



Virginia Hills Swim Club

serving the community since 1955

Home of the **TIDAL WAVE** Swim Team

Practice Times - 2014

All swimmers are encouraged to practice EVERY day so please bring your children to as many practices as their schedule allows.

	New Swimmer	Ages 8 and Under	Ages 9 - 12	Ages 13 - 18
May 27th - June 27th				
Monday - Friday evening practice only	5:00pm - 5:30pm	5:30pm - 6:15pm	6:15pm - 7:00pm	7:00pm - 8:00pm
June 30th - July 25th				
Monday - Friday morning practice	10:15am - 10:45am	9:30am - 10:15am	8:45am - 9:30am	7:30am - 8:45am
Tuesday - Thursday evening practice *	5:00pm - 5:30pm	5:30pm - 6:15pm	6:15pm - 7:00pm	7:00pm - 8:00pm

* Once morning practice starts on June 30th please attend in the mornings if possible. Evening practices will only be for swimmers unable to attend mornings.



MAY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 Swim Team Registration Opens	6	7	8	9	10
		register for swim team				
11	12	13	14	15	16	17
register for swim team						
18	19	20	21	22	23	24
register for swim team						POOL OPENING DAY!
25	26 MEMORIAL DAY	27 1st Day of Practice!! 6:00pm parent meeting	28	29	30	
						(NVSL University)



JUNE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 Swim Team Suit Sale! 5:30pm - 7:30pm	7 (S & T Clinic 8:00am)
8 Divisionals Planning Committee 7:00pm	9	10	11	12	13	14 <u>Practice Meet (Time Trials)</u> HOME vs. Highland Park 8:30 AM
15	16 <u>B Meet</u> HOME vs. Hollin Meadows 6:00pm	17	18	19	20 Spaghetti Dinner 6:00PM	21 <u>A Meet</u> AWAY vs. Rolling Hills (3) 9:00am
22	23 <u>B Meet</u> AWAY vs. Bren Mar - Edsall Park 6:00pm	24	25	26	27 Pep Rally/Ice Cream 7:00PM	28 <u>A Meet</u> AWAY vs. Commonwealth (1) 9:00am
29 Divisionals Planning Committee 7:00pm	30 MORNING PRACTICE BEGINS <u>B Meet</u> AWAY vs. Highland Park 6:00pm					



JULY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 Pancake Breakfast (enjoy after your morning practice)	5 <u>A Meet</u> HOME vs. Fairfax Club (2) 9:00am CAMPOUT: 6:00PM - 11:00PM Team Pictures 6:00pm Dinner, Ribbons, Games immediately following
6	7 <u>B Meet</u> HOME vs. Lorton Station 6:00pm	8	9 <u>Relay Carnival</u> AWAY @ Newington Forest 6:00pm	10	11 Donut Friday Pep Rally 7:00PM	12 <u>A Meet</u> HOME vs. Ilda (4) 9:00am
13 Relay Championships (qualifying relay teams only)	14 <u>B Meet</u> HOME vs. Hayfield 6:00pm	15 KINGS DOMINION DAY!!!	16 All Star Relay Meet (qualifying relay teams only)	17	18 Donut Friday	19 <u>A Meet</u> AWAY vs. Newington Forest (5) 9:00am
20 Divisionals Planning Committee 7:00pm	21 <u>IM Invitational</u> AWAY @ ?? 5:00pm (??)	22	23	24	25 Donut Friday Divisionals Prep Party 6:00pm	26 Divisionals @ VA Hills!!!! 8:30 AM End of Season BANQUET: 6:00PM Dinner, Awards, Skits, Games
27	28	29	30	31		2 (August) Individual All Starts (qualifying swimmers only)