

DECEMBER NOTES

Annapolis and Mini Meets: We were very pleased with the team's performance at last weeks meet. Angela and I feel we are ahead of where we thought we would be this early in the season. Overall swimmers are doing well in practice, listening and learning.

Competition Schedule: We have finalized the meet schedule for the short course season.

January 11	SnowBall Splash	9 & U	American University
January 17-18	January Open	9 & Over	PGS&L
	*note 9 year olds will attend only one of these two meets		
February 13-14-15	Black History Meet	Team	Takoma, Washington DC
March 12-13-14-15	PVS Senior Champs	Qualifiers	GMU-Fairfax
March 19-22	PVS 14 & Under Junior Olympic Championships	Qualifiers	PGS&L

Time standards for the Senior and 14 & Under Championships can be found on our website and the PVS site.

Practice adjustments:

Christmas: December 22-23 December 29-30 January 2 January 3 8:30-10:30 AM
AGI 5:00-6:00 PM
AGII 6:00-7:00 PM
PS/JR/SR 5:00-7:00 PM
OFF December 24-25-26-27-28-31 January 1 & 4

Resume regular schedule Monday, January 5.

Swimming Seminar: We will hold a Swimming Seminar "What happens if my swimmer decides they want to be REALLY, REALLY GOOD?", Saturday, January 10 from 8:15-9:15 in the Birthday Room at the SportsPlex. This is to give information about what is involved in becoming a National Level swimmer. It is designed to cover training, meets, competition, etc. What is the path to higher levels of competition? This is planned to give parents time to plan for the future. We encourage all parents to attend. Even if your swimmer is 9 or younger it would give you 3-5 years to plan ahead.