



Riverside High School

19019 Upper Belmont Place

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RVHS Swim Team Interest Meeting

Welcome to the Riverside Rams Swim Team! We are excited that you are here. The 2022-23 season is going to be an exciting one for RVHS Swimming. We have championship goals and expect to be Loudoun County's #1 team. As always, we expect to have an extremely strong and deep team this season. Riverside has been a top team in Loudoun County for 7 years. Year 8 will be no different.

Pre-Season Training & Conditioning

You are expected to swim and train to be prepared for the start of the season. If you swim for a club team, great! If not, and you need workout recommendations, we have several posted on RiversideRams.net for you to use.

Try-out Information & Expectations

Try-outs for the 2022-23 season start on November 7. We expect swimmers to show up *in shape* for the swim season and ready to compete for positions on the team. As such, swimmers should swim and work-out as often as possible prior to November 7.

Each team (Boys & Girls) will have approximately 25 athletes on the team. Coaches will evaluate swimmers during the time trial try-outs and select the team accordingly. All athletes are expected to attend all sessions during try-outs to be fully considered for the team. The time trial try-out schedule is as follows:
Monday, November 7 – 8:15-9:00 am @ Riverside High School, room 1402 – Meeting
Monday, November 7 – 4:45-6:00 pm @ Lansdowne on the Potomac – 400M freestyle
Tuesday, November 8 – 4:45-6:00 pm @ Lansdowne on the Potomac – 100M freestyle & 50M breast
Wednesday, November 9 – 4:45-6:00 pm @ Lansdowne on the Potomac – 50M fly & 50M back
Thursday, November 10 – 4:30 pm @ Riverside High School, room 1402 – Team Announced

Swimmers will be evaluated based on times achieved in each event. Coaches will analyze each event separately as well as cumulatively to determine each swimmer's "rank". This analysis will be used to determine the final roster for the Riverside Rams Swim Team.

In-Season Information & Expectations

As a varsity student-athlete, swimmers are expected to be dedicated and devoted to the swim team. As such, they are expected to attend practices, meetings, and meets in accordance with the team policies. The practice schedule is as follows:

Monday, Tuesday, & Wednesday: 4:45-6:00 pm @ Lansdowne on the Potomac – regular practices

Thursday: 4:30-5:30 pm @ Riverside High School, room 1402 – team meetings



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We always start on time and end on time. Please plan appropriately, as we have a very tight schedule and limited time in the pool. There is no built-in time for breaks, etc., and swimmers are expected to participate throughout the **entire** practice session.

For each practice session, swimmers are expected to bring the following equipment:

Swim suit – must be appropriate for swimming laps/racing. No board shorts, bikinis, etc.

Goggles – more than one pair is recommended, in case one breaks.

Water bottle – athletes need to constantly drink during exercise.

Fins – we use fins often during workouts.

Pull buoys – we use buoys often during workouts.

Swim snorkel – we will be utilizing the swim snorkel during workouts this season. Note that this is not a scuba or diving snorkel, but a swim training snorkel.

Hat, Jacket, appropriate shoes – something *appropriate* to wear home after practice. This is a winter sport, and it'll be cold outside. Please dress appropriately so that you don't get sick!

It is extremely important that swimmers come to every swim team event with a great attitude. While things are very structured, we have a lot of fun throughout the season. We want everyone to have a great time, to be great teammates, to constantly improve, and to love the sport. Through this, we will be extremely successful as a team and exceed each of our goals!

Go Rams!

Coach Getis

Coach Keeton