

Catch the Wave



2012 Information Sheet

Sign Up

Bring registration form to first practice (see www.vahillspool.org)

Payment by check to Virginia Hills Swim Club (see www.vahillspool.org)

Team Suit

Sale at pool Friday, June 15 from 5-7 pm (tentative – to be confirmed)

Team suits (TYR Quantum Splice royal/gold) not required, but recommended.

At A meets, no suits or caps with any other logos are allowed.

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

Practice starts 5/29/12 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

New 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:

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

Meet Schedule: see www.vahillspool.org or attached to registration form

Other Key Dates and Social Events

Pep rallies at snack bar on Friday nights

Ribbons distributed following home meets and at pep rallies

June 22: Spaghetti Dinner team party before first home meet, 5:30pm

July 28: 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

- Sign up for e-mails from the Team Rep (contact Jan Inguagiato, ljinguagiato@earthlink.net)
- Watch for messages on the bulletin board at the bath house
- www.vahillspool.org

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