

**DOMINION HILLS SWIM TEAM
SUMMER 2011**

NVSL University: June 4 (Saturday) - 8:00 AM @ Falls Church HS

NVSL OFFICIALS CLINICS

New Referee: June 2 (Thursday) - 7 PM @ Lee Graham
June 14 (Tuesday) – 7 PM @ Lee Graham

Referee/Starter: June 4 (Saturday) - 8 AM @ Falls Church HS
June 19 (Sunday) - 9:30 AM @ Mantua

Stroke and Turn: June 11 (Saturday) - 8 AM @ Lee Graham
June 19 (Sunday) – 9:30 AM @ Sleepy Hollow Rec
June 22 (Wednesday) - 7 PM @ Sleepy Hollow Rec

Announcer: June 4 (Saturday) – 11 AM @ Falls Church HS
June 11 (Saturday) - 8 AM @ Annandale

Head Timer: June 4 (Saturday) – 11 AM @ Falls Church HS
June 11 (Saturday) - 8 AM @ Annandale

Clerk of Course: June 4 (Saturday) - 9 AM @ Falls Church HS
June 11 (Saturday) - 8 AM @ Annandale

Table Worker: June 4 (Saturday) - 9 AM @ Falls Church HS
June 11 (Saturday) - 8 AM @ Annandale

DOMINION HILLS MEET SCHEDULE

Saturday, June 18 – Time Trials @ DH (8 AM)
Monday, June 20 – DH @ Arlington Forest (D)
Saturday, June 25 – DH @ Brandywine (9 AM)
Monday, June 27 – DH @ High Point (D)
Saturday, July 2 – Fair Oaks @ DH (9 AM)
Thursday, July 7 – IM-only meet @ DR (8:30 AM)
Saturday, July 9 – DH @ Fox Mill Estates (9 AM)
Monday, July 11 – Sleepy Hollow Rec. @ DH (D)
Wed., July 13 – Divisional Relay Carnival @ Brandywine (6:30 PM)
Saturday, July 16 – DH @ Highland Park (9 AM)
Monday, July 18 – Sleepy Hollow Bath & Racquet @ DH (D)
Wednesday, July 20 – All-Star Relay Carnival @ Hayfield Farms (4 PM)
Saturday, July 23 – Rolling Forest @ DH (9 AM)
Monday, July 25 – DH @ Dowden Terrace (D)
Saturday, July 30 – Divisionals @ Rolling Forest
Saturday, August 6 – Individual All-Stars @ Waynewood (9 AM)
(D) – Developmental or “B” Meets

CONTACT INFORMATION

Dominion Hills Pool: 703-533-7550
Head Coach: Nina Kuziel – ninakuziel@gmail.com or 443-850-6214
Assistant Coaches: Alex Brown, Patrick Morris, Maddy Berner
Team Reps: Patty Hughes – pbjhughes@verizon.net or 703-475-1839
(cell) and Patti Sanner – pehg@verizon.net or 703-593-8886 (cell)

Dominion Hills Swim Team 2011 Practice Schedule

Tuesday, May 31 - Thursday, June 23

Weekday practices

10 and Under

7:00 - 8:00 PM Monday through Thursday @ *Dominion Hills*

11 and Up

8:00 - 9:00 PM Monday through Thursday @ *Dominion Hills*

Saturday Practices –June 4 and June 11

7:00 - 8:00 AM All ages
8:00 - 8:45 AM 10 and under
8:45 - 10:00 AM 11 and up

While every effort should be made to make it to as many practices as you can, the coaches understand that there are a lot of conflicts at this time of year, at least until school lets out for the summer. However, the swim season is short, so it is important that everyone be in the water as much as possible. If it is too cold or rainy for the outdoor practices, bring sneakers, towels and comfortable clothes so you can participate in dry land training (e.g., stretching, calisthenics, and running).

Once Arlington County elementary schools are out for the summer (June 24), all practices move to the following morning schedule (Monday-Friday)

7:00 - 8:00 AM All ages
8:00 - 8:45 AM 10 and under (and Mini Warriors)
8:45 - 10:00 AM 11 and up

While every effort should be made by swimmers to attend the age-appropriate practice, if your child has a conflict with either the 8:00 AM or 9:00 AM practice because of camp or work schedules, please attend the 7:00 AM practice. The only exception is mini warriors who must attend the regularly scheduled practice.