

Virginia Hills 2013 Information Sheet – Division 16!!

Sign Up – Registration is on-line this year. This is the preferred method if at all possible as it feeds directly into our computer system. Address is <http://www.active.com/swimming-team/alexandria-va/virginia-hills-swim-team-summer-2013>. I also have a few paper forms if required – these will require payment by check.

Team Suit

Sale at pool Friday, June 7th from 5:30-7:30 pm
Team suits (TYR Quantum Splice royal/gold) not required, but recommended.
At A meets, no suits or caps with any other logos are allowed.

Price for 2012 – Female - \$45 and Male - \$30

Practice Schedule (also available on www.vahillspool.org)

Practice starts 5/28/13 and runs as follows:

Monday – Friday (until Fairfax County School ends – morning practice begins 6/20)

New swimmers: 5:00 – 5:30 pm
8 & under: 5:30 - 6:15 pm
9-12: 6:15 - 7:00 pm
13-18: 7:00 - 8:00 pm

Beginning 6/20 practices are as follows:

Mornings: 13-18s: 7:45-9 am
 12 and unders: 9-10 am
 Beginner swimmers: 10:00-10:30 am

Afternoons (Tuesday, Wednesday and Thursday) – please note these practices are only for those families who cannot make it to morning practice:

Beginner swimmers: 5:00 – 5:30 pm
8 & under: 5:30 - 6:15 pm
9-12: 6:15 - 7:00 pm
13-18: 7:00 - 8:00 pm

Meet Schedule:

JUNE

- June 15th – Practice meet at Highland Park
- June 17th – B meet with Hollin Meadows at Hollin Meadows
- June 22nd – 1st meet at Virginia Hills against Pleasant Valley
- June 24th – B meet at Virginia Hills with Little Hunting Park
- June 29th – 2nd meet – Parklawn at Parklawn

JULY

- July 1st – B meet with Highland Park at Virginia Hills
- July 6th – 3rd Meet at Virginia Hills against Somerset Olde Creek
- July 8th – B meet with Lorton Station at Virginia Hills
- July 10th – Relay Carnival at Pleasant Valley
- July 13th – 4th meet at Virginia Hills against Lincolnia Park
- July 15th – B meet with Hayfield at Hayfield
- July 20th – 5th meet against Herndon at Herndon
- July 27th – Divisionals at Parklawn

Meet Availability – We are going to availability with Sign-up Genius this year. Once we have a roster we will send everyone a Sign-up Genius for the meets. Please go in and sign-up for the meets where you will **NOT** be available.

Other Key Dates and Social Events

Pep rallies at snack bar on Friday nights
Ribbons distributed following home meets and at pep rallies
July 6th: Campout & Team Photo
June 21: Spaghetti Dinner team party before first home meet, 5:30pm
July 27: End of Season Banquet, 6 pm

Volunteers

Please note that parent(s) for all swimmers will be expected to volunteer at meets as a timer, stroke and turn judge, marshal, concession worker, team area chaperone, clerk of course, or ribbon table worker. Volunteers will be requested at other times to organize/chaperone social activities, staff the snack bar, make shopping trips for the snack bar, and other tasks. There is no paid staff except for the coaches. Thank you for your help!

Communication

- E-mails from the Team Rep (contact Jan Inguagiato, swimteam@vahillspool.org)
- E-mails on volunteering from our volunteer coordinator Amy Dugan
- www.vahillspool.org

Learn More: Read **Swim Team 101** online at www.vahillspool.org; Contact Jan Inguagiato, team rep, swimteam@vahillspool.org