

# Practice Schedules

May / June 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
May 28	29 Memorial Day <b>-No Practice</b>	30	31	1	2	3
		After School Practices 3:30 – 6:15 PM				
4	5	6	7	8	9	10
	After School Practices 3:30 – 6:15 PM					
11	12	13	14	15	16	17
	After School Practices 3:30 – 6:15 PM					17 Time Trials, 9 AM (HOME)
18	19 First "B Meet" (Away), 6 PM  <b>-LBSS Graduation</b>	20	21	22	23 Last day of School	24 First "A Meet" (HOME), 9 AM
		After School Practices 3:30 – 6:15 PM				
25	26 2 <sup>nd</sup> "B Meet" (Home), 6 PM  AM Practice	27 No Practice – Community Day at Pool Grounds	28	29	30	July 1
			AM Practices 8:15 – 11 AM (through July 28*)			

## After School Practice Times (May 30 – June 23):

- 3:30 – 4:30 PM: 13 – 18 age groups
- 4:30 – 5:30 PM: 9 – 12 age groups
- 5:30 – 6:15 PM: 8-under age group

## AM Practice Times (June 26 – July 28):

- 8:15 – 9:00 AM: 8-under age group
- 9:00 – 10:00 AM: 9 – 12 age groups
- 10:00 – 11:00 AM: 13 – 18 age groups

## Notes:

\* No practice on June 27. Burke Station will be hosting a joint Community Day with Titan Pool Management at the pool. Please come out and support this event!

\* Practice schedule for July 24 – 28 will be altered depending on number of swimmers entered into Divisionals

\* Time Trials will be conducted on [Saturday June 17](#) during a practice meet. Any swimmers that cannot attend will need to arrange with the Coaches to record a time. NVSL requires all swimmers to have a recorded time before their first "A" Meet.



# Meets and Events Schedule

June / July 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 18	19 B – Meet @ Parliament 6 PM • LBSS Graduation	20	21	22	23 • After School Practices End	24 A – Meet vs. Hollin Hills, 9 AM
25	26 B – Meet vs. Woodley, 6 PM	27	28	29	30	July 1 A – Meet @ Woodley, 9 AM
2	3 B – Meet @ Camelot, 6 PM	4	5	6	7 • Silent Auction and Ice Cream Social	8 A – Meet vs. Parliament, 9 AM • Senior Day
9	10 B – Meet vs. Lake Braddock, 6 PM	11	12 Division 15 Relay Carnival @ Parliament, 6 PM	13	14	15 A – Meet @ Herndon, 9 AM
16	17 B – Meet @ Holmes Run Acres, 6 PM	18	19 NVSL Relay All-Stars (away, TBD)	20	21	22 A – Meet @ Lincolnia Park, 9 AM
23	24 IM Carnival, 6 PM	25	26 Division 15 Championships Seeding Meeting / Pool Tour, 6 PM (Team Rep Only)	27	28	29 Division 15 Championship Meet, 9 AM  End of Year Party

Home Meet

Away Meet

\* Time Trials will be conducted on **Saturday June 17** during a practice meet. Any swimmers that cannot attend will need to arrange with the Coaches to record a time. NVSL requires all swimmers to have a recorded time before their first "A" Meet.

