



Dominion Hills Dive Team

2021

(Updated May 23, 2021)

MAY

S	M	T	W	T	F	S
						1
2	3	4	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					

24 Evening Practice Starts

Questions? Contact
Angela DiBenigno
tadb1@verizon.net
(703) 307-4529

Thomas Joyce
tjoyce72@hotmail.com
(703) 622-8452

JUNE

S	M	T	W	T	F	S
		1	2	3	4	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			

21 Morning Practice Starts

22 A Meet @ Highlands Swim

24 B Meet at Tuckahoe

25 Season Kick off Social - 6:30 PM

29 A Meet @ Tuckahoe

NVSL Clinics and Volunteer Training:
6 – Table Workers @ Arlington Forest 8:30AM
6 – Judges @ Arlington Forest 10:00AM
9 – Referee @ Truro 6:30 PM
13 – Referee @ Chesterbrook 2:00 PM
15 – Judges @ Truro 6:30 PM
23 – Judges @ Camelot 6:30 PM

JULY

S	M	T	W	T	F	S
				1	2	3
4	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

6 A Meet Hayfield farm @ DH

13 A Meet DH @ Chesterbrook

15 B Meet Donaldson Run @ DH

16 Last day of practice unless going to divisionals or 7/20 meet.

16 Lip Sync Contest - 6:30 PM

18 Crackerjack @ Fairfax Station

20 A Meet Wakefield Chapel @ DH

23 Awards Banquet - 6:30 PM

25 Divisionals @ Chesterbrook

AUGUST

S	M	T	W	T	F	S
1	2	3	4	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				

1 All Stars @ Great Falls

Important Dates

A Meets

B Meets

NVSL Championship Meets*

NVSL Clinics ○

*Must meet qualifying criteria to participate in NVSL Championship Meets. Times are TBD, but open warm-ups usually begin at 7:00 AM

REMINDERS

Meets start at 6:00 PM sharp
Arrive at 4:00 PM to warm-up for home meets
Arrival at away meets is at the discretion of home team - typically 5:00 PM

PRACTICE SCHEDULE

All practices are open to all age groups – You select the one hour slot that best fits your schedule.

Evening Practice Times May 24-June 17
Mondays through Thursdays
7:00 to 8:00 or 8:00 to 9:00 or 9:00 to 10:00

Morning Practices Times Beginning June 24
Mondays through Fridays**

7:00 to 8:00 or
8:00 to 9:00 or
9:00 to 10:00 or
10:00 to 11:00

**Tuesdays reserved for those competing in that evening's A Meet

No Practice Days:
May 31

DOMINION HILLS AREA RECREATION ASSOCIATION

P.O. Box 5643, Arlington, VA 22205

[HTTPS://DHWARRIORS.DIVE.SWIMTOPIA.COM](https://dhwarriorsdive.swimtopia.com)