

Lakeview Swim & Dive Team

May 26 – June 29

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 26 Opening weekend! SATURDAY 5/25: JOLYN TRUNK SALE 12 – 2PM in the parking lot!	27 Memorial Day	28 afternoon practices begin 3:30 – 6:30pm (see new website/handbook)	29 afternoon practice 3:30 – 6:30PM	30 afternoon practice 3:30 – 6:30PM New Ref Clinic 7-9 PM @ Lee Graham Pool	31 afternoon practice 3:30 – 6:30PM Swim Team Parents' Mtg 5:30PM	June 1 8am – 1pm NVSL University Fairfax Govt Center: Volunteer Training (see handbook)
June 2	3 afternoon practice 3:30 – 6:30PM	4 afternoon practice 3:30 – 6:30PM	5 afternoon practice 3:30 – 6:30PM	6 afternoon practice 3:30 – 6:30PM	7 afternoon practice 3:30 – 6:30PM	8 NVSL Stroke & Turn 8am Annandale Pool/Fairfax Club Estates
9	10 afternoon practice 3:30 – 6:30PM	11 afternoon practice 3:30 – 6:30PM New Ref Clinic 7PM Lee Graham Pool	12 afternoon practice 3:30 – 6:30PM	13 Last Day of School no practice End of School Year Party ONLINE Recertification Stroke TBD	14 morning practice begins 7:30 -10:15am 8PM Set up for time trials PICK UP HERALD DELIVERY ROUTES	15 9am – noon (est.) Swim Team Time Trials swimmers arrive 8:00am for warm-up Herald Delivery Weekend
16 Starter/Ref, New Starter Clinic 9:30am Mantua Pool; Stroke & Turn Clinic 9:30am Hunt Valley	17 morning practice 7:30 -10:15am Mighty Marlins screening 9:45am	18 morning practice 7:30 -10:15am	19 morning practice 7:30 -10:15am dive practice 8-9am (fun) and 7-8pm LAST Stroke & Turn Clinics 7PM Sully Station & Hunt Valley	20 morning practice 7:30 -10:15am [TR: Data Exchange]	21 morning practice 7:30 -10:15am Potluck 5:45, Pep Rally and car decorating 6:45pm	22 9am – 12pm "A" Meet #1 LV @ Camelot Swimmers arrive by 8:05 for team walk-in; Caravan - 7:35am THEME: Neon
23	24 morning practice 7:30 – 10:15am 6PM B Meet #1 Lakeview @ Kings Ridge	25 morning practice 7:30 – 10:15am 6PM Dive Meet #1 Dominion Hills @ LV	26 morning practice 7:30 – 10:15am dive practice 8-9am (fun) and 7-8pm	27 7:30 am Swim & Dive Team & Individual Pictures; practice TBD After Pictures: \$1 Donut Breakfast (weather permitting) [TR: data exchange]	28 morning practice 7:30 – 10:15am Team Dinner 5:45PM (Taco Night) Pep Rally 6:45PM Set up for meet 8:00PM	29 9am – 12pm "A" Meet #2 Old Keene Mill @ LV Swimmers arrive by 7:50am THEME: Camo

Lakeview Swim & Dive Team

June 30 – August 3

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	July 1 morning practice 7:30 – 10:15am 6PM B Meet #2 Sideburn Run @ LV	2 morning practice 7:30 – 10:15am 6PM Dive Meet #2 LV @ Hunt Valley	3 morning practice 7:30 – 10:15am dive practice 8-9 am (fun) and 7-8pm	4 Independence Day morning practice 7:30 – 10:15am [TR: data exchange]	5 morning practice 7:30 – 10:15am Team Dinner 5:45PM (Potato Bar/Salad Night) Pep Rally 6:45PM Set up for meet 8PM	6 9am – 12pm "A" Meet #3 Sleepy Hollow Rec @ LV Swimmers arrive by 7:50am THEME: Red, White and Blue
7	8 morning practice 7:30 – 10:15am 6PM B Meet #3 Lakeview @Commonwealth	9 morning practice 7:30 – 10:15am after practice activity: tie dye 6PM Dive Meet #3 Mantua @ LV	10 morning practice 7:30 – 10:15am – dive practice (fun) 8-9am 6:30PM NVSL Divisional Relays @ Sleepy Hollow Rec THEME: pink out Warm-up schedule TBA	11 morning practice 7:30 – 10:15am evening dive practice 7-8pm [TR: data exchange]	12 morning practice 7:30 – 10:15am Team activity: Pizza Night and car decorating	13 9am – 12pm "A" Meet #4 LV @ Virginia Hills Swimmers arrive by 8:05 for team walk-in; Caravan - 7:20am THEME: Tie Dye
14	15 morning practice 7:30 – 10:15am 6PM B Meet #4 Ravensworth @ Lakeview	16 morning practice 7:30 – 10:15am 6PM Dive Meet #4 LV @ Ravensworth	17 morning practice 7:30 – 10:15am NVSL All-Star Relays 4PM @ Lincolnia Park dive practice 8-9 (fun) and 7-8pm	18 morning practice 7:30 – 10:15am [TR: data exchange]	19 morning practice 7:30 – 10:15am Team Dinner 5:45PM (Dive Team – BBQ) Pep Rally 6:45PM Set up for meet 8PM	20 9am – 12pm "A" Meet #5 Fox Mill Woods @ LV Swimmers arrive by 7:50am THEME: Hawaiian (senior recognition)
21	22 morning practice 7:30 – 10:15am 6PM FAST IM Meet @ Ravensworth	23 morning practice 7:30 – 10:15am Senior Breakfast @ 8:30AM 6PM Dive Meet #5 LV @ Sleepy Hollow Bath & Racquet	24 morning practice 7:30 – 10:15am dive practice 8-9am (fun) and 7-8pm	25 morning practice 7:30 – 10:15am Afternoon Activity: Water Mine or trampoline park	26 morning practice for 9+ 7:30 – 8:45am 9 – 10:30AM Mighty Marlin Meet 6pm Dive Team Party	27 8:30am NVSL Divisionals @ Virginia Hills Warm-up Schedule TBA
28	29	30	31	August 1	2	3 9am NVSL Individual All-Stars @ Springboard ----- Aug. 4 Dive All-Stars @ Springfield 8:00am
8:00 am Dive Divisionals @ Ravensworth 5PM Swim Team Awards Party						

