

Occoquan Swimming News Splash

Friday, March 12, 2021

News from the Head Coach/ CEO

WEEKEND PRACTICE UPDATE

FRIDAY 3/12 No practices at CPAC due to swim meet. There will be practices at Chinn, WARF & Colgan as scheduled.

SATURDAY 3/13

MC IMR – no practice

MC & PWE IMR+ 9:00-11:00am (Colgan)

MC IMX 5:00-6:30am (CPAC)

MC Senior & Pre-Senior 5:45-7:45am (Freedom)

PWE IMX, Pre-Sr, Sr 6:00-8:00am (Colgan)

WARF IMR+ 8-9:30am (WARF)

WARF IMX/ Pre Senior 8-10am (WARF)

NTG 5:00-6:30am (CPAC)

Good Afternoon,

Here we go! The March Madness kicked off last night with the MAKO Showcase invite here at Central Park. We start another meet today with the PVS Championship Series kicking off at the Dulles South Rec Center in Chantilly this afternoon.

Keeping track of all the meets on Live Stream is a great way to stay connected to your team. Here is a list for the next two weeks of meets:

PVS Championships Series WAVE 1 (Dulles South)

https://m.facebook.com/story.php?story_fbid=191797266049196&id=112093567352900

MAKO Showcase Champs (CPAC)

https://www.youtube.com/OccoquanSwimming?sub_confirmation=1

PVS Championships Series WAVE 2 & 4 (Freedom Center)

https://www.youtube.com/OccoquanSwimming?sub_confirmation=1

MAKO Spring Fling (St. James)

<https://www.facebook.com/stjswimming>

WAVE 3 we have not been assigned a site yet (we anticipate being at Freedom) however the meet is going to offer additional bonus swims to swimmers that are already entered in the meet. If your swimmer would like to add some swims, please send a note to their coach no later than Monday, March 15.

The MAKO Spring Fling next weekend at the St. James has had some **significant changes** to the program to accommodate all the swimmers. Please see the following site for updated times and session changes:

<https://www.teamunify.com/EventShow.jsp?returnPage=%2FEventsCurrent.jsp%3Fteam%3Dpvsmaako&id=1193557&team=pvsmaako> Please look closely at which session(s) your swimmer is competing in as things have changed quite a bit.

OCCS will be playing host for the PVS Championship Wave 2 & 4 meets next weekend at Freedom. To pull a meet off like this it is going to require a lot of people to come together to help. Running meets amid the COVID mitigation efforts is not easy or simple. There are requirements of the facilities as well as the local jurisdictions that we need to follow and enforce. So, every volunteer is a vital part of running a meet. The plain and simple fact is that we will not be able to run this meet without having the required volunteers to manage the meet. If you have any interest in helping (even if your swimmer is not competing, please sign up online). If you are a volunteer without a swimmer in the meet, I will personally make sure you are fed and given refreshments throughout the day. Thank you in advance for your help!!

WAVE 2 Meet: <https://www.signupgenius.com/go/10c094da9a62ea3fa7-pvswave>

WAVE 4 Meet: <https://www.signupgenius.com/go/10C094DA9A62EA3FA7-pvswave1>

Volunteering is open to anyone willing to abide by the expectations of the position, rules of the facility and meet and Minor Athlete Abuse Prevention Policies from USA Swimming Safe Sport.

Have a great weekend!

Coach Aaron

In this week's Splash:

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Announcements

Speedo Promotion

Speedo is running a special this month to help support local swim teams and swim shops since coming off the pandemic shut down.

- Visit: <http://www.speedousa.com/speedo-pool-together>
- Get 25% off EVERY Speedo product (from LZR Racer tech suits to family vacation beachwear and everything in between)
- 10% goes back to your Team in cash
- 10% goes to support your Team Dealer
- OR donate 20% to the Boys & Girls Club
- Prizes for swimmers & teams along the way
- There are NO LIMITS: Discount applies to all products & unlimited purchases. ANYONE can shop/support. NO CAPS on cash back funds raised.

Upcoming Practice Schedule

WEEK OF MARCH 15

MANASSAS CENTRAL PROGRAMS							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Home School	8:00-9:00am (C)	8:00-9:00am (C)	8:00-9:00am (C)	8:00-9:00am (C)	X	X	X
Day Time	1:00-2:00 (C)	X	1:00-2:00 (C)	X	X	X	X
IMR light/ Speed Squad	X	4:45-5:45pm (C) Shaw	X	4:45-5:45pm (C) Shaw	7:00-8:00pm (C)	X	X
IMR Prep	6:00-7:00pm (C) Shaw	6:00-7:00pm (C) Shaw	6:00-7:00pm (C) Shaw	6:00-7:00pm (C) Shaw	X	X	X
IMR	6:30-7:30pm (F)	5:45-6:45pm (C)	6:30-7:30pm (F)	5:45-6:45pm (C)	5:00-6:00pm (C) Shaw	X	X
IMR +	6:30-7:30pm (F)	5:45-7:00pm (C)	6:30-7:30pm (F)	5:45-7:00pm (C)	X	X	X
IMX	7:00-8:30pm	7:00-8:30pm (C)	7:00-8:30pm	7:00-8:30pm (C)	7:00-8:00pm (C)	7:45-9:15am (C)	X
	Dryland 6:30-7:00pm		Dryland 6:30-7:00pm				

Pre-Senior	5:45-7:00pm (C)	4:00-6:00pm (F)	5:45-7:00pm (C)	4:00-5:30pm (C)	4:00-5:30pm (C)	6:00-7:30am (C)	X
	Dryland 4:45-5:45pm		Dryland 4:45-5:45pm				
Senior	4:00-5:30pm (C)	4:00-6:00pm (F)	4:00-5:30pm (C)	4:00-5:30pm (C)	4:00-5:30pm (C)	6:00-7:30am (C)	X
	Dryland 5:45-6:30pm		Dryland 5:45-6:30pm				
Senior 2	3:45-4:45pm (C) Shaw	3:30-4:30pm (C)	3:45-4:45pm (C) Shaw	3:30-4:30pm (C)	X	X	X
	Or 8:00-9:00pm (C)	Or 8:00-9:00pm (C)	Or 8:00-9:00pm (C)	Or 8:00-9:00pm (C)			
National	5:30-7:30am (C) w/ dryland	4:00-5:30pm (C)	5:00-6:30am	X	X	X	X

PRINCE WILLIAM EAST PROGRAMS							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
IMR Prep	6:00-7:00pm (C)	X	6:00-7:00pm (C)	X	X	X	X
IMR 1	5:00-6:00pm (C) Shaw	5:45-6:45pm (C)	5:00-6:00pm (C) Shaw	5:45-6:45pm (C)	X	X	X
IMR 2	7:00-8:00pm (C) Shaw	7:00-8:00pm (C) Shaw	7:00-8:00pm (C) Shaw	7:00-8:00pm (C) Shaw	X	X	X
IMR +	8:00-9:00pm (PWCSDAC)	4:30-6:00pm (PWCSDAC)	8:00-9:00pm (PWCSDAC)	4:30-6:00pm (PWCSDAC)	X	X	X
Morning (IMX)	5:00-6:30am (PWCSDAC)	5:00-6:30am (PWCSDAC)	5:00-6:30am (PWCSDAC)	5:00-6:30am (PWCSDAC)	5:00-6:30am (PWCSDAC)	6:30-8:00am (PWCSDAC)	X
Morning (Pre-Sr)	5:00-6:30am (PWCSDAC)	4:45-6:45am (PWCSDAC)	5:00-6:30am (PWCSDAC)	4:45-6:45am (PWCSDAC)	5:00-6:30am (PWCSDAC)	6:03-8:00am (PWCSDAC)	X
IMX	7:15-7:45pm (Dryland) 8:00-9:00pm (PWCSDAC)	4:30-6:00pm (PWCSDAC)	7:15-7:45pm (Dryland) 8:00-9:00pm (PWCSDAC)	4:30-6:00pm (PWCSDAC)	7:00-8:00pm (C)	6:30-8:00am JO Swimrs (PWCSDAC)	X
Pre Senior	4:00-6:00pm (PWCSDAC)	4:45-6:30am (C) w/dryland	4:00-6:00pm (PWCSDAC)	4:45-6:30am (C) w/dryland	4:00-6:00pm (PWCSDAC)	6:30-8:00am (PWCSDAC)	X
Senior 1	4:00-6:00pm (PWCSDAC)	3:30-4:30pm (PWCSDAC) Dryland 4:30-5:30pm	4:00-6:00pm (PWCSDAC)	3:30-4:30pm (PWCSDAC) Dryland 4:30-5:30pm	4:00-6:00pm (PWCSDAC)	6:30-8:00am (PWCSDAC)	X
Senior 2/ Speed Squad	8:00-9:00pm (CHINN)	X	8:00-9:00pm (CHINN)	X	8:00-9:00pm (CHINN)	X	X

WARRENTON PROGRAMS							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
IMR	6:30-7:30pm	X	6:30-7:30pm	X	6:30-7:30pm	X	X
IMR +	6:30-7:45pm	6:30-7:45pm	6:30-7:45pm	6:30-7:45pm	6:30-7:30pm	X	X
IMX	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	6:30-7:30pm	X	X
Pre Senior / Senior	7:30-9:00pm	6:00-8:00pm	7:30-9:00pm	6:00-8:00pm	6:30-7:30pm	X	X

(MP)= Manassas Park Community Center 99 Adams Street, Manassas Park, VA 20111

(C)= Central Park Aquatic Center 10371 Central Park Drive Suite A, Manassas, VA

(F)=Freedom Aquatic & Recreation Center 9100 Freedom Blvd. Manassas, 20110

(PWCSDAC)=Prince William County School District Aquatic Center at Colgan High School

Warrenton Aquatic & Recreation Facility-800 Waterloo Rd, Warrenton, VA

Event Schedule

Start	End	Event	Description	Location	Levels
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12-Mar	14-Mar	Swim Meet	PVS WAVE 1 Senior Champs	PVS	JR Champ- Sect
12-Mar	14-Mar	Swim Meet	MAKO 11-14 Showcase	Central Park	Not attending other PVS meets in March
18-Mar	21-Mar	Swim Meet	PVS WAVE 2 Senior Champs	Freedom	Sectional
20-Mar	21-Mar	Swim Meet	MAKO Spring Invite	St. James	Not attending other PVS meets in March
18-Mar	21-Mar	Swim Meet	PVS WAVE 4 10U Champs	Freedom	Sectional
25-Mar	28-Mar	Swim Meet	PVS WAVE 3 11-14 Champs	Freedom (likely)	JO's

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