting @RVHS 4:30-5:15pm	8 Intro Party @TBA 6:00pm	9
10	11 Practice @Lansdowne 4:45-6:00pm	12 Practice @Lansdowne 4:45-6:00pm	13 Team Picture – 4:30pm Parent Meeting 7pm Practice @Lansdowne 4:45-6:00pm	14 Team Meeting @RVHS 4:30-5:15pm	15	16
17	18 Practice @Lansdowne 4:45-6:00pm	19 Practice @Lansdowne 4:45-6:00pm	20 Off for Thanksgiving	21 Off for Thanksgiving	22	23
24	25 Practice @Lansdowne 4:45-6:00pm	26 Practice @Lansdowne 4:45-6:00pm	27 Practice @Lansdowne 4:45-6:00pm	28 Team Meeting @RVHS 4:30-5:15pm	29	30

~ December ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 Pasta Party @TBA 6:00pm	7 Potomac Falls (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 Tuscaroroa (A) @Claude Moore 1:00 pm
15	16 Practice @Lansdowne 4:45-6:00pm	17 Practice @Lansdowne 4:45-6:00pm	18 Practice @Lansdowne 4:45-6:00pm	19 Team Meeting @RVHS 4:30-5:15pm	20 Pasta Party @TBA 6:00pm	21 Stone Bridge (H) @Claude Moore 1:00 pm
22	23 Practice @Lansdowne 4:45-6:00pm	24 **NO PRACTICE**	25 Merry Christmas **NO PRACTICE**	26	27	28
29	30 Practice @Lansdowne 4:45-6:00pm	31 **NO PRACTICE**				

~ January ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 No Practice – Happy New Year!	2	3 Pasta Party @TBA 6:00pm	4 Broad Run (H) @Claude Moore 1:00 pm
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 Pasta Party @TBA 6:00pm	11 Briar Woods Invitational @Claude Moore 8:30 am
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 Pasta Party @TBA 6:00pm	18 Briar Woods (H) @Claude Moore 1:00 pm
19	20 Practice @Lansdowne 4:45-6:00pm	21 Practice @Lansdowne 4:45-6:00pm	22 Practice @Lansdowne 4:45-6:00pm	23 Team Meeting @RVHS 4:30-5:15pm	24 Pasta Party @TBA 6:00pm	25 Senior Night – Parade to meet Rock Ridge @Claude Moore – Senior Night 1:00 pm
26	27 Practice @Lansdowne 4:45-6:00pm	28 Practice @Lansdowne 4:45-6:00pm	29 Boys vs Girls Meet @Lansdowne 4:45-6:00 pm	30 Team Meeting @RVHS 4:30-5:15pm	31 Pasta Party @TBA 6	

~ February ~

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