



## View Ridge Swim & Tennis Club

### 2019 Swim Team Informational Meeting

**Coaches:** Rob Sjoberg, Megan Sun McIntosh, Conrad Shabb,  
John Paul Kuder, and Mike Hoff, [vrstccoaches@gmail.com](mailto:vrstccoaches@gmail.com)

**Parent Volunteer Coordinator:** James Dack, [james\\_dack@yahoo.com](mailto:james_dack@yahoo.com)

### 2019 VRSTC Swim Team Workout Schedule

#### Pre-Season Schedule (May 13 - June 21)

*Workouts are Monday – Thursday, except for Friday, June 21 (all team practice 7 p.m. – 9 p.m.)*

8 & Under + 9 - 10: 7:00 p.m. – 7:30 p.m.

11 – 14: 7:30 p.m. – 8:15 p.m.

15 & Over: 8:00 p.m. – 9:00 p.m.

*(includes dryland)*

#### Week of Monday, June 17 – Thursday, June 20

*(For those swimmers who are already on summer break)*

12 & Under (8 & Under + 9 – 10 + 11 – 12): 8:00 a.m. – 8:45 a.m.

13 & Over: 8:45 a.m. – 9:30 a.m.

#### Summer Workout Schedule (begins Monday, June 24)

*Workouts are Monday – Friday\*, no workout Thursday, July 4 or Friday, July 5*

*\*Friday all team workouts are 9 a.m. – 11 a.m. (Fun Day 07.12, Pancake Workout 07.19)*

13 & Over: 7:00 a.m. – 8:20 a.m. *(includes optional dryland from 8 – 8:20)*

11 – 12: 8:00 a.m. – 8:40 a.m.

8 & Under + 9 – 10: 8:40 a.m. – 9:15 a.m.

13 – 14: 9:15 a.m. – 10:00 a.m.

15 & Over: 9:40 a.m. – 10:50 a.m. *(includes mandatory dryland from 9:40 - 10)*

#### Required Paperwork to Participate:

- Participation Form – 1 per family *(must be turned in before first practice)*
- Emergency Form – 1 per family *(must be turned in before first practice)*
- Concussion Form – 1 per swimmer *(must be turned in before first practice)*
- Missing Meet Form **Online** - 1 per swimmer *(please submit by Friday, June 14)*

# Schedule

**\*\* Dual meets begin at 6 p.m. Warm Up for home meets is at 5:00 p.m. and 5:25 p.m. for away meets.**

**\*\* Warm Up for championship meets that begin at 4 p.m., are between 2:30 and 3:00 p.m.**

Monday, May 6 – Sylvia’s Swimwear, 4 – 7 p.m., Double Haul Apparel 4 – 7 p.m.

Monday, May 6 – Swim Team Informational Meeting, 7 p.m.

Monday, May 13 – First Workouts

Thursday, May 16 – Deadline to order team suits from Sylvia’s Swimwear

- Go to [www.goswim.com](http://www.goswim.com).
- Click on My Teams™ Login located in the upper right hand portion of the home page.
- Create a new account or log into your existing account.
- Enter the Team Code (VRSUM19) Click Add Team or press Enter key.
- Click on the Team Name to enter your team specific My Teams™ page.
- Select products and sizes desired and Add to Cart.
- Ship to Team Manager for FREE (which means we will pick up it and bring it to the pool) or direct for \$6.99 to an address you choose.

Saturday, June 8 – Time Trials (All Team), 9 a.m.

- This is a great opportunity to see where swimmers are at with their times. Perfect time to set goals for the season!

Monday, June 17 – Thursday June 20 – morning workouts for kids on summer break

Friday, June 21 – All Team Fun Day, 7 – 9 p.m.

Saturday, June 22 – Relay Extravaganza (13 & Over) @ WW w/ WW & SP, 10 a.m.

Monday, June 24 – Morning Workouts Begin

Tuesday, June 25 – **View Ridge @ Innis Arden** 6 p.m. (warm up at 5:25 p.m.)

- **Innis Arden Swim Club** 1430 NW 188th Street Shoreline, 98177, 206.546.6700

Thursday, June 27 – **Klahaya @ View Ridge**, 6 p.m. (warm up at 5:00 p.m.)

Friday, June 28 – Tie Dye Day (following individual workout times)

- Hang out after your practice to tie dye! Pre-order a white t-shirt for only \$6! (if you bring your own item, you will be charged \$3 per item).
- Deadline to pre-order shirt: Monday, June 24

Tuesday, July 9 – **View Ridge @ Aqua Club**, 6 p.m. (warm up at 5:25 p.m.)

- **Aqua Club** 18512 58th Avenue NE Kenmore, 98028, 425.486.5758

Thursday, July 11 – **View Ridge @ Sand Point CC**, 6 p.m. (warm up at 5:25 p.m.)

- **Sand Point Country Club** 8333 55th Avenue NE Seattle, 98115, 206.525.8641

Friday, July 12 – All Team Fun Day, 9 – 11 a.m.

Tuesday, July 16 – **Sheridan Beach @ View Ridge**, 6 p.m. (warm up at 5:00 p.m.)

Thursday, July 18 – **View Ridge @ Blue Ridge**, 6 p.m. (warm up at 5:25 p.m.)

- **Blue Ridge Swim Club** 10040 15th NW Seattle, 98177, 206.782.9891

Friday, July 19 – All Team Pancake Workout, 9 – 11 a.m.

Saturday, July 20 – 15-minute private lessons with coaches – 8 a.m. – 10 a.m.

Saturday, July 20 - Open Water Swim (high school aged swimmers only), 10 a.m. - noon

Tuesday, July 23 – **Wedgwood @ View Ridge**, 6 p.m. (warm up at 5:00 p.m.)

Picture Day!

- Individual Pictures @ 3 p.m.
- Team Pictures @ 4p.m.

Senior Night!

Friday, July 26 – **B-Champs @ Sand Point CC**, 9 a.m.

- **Sand Point Country Club** 8333 55th Avenue NE Seattle, 98115, 206.525.8641

Prelim Qualifiers – Regular Practice Times

Monday, July 29 – **Girls Prelims @ View Ridge**, 4 p.m.

Tuesday, July 30 – **Boys Prelims @ Wedgwood**, 4 p.m.

- **Wedgwood Swim Club** 7727 28th Avenue NE Seattle, 98115, 206.523.8211

Thursday, August 1 - **Northern Division Finals @ Klahaya**, 4 p.m.

- **Klahaya Swim & Tennis Club** 10307 238th Street SW Edmonds, 98020, 206.542.3211

Tuesday, August 6 – **All City Finals @ Blue Ridge**, 4 p.m.

- **Blue Ridge Swim Club** 10040 15th NW Seattle, 98177, 206.782.9891

Wednesday, August 7 – VRSTC Swim Team Banquet, 6 p.m.