



View Ridge Swim & Tennis Club

2018 Swim Team Informational Meeting

Coaches: Rob Sjoberg, Megan Sun McIntosh, Conrad Shabb,
Amelia Roseto and John Paul Kuder, vrstccoaches@gmail.com

Parent Volunteer Coordinator: james_dack@yahoo.com

2018 VRSTC Swim Team Workout Schedule

Pre-Season Schedule (May 14 - June 22)

Workouts are Monday – Thursday, except for Friday, June 22 (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 18 – Thursday, June 21

(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 25)

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

**Friday all team workouts are 9 a.m. – 11 a.m. (Fun Day 07.13, Pancake Workout 07.20)*

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 June 15)*

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

Wednesday, May 9 – Swim Team Informational Meeting, 7 p.m.

Monday, May 14 – First Workouts

Monday, May 21 – Deadline to order team suits from Sylvia’s Swimwear, 9 a.m.

- Go to 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 (VRSUM18) 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 or direct for \$5.99 to an address you choose.

Friday, June 15 – VRSTC Goes to the Mariners vs Red Sox Game, 7:10 p.m. Fireworks!

- Come hang with the team at our annual Fireworks Night at a Mariners Game! Sign up in the office or email vrstcparties@gmail.com to reserve your tickets (\$20 per ticket will be billed to your club account).

Deadline to reserve or cancel: Wednesday, May 23

Saturday, June 16 – Relay Extravaganza (13 & Over) @ WW w/ WW & SP, 10 a.m.

Monday, June 18 – Thursday June 21 – morning workouts for kids on summer break

Friday, June 22 – All Team Fun Day, 7 – 9 p.m.

Saturday, June 23 – 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 25 – Morning Workouts Begin

Tuesday, June 26 – **View Ridge @ Klahaya**, 6 p.m. (warm up at 5:25 p.m.)

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

Thursday, June 28 – **Aqua Club @ View Ridge**, 6 p.m. (warm up at 5:00 p.m.)

Friday, June 29 – 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 25

Saturday, June 30 – 15-minute private lessons with coaches – 8 a.m. – 10:30 a.m.

Tuesday, July 10 – **View Ridge @ Sheridan Beach**, 6 p.m. (warm up at 5:25 p.m.)

- **Sheridan Beach Swim Club** 16500 Shore Drive NE Lake Forest Park, 98155, 206.364.0920

Thursday, July 12 – **Blue Ridge @ View Ridge**, 6 p.m. (warm up at 5:00 p.m.)

Friday, July 13 – All Team Fun Day, 9 – 11 a.m.

11 – 12 Night at Wedgwood (w/ SPCC), 8 – 9 p.m.

Saturday, July 14 - Open Water Swim (high school aged swimmers only), 9 – 11 a.m.

Tuesday, July 17 – **Sand Point CC @ View Ridge**, 6 p.m. (warm up at 5:00 p.m.)

Picture Day!

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

Thursday, July 19 – **Innis Arden @ View Ridge**, 6 p.m. (warm up at 5:00 p.m.)

Senior Night!

Friday, July 20 – All Team Pancake Workout, 9 – 11 a.m.

Tuesday, July 24 – **View Ridge @ Wedgwood**, 6 p.m. (warm up at 5:25 p.m.)

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

Friday, July 27 – **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 30 – **Girls Prelims @ View Ridge**, 4 p.m.

Tuesday, July 31 – **Boys Prelims @ Klahaya**, 4 p.m.

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

Thursday, August 2 - **Northern Division Finals @ Blue Ridge**, 4 p.m.

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

Tuesday, August 7 – **All City Finals @ Olympic View**, 4 p.m.

- **Olympic View Swim Club** 19800 4th Ave SW Normandy Park, 98177, 206.824.6063

Wednesday, August 8 – VRSTC Swim Team Banquet, 6 p.m.