



View Ridge Swim & Tennis Club

2017 Swim Team Informational Meeting

Coaches: Rob Sjoberg, Megan Sun McIntosh, Conrad Shabb,
Alex Guffey, and Bridget Keaton, vrstccoaches@gmail.com

Board Member: James Dack

2017 VRSTC Swim Team Workout Schedule

Pre-Season Schedule (May 8 - June 23)

Workouts are Monday – Thursday, except for Friday, June 23 (all team practice 7 p.m. – 9 p.m.)

** no practice Thursday, June 22 due to home meet vs. Klahaya*

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

11 – 13: 7:30 p.m. – 8:15 p.m.

14 & Over: 8:00 p.m. – 9:00 p.m.

(includes dryland)

Week of Monday, June 19 – Thursday, June 22

(For those swimmers who are already on summer break)

8 & Under + 9 – 10: 8:00 a.m. – 8:30 a.m.

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 26)

Workouts are Monday – Friday, no workout Tuesday, July 4*

**Friday all team workouts are 9 a.m. – 11 a.m. (Pancake 07.07, Fun Day 07.14)*

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

11 – 12: 8:00 a.m. – 8:45 a.m.

9 – 10: 8:45 a.m. – 9:25 a.m.

8 & Under: 9:25 a.m. – 10:00 a.m.

13 & 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)*
- Concussion Form – 1 per swimmer *(must be turned in before first practice)*
- Missing Meet Form – 1 per swimmer *(must be turned in by June 16)*

Schedule

Note: Dual meets begin at 6 p.m. Warm Up for home meets is at 5:00 p.m. and 5:30 p.m. for away meets. Warm Up for championship meets that begin at 4 p.m., are between 2:30 – 3:00 p.m.

Wednesday, May 3 – Swim Team Informational Meeting, 7 p.m.
Monday, May 8 – Sylvia’s Swimwear, 4 – 7 p.m., Double Haul Apparel 4 – 8:15 p.m.
Monday, May 8 – First Workout
Monday, May 15 – Deadline to order custom team suits from Sylvia’s Swimwear, 9 a.m.
Friday, June 2 – VRSTC Goes to the Mariners vs Angels Game, 7:05 p.m.
Saturday, June 17 – 8 a.m. – Time Trials (All Team)
10 a.m. – Relay Extravaganza (13 & Over) with WW & SPCC
Thursday, June 22 – **Klahaya @ View Ridge**, 6 p.m.
Friday, June 23 – All Team Fun Day, 7 p.m. – 9 p.m.
Saturday, June 24 – 15-minute private lessons with coaches – 8 a.m. – 10:30 a.m.
Monday, June 26 – Morning Workouts Begin
Tuesday, June 27 – **View Ridge @ Aqua Club**, 6 p.m.
Thursday, June 29 – **Sheridan Beach @ View Ridge**, 6 p.m.
Friday, June 30 – Tie Dye Day (following individual workout times)
Thursday, July 6 – **View Ridge @ Blue Ridge**, 6 p.m.
Friday, July 7 – All Team Pancake Workout, 9 a.m. – 11 a.m.
Tuesday, July 11 – **View Ridge @ Sand Point CC**, 6 p.m.
Thursday, July 13 – **View Ridge @ Innis Arden**, 6 p.m.
Friday, July 14 – All Team Fun Day, 9 a.m. – 11 a.m.
Tuesday, July 18 – **Wedgwood @ View Ridge**, 6 p.m.
Individual Pictures @ 3 p.m., Team Pictures @ 4p.m.
Friday, July 12 – **B-Champs @ Sand Point CC**, 9 a.m.
Prelim Qualifiers – Regular Practice Times
Monday, July 24 – **Girls Prelims @ Wedgwood**, 4 p.m.
Tuesday, July 25 – **Boys Prelims @ Aqua Club**, 4 p.m.
Thursday, July 28 - **Northern Division Finals @ View Ridge**, 4 p.m.
Tuesday, August 1 – **All City Finals @ Innis Arden**, 4 .m.
Wednesday, August 2 – VRSTC Swim Team Banquet, 6 p.m.

- **Aqua Club** 18512 58th Avenue NE Kenmore, 98028, 425.486.5758
- **Blue Ridge Swim Club** 10040 15th NW Seattle, 98177, 206.782.9891
- **Innis Arden Swim Club** 1430 NW 188th Street Shoreline, 98177, 206.546.6700
- **Klahaya Swim & Tennis Club** 10307 238th Street SW Edmonds, 98020, 206.542.3211
- **Sand Point Country Club** 8333 55th Avenue NE Seattle, 98115, 206.525.8641
- **Sheridan Beach Swim Club** 16500 Shore Drive NE Lake Forest Park, 98155, 206.364.0920
- **Wedgwood Swim Club** 7727 28th Avenue NE Seattle, 98115, 206.523.8211