

Virginia Hills 2013 Information Sheet – Division 16!!

Sign Up - We are working on an online registration for this year.

- Payment will be credit card on the website or working on if option for 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 2013 – 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
 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: will post to Virginia Hills website www.vahillspool.org

Other Key Dates and Social Events

Pep rallies at snack bar on Friday nights
Ribbons distributed following home meets and at pep rallies
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
- www.vahillspool.org

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