

May 2007

May 2007							June 2007						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		May 1	2	3	4	5
				7:30pm Season Kick-Off Parent Meeting @ the Area 1 Admin Office (old VH School) 6520 Diana Ln		
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
						VH Pool Opens
27	28	29	30	31		
		PM practices (4:30-7:00)	PM practices (4:30-7:00)	PM practices (4:30-7:00)		

June 2007

June 2007							July 2007						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
3	4	5	6	7	8	9	1	2	3	4	5	6	7
10	11	12	13	14	15	16	8	9	10	11	12	13	14
17	18	19	20	21	22	23	15	16	17	18	19	20	21
24	25	26	27	28	29	30	22	23	24	25	26	27	28
							29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					June 1 PM practices (4:30-7:00)	2 8:00am NVSL-U Clinics (@ Falls Church HS see NVSL website for details)
3	4 PM practices (4:30-7:00) 6:00pm Suit purchase / Parent Meeting	5 PM practices (4:30-7:00)	6 PM practices (4:30-7:00)	7 PM practices (4:30-7:00)	8 PM practices (4:30-7:00)	9 8:00am Stroke & Turn Clinic (@ VH)
10	11 PM practices (4:30-7:00)	12 PM practices (4:30-7:00)	13 PM practices (4:30-7:00)	14 PM practice (4:30-7:00)	15 Registration Due!! 6:00pm Spaghetti Dinner	16 9:00am Time Trials (@ VH w/Highland Park)
17	18 Last School Day 6:00pm B meet (@ Stratford Landing)	19 AM Practices (8:00-11:30) PM Practices (5:00-7:00)	20 AM Practices (8:00-11:30)	21 AM Practices (8:00-11:30) PM Practices (5:00-7:00)	22 AM Practices (8:00-11:30) Team Photos (@ AM Practice	23 9:00am A Meet (@ Ilda Community "Clippers") 5:00pm Team Campout
24 6:00pm Ice Cream Social	25 AM Practices (8:00-11:30) 6:00pm B meet (@ VH w/Little Hunting Park)	26 AM Practices (8:00-11:30) PM Practices (5:00-7:00)	27 AM Practices (8:00-11:30) 6:00pm Ft Hunt Sportsmen's Assoc Relays (@ TBD)	28 AM Practices (8:00-11:30) PM Practices (5:00-7:00)	29 AM Practices (8:00-11:30)	30 9:00am A Meet (@ VH vs/Lincolnia Park "Lazers")

July 2007

July 2007							August 2007						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14		5	6	7	8	9	10
15	16	17	18	19	20	21		12	13	14	15	16	17
22	23	24	25	26	27	28		19	20	21	22	23	24
29	30	31						26	27	28	29	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 1	2	3	4	5	6	7
	AM Practices (8:00-11:30) 6:00pm B meet (@ Highland Park)	AM Practices (8:00-11:30) PM Practices (5:00-7:00)	AM Practices (8:00-11:30)	AM Practices (8:00-11:30) PM Practices (5:00-7:00)	AM Practices (8:00-11:30)	9:00am A Meet (@ Sommerset Olde Creek "Stingray")
8	9	10	11	12	13	14
6:00pm Ice Cream Social	AM Practices (8:00-11:30) 6:00pm B meet (@ VH w/Lorton Station)	AM Practices (8:00-11:30) PM Practices (5:00-7:00)	AM Practices (8:00-11:30) 6:00pm Relay Carnival (@ VH)	AM Practices (8:00-11:30) PM Practices (5:00-7:00)	AM Practices (8:00-11:30)	9:00am A Meet (@ VH vs/Springboard "Barracudas")
15	16	17	18	19	20	21
	AM Practices (8:00-11:30) 6:00pm B meet (@ Hayfield)	AM Practices (8:00-11:30) PM Practices (5:00-7:00)	AM Practices (8:00-11:30) 4:00pm All-Star Relay Carnival (@ Springboard)	AM Practices (8:00-11:30) PM Practices (5:00-7:00)	AM Practices (8:00-11:30)	9:00am A Meet (@ Annandale "Red Tide")
22	23	24	25	26	27	28
6:00pm Ice Cream Social	AM Practices (8:00-11:30) 5:00pm IM Invitational (@ TBA)	AM Practices (8:00-11:30) PM Practices (5:00-7:00)	Kings Dominion	AM Practices (8:00-11:30) PM Practices (5:00-7:00)	AM Practices (8:00-11:30)	9:00am Divisionals (@ Ilda Community "Clippers") 5:00pm Season End Banquet (@ VH)
29	30	31				

August 2007

August 2007						
S	M	T	W	T	F	S
5	6	7	1	2	3	4
12	13	14	8	9	10	11
19	20	21	15	16	17	18
26	27	28	22	23	24	25
			29	30	31	

September 2007						
S	M	T	W	T	F	S
2	3	4	5	6	7	1
9	10	11	12	13	14	8
16	17	18	19	20	21	15
23	24	25	26	27	28	22
30						29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			August 1	2	3	4
						9:00am Individual All-Stars (@ Wakefield Chapel)
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	