



Dominion Hills Dive Team

2019

(Updated May 15, 2019)

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	

11 Parent Information Meeting *10:00 AM*

Questions? Contact
Angela DiBenigno
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(703) 307-4529

Thomas Joyce
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(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						

3 Evening Practice Starts
21 Kick-Off Party (And Intra-Team practice meet!)
24 Morning Practice Starts
25 A Meet @ Lakeview
26 Team Picture Day

NVSL Clinics and Volunteer Training:
9 – Table Workers @ Arlington Forest *9:45AM*
9 – Judges @ Arlington Forest *9:45AM*
13, 19 – Referee @ Truro *6:30 PM*
23 – Judges @ Chesterbrook *2:00 PM*
26 – Judges @ Camelot *4:00 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			

2 A Meet @ SHBR
9 A Meet Ravensworth @ DH
11 B Meet @ Arlington Forest
14 Wally Martin Meet
16 A Meet @ Hunt Valley
18 All Arlington Meet @ Dominion Hills
19 Last day of practice for those not going to divs.
20 Lip Sync Contest
21 Crackerjack @ Sideburn Run
23 A Meet Mantua @ DH
26 Awards Banquet
27 Last day of practice for those not going to All Stars
28 Divisionals @ Ravensworth

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						

4 All Stars @ Springfield

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 June 3-June 20
Mondays through Thursdays
6:30 to 7:30 or 7:30 to 8:30

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

Saturday Morning Practices
June 8 – 8:00 – 9:00 / 9:00- 10:00
July 20 – Times TBD – CrackerJack divers only
July 27 – Times TBD – Divisionals divers only
August 3 – Times TBD – All Stars divers only

No Practice Days:
June 17, July 4,

DOMINION HILLS AREA RECREATION ASSOCIATION

P.O. Box 5643, Arlington, VA 22205

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