



Virginia Hills Swim Club  
serving the community since 1955

# JULY

2018

Swim Team  
Schedule

Home of the *TIDAL WAVE* Swim Team

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 morning practice 7:45-10:45 <b>B Meet</b> AWAY vs. Stratford Landing 6:00PM	3 morning practice 7:45-10:45 evening practice 5:15-7:15	4 modified morning practice <b>Pancake Breakfast</b> no evening practice	5 morning practice 7:45-10:45 evening practice 5:15-7:15	6 Donut Friday morning practice 7:45-10:45 <b>Swim Team Social</b> 6:30PM	7 <b>A Meet</b> HOME vs. Highland Park (1) 9:00AM
8 <b>Swim Team Outing</b> NATS Baseball game (tentative) 1:35PM	9 morning practice 7:45-10:45 <b>B Meet</b> HOME vs. Little Hunting Park 6:00PM	10 morning practice 7:45-10:45 evening practice 5:15-7:15	11 morning practice 7:45-10:45 <b>Division 10 Relay Carnival</b> @ Annandale 6:30PM	12 morning practice 7:45-10:45 evening practice 5:15-7:15	13 Donut Friday morning practice 7:45-10:45	14 <b>A Meet</b> AWAY vs. Great Falls (2) 9:00AM <b>Team Pictures</b> & <b>Campout</b> 6:00PM - 11:00PM
15	16 morning practice 7:45-10:45 <b>B Meet</b> HOME vs. Hayfield 6:00PM	17 morning practice 7:45-10:45 evening practice 5:15-7:15	18 morning practice 7:45-10:45 <b>All Star Relay Carnival</b> (for qualifying teams only) evening practice TBD	19 morning practice 7:45-10:45 evening practice 5:15-7:15	20 Donut Friday morning practice 7:45-10:45 9:30AM <b>8U &amp; Rookie Fun Meet</b> <b>Swim Team Social</b> 6:30PM	21 <b>A Meet</b> HOME vs. Annandale (4) 9:00AM
22	23 morning practice 7:45-10:45 <b>TBD</b> B Meet Championship 6:00PM	24 modified morning practice <b>Swim Team Outing</b> Kings Dominion (tentative) 9:00AM	25 morning practice 7:45-10:45 evening practice 5:15-7:15	26 Divisionals swimmers only AM/PM PRACTICE	27	28 <b>Divisionals</b> (for qualifying swimmers only) @ Somerset - Olde Creek 8:30AM
29 <b>Banquet &amp; Awards</b> (End of Season celebration) 6:00pm	30	31	1-Aug	2-Aug	3-Aug	4-Aug <b>All Stars</b> (for qualifying swimmers only)