



MVP Dolphins Swim Team

Summer 2009

Time Trials, Practice, & Swim Meet Schedules

Time Trials Schedule

Saturday, June 13 from 8:00-11:00 a.m.

Swimmers choose one of 2 sessions: 8-9:30 a.m. or 9:30-11:00 a.m.

Practice Schedule

Week 1

Wednesday, May 27 through Friday, May 29 from 4:00-5:00 p.m.

Week 2

Monday, June 1, afternoon from 4:00-5:00 p.m.

Saturday, June 6, morning from 8:00-11:00 a.m.

Week 3

Tuesday June 9 and Thursday June 11, mornings from 6:30-8:00 a.m.

Monday, June 8 through Friday June 12, afternoons from 4:00-5:00 p.m.

Week 4 through Week 9 (June 15 through July 24)

Tuesday and Thursday mornings from 6:30-8:00 a.m.

Monday through Friday afternoons from 5:00-7:00 p.m.

Week 10 (July 27 through July 31) (no morning practice)

Monday through Friday afternoons from 5:00-7:00 p.m.

Mini-Masters Practice Schedule (elective: for parents only; requires separate registration)

Tuesday and Thursday mornings, June 9 through July 23, from 6:30-7:30 a.m.

Explanatory Notes

1. Swim practice and time trials are held at the Lab School, 4759 Reservoir Road, N.W. The school entrance is near the intersection of MacArthur Boulevard and Reservoir Road. From this entrance, the pool is located in the building with brick pillars, to the left (west) of the administration building. The pool building can also be entered from the side of the school on Whitehaven Parkway near MacArthur Boulevard.
2. Once the full practice season starts, afternoon practices are held everyday. Swimmers are encouraged to attend practice as often as possible. As with all sports, more practice will lead to better skills, stamina, and enjoyment. However, there is no requirement (or pressure) to come every day.

Morning practices are offered 2 days a week (Tuesday and Thursday) for swimmers who find an earlier time more convenient than an afternoon time.

3. The first three weeks of practice have a somewhat abbreviated schedule. This is necessary because the Lab School uses the pool facility for end of the school year events and graduation.
4. Practice times are listed in morning and afternoon blocks (except for the first week, where the option of morning practice is not possible). After the time trials, Coach Lewis will group swimmers by age and skill and assign them to specific practice time slots. If someone is assigned a practice time slot that doesn't fit the family's schedule, there is flexibility to move to another slot after a conversation with Coach Lewis.
For morning practices (week of June 15 through week of July 24): The younger and less experienced swimmers practice for 1 hour (7:00-8:00) or for 1/2 hour (7:30-8:00). The older and more experienced swimmers practice for 1 1/2 hours (6:30-8:00).
For afternoon practices (week of June 15 through week of July 31): The younger and less experienced swimmers practice for 1 hour (5:00-6:00 or 6:00-7:00). The older and more experienced swimmers practice for 1 1/2 hours (5:30-7:00).
6. The time trials will be run in meet event format. Time trials give the coaches an opportunity to observe the swimmers so that the practice groups can be set and to get seed times for setting up ("seeding") the swim meets.
7. The Dolphins offers elective mini-master training for parents under Coach Lewis on Tuesday and Thursday mornings from June 9 through July 23. Separate registration is required. Improve your fitness; get tips on developing your technique; and enjoy the camaraderie of other Dolphins parents.

Swim Meet Schedule

The dates for the swim meets are set—and are listed below. The *preliminary* competitive order and meet locations are available—and are also listed below. The competitive order and meet locations will be confirmed closer to the start of the season.

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|---------------------------|----------------------------|
| 1. Saturday, June 20 | MVP @ WLS |
| 2. Saturday, June 27 | MVP @ TB |
| 3. TBD, weekend of July 4 | BBT @ MVP |
| 4. Saturday, July 11 | TP @ MVP |
| 5. Saturday, July 18 | SBP @ MVP |
| 6. Saturday, July 25 | Divisionals (location TBD) |
| 7. Saturday, August 1 | All Stars (location TBD) |

Division A Teams...by Ranking

MVP MVP Dolphins
 SBP Strathmore Bel Pre
 TPS Takoma Park DC Swim Team
 BSR Belair Bath and Tennis
 TBS Theresa Banks Swim Team
 WLS West Laurel Swim Club

*Please note that directions to the pools are available on the Prince-Mont Swim League website: www.princemont.org.