

ANNUAL JFD HIGHLIGHTS

Updated April 2, 2014

Smaller type indicates a meet we have not traditionally attended, but would consider if enough parents respond soon.

YOU SHOULD SCHEDULE A “REVIEW OF PROGRESS & RESETTING OF GOALS” CONFERENCE

MAY

- 3-4 Early bird Longcourse Fairland *Get used to long course pools. Last chance to Qualify for MD ST CH > Which is the last chance to Qualify for PVS Champs in July*
- 11 Sun Last day at QO
- 13 Mon QO swimmers transition to Montgomery Square (GP swimmers remain on schedule)
Memorial Day Weekend starts our summer practice schedule at GP, MCF, QO, and Montgomery Square

JUNE

- 30-1-2 Maryland State Champs *A great milestone to measure team & individual progress*
Until school is out: 6-8 PM at GP Early AM and Mid AM at QO
Sundays 8-10 AM at QO
- 8 JFD Awards night at the Golden Bull *This is the most important 3 hours of the season*
- 15 PVS LC Distance
- 29 Sun Manchester Farm Mini Meet *All JFD Mini's and friends from summer pools are invited
Teens are in the water to assist rookies if needed*

JULY

- 14 Sun North Creek Longcourse Invitational *Race in a long course pool*
- 8 *MCSL Long Course meet*
- 10-13 Age Groups Champs
- 17-20 PVS Jr / Sr Champs
- 19 MCSL Divisionals
- 26-27 All Stars

AUGUST BEFORE YOUR FIRST PRACTICE: “REVIEW OF PROGRESS & RESETTING OF GOALS” CONFERENCE

- 6-9 Eastern Zone Champs Best swimmers from Richmond to Canada
- Sat / Sun 7:30 Open House Presentations at JFD Headquarters - invite your friends
- TBA Multiple Coaches Training options
- TBA Head Start / Tryout practices: Invite your friends

Until PVS has updated the meet schedule for the 2014-2015 season, the dates listed can be used for a general idea of what is to come and when.

SEPTEMBER *Only 14 weeks until TDI*

GAC, GP, MS Head start for team swimmers

6 Sat JFD Coaches Kick off option 1

14 Sun JFD Coaches Kick off option 2

OCTOBER

4 Sat Germantown Oktoberfest JFD promo booth at this annual family, fun event

11-12 Harvest Moon Herndon *12 & Unders*

Big awards for total of all strokes and IM As always, the odds of a medal are better in the longer distances

17-19 October Open *Great first meet – Enter longer events*

16-19 Eastern States Swim Convention *Recommended for teens / coaches – Attend the days you choose*

24-26 Fall Senior Fairland *Usually an uncrowded, short meet*

25-26 Fall Gator Mini Wash-Lee *First Mini Meet of the season*

NOVEMBER **ENTER 200 FREE IN ORDER TO QUALIFY FOR A RELAY AT TDI**

7-9 November Open

2-3 November Distance Meet Takoma

23 Pilgrim Pentathlon Mini tbd

21-23 Odd ball challenge Fairland **Last chance to make TDI**

26 Wed **JFD inter squad 200 Fly Challenge** **JFD Thanksgiving at Pizza Hutt – Turn in 3 x 5 cards or verbally**

Share comments on why you are Thankful for various teammates

TRAINING FOR 200 FLY WILL HELP ALL EVENTS

26-30 JFD **THANKSGIVING BREAK BONUS PRACTICES**

28-29 Coach's Thanksgiving Meeting *Sunday option includes dinner at Golden Bull*

DECEMBER **CAREFULLY CONSULT WITH YOUR COACH TO PICK MEETS / EVENTS**

6-7 Reindeer Mini Providence *Do to conflict with TDI, we need to know if mini's really want this*

12-14 Christmas Champs Fairland **EVERYBODY SHOULD ENTER THIS MEET**

11-15 Tom Dolan Invitational **TRADITIONALLY, FASTEST AGE-GROUP MEET IN THE USA**

JFD always beats all teams our size!!!

30 years of Dec 24th Traditions: Reindeer Games at practice, Card decorating, Serving at the Lord's Table
Soup Kitchen and Caroling at Asbury Nursing home (bring your instruments)

23- Jan 5 Winter break, will include videos of world class coaches / swimmers,
Swimmer initiated social events, charity projects,
Coaches training 3 hour Distance Challenge!!!!!!!!!!!!!!!!!!!!

When there is no school, real swimmers practice more!

JANUARY

1 Annual New Year's 10,000 meter Distance Challenge 2-5 PM
TBA JFD New Year's Invitational Meet at QO in meters to enjoy your progress since summer
18-19 PVS Jan Open PG, MLK, Fairland (?)
25-26 PM Snow Dude Mini Meet Mt. Vernon
31-2 USA IMX CHALLENGE The best swimmers from 13 states are invited

FEBRUARY

1-2 rmsc Gender Blender MAC *In nearby Bethesda*
9 February Distance Fairland *Let's grow in courage and determination*
15-16 14 & U JO Qualifier Cub Run *meet is full - they won't accept any more entries*
15-16 President's Day Classic Warrenton *They will accept a few more entries*
21-23 18 & U Champs "Champs" may be misleading, This meet is a Championship Qualifier meet
Last meet to qualify for Championships

MARCH

6-9 Junior Championships
6-9 Senior Champs
8-9 MINI CHAMPS OLNEY *JFD always wins lots of medals!!!*
13-16 14 & U Junior Olympics *JFD always beats all teams our size!!!*
21-23 23-25 SPRING CHAMPS Fairland *The "grand finale" of the winter season*

APRIL

Spring break, will include videos of world class coaches / swimmers,
Swimmer initiated social events, charity projects,
Coaches training 2 hours Distance Challenge!!!!!!!!!!!!!!!!!!!!