

May/June

FLOWER VALLEY FROGS

2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26 Swim Kick-Off & Parent Meeting 1:00-4:00 DIVE KICK-OFF 4:30-6:30	27 Swim Practice Cookie Crunch (3:15-6:15) <i>Pre-team training</i> DIVE PRACTICE COOKIES & HOT CHOCOLATE (TBA)	28	29 MCSL Advance Referee Clinic 8:00 p.m. @ Olney	30	31
1 MCSL Officials Clinic 8a.m.@ Olney	2	3	4	5 Pre-team Coaches training 6:15-7:45	6	7 Time Trials 7:30 a.m. Warm-ups 8:00 a.m. Start Meet the coaches 12PM <i>Teen Social</i> 8:30-11:00 p.m.
8 MCSL Officials Clinic 8a.m.@ Olney	9 Pizza-n-Ice Cream Social Team Photo 6:00 p.m.	10 Pre-team Coaches Training 6:15-7:45 p.m.	11	12	13 <u>Pre-team Tryout/registration</u> 9:00 a.m. Morning Swim and Dive Practice begins Swim Team Pep Rally	14 A Meet Home w/ Tilden Woods 7:30 a.m. Warm-up 9:00 a.m. Start 11/12 Lock-in 8:30 p.m. 13 & Over outing 8:00 p.m.
15 DIVE MEET FV @ EAST GATE (5PM)	16 Donut Day	17	18 B Meet Away @Olney Mill Be at FV at 4:30 p.m. 6:00 p.m. Start	19 Spirit Committee: Sign Decorating 11:00-2:00	20 Dive Family Pizza Evening <i>TGIF "BYOB_D"</i> 6-8 p.m.	21 A Meet Away @ Bethesda Be @ FV 7:15 a.m. 9:00 a.m. Start
22 A Relays @ Upper County DIVE MEET TANERRA @ FV (5 PM)	23	24 MCSL Officials Clinic 6:30pm @ Gemantown	25 B Meet Away vs. Hallowell 4:30 p.m. Warm up 6:00 p.m. Start	26 Muffin Munch 8:30-12:00	27	28 A Meet Away @ Mill Creek Towne Be at FV at 7:30 a.m.

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June/July

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 9/10 Laser Tag 12:00@FV 8&Under Picnic 12:00 at FV Park DIVE MEET FV @ MILL CREEK TOWNE	30	1	2 B Meet Home vs. Damascus Be at FV at 4:30p.m. 6:00 p.m. start	3 Tie-Dye Day	4 Flower Valley 4 th of July celebration	5 A Meet Home w/ Rockville Be at FV at 7:30a.m.
6 B Relays @Damascus DIVE MEET SEVEN LOCKS @FV (5PM)	7 FEED THE	8 34 nd MCSL Coaches Long Course Invitational Meet SWIM	9 B Meet Home @ Upper County Be at FV at 4:30 6:00 p.m. Start COACHES	10 Sign Decorating 11:00-2:00 Senior Tributes WEEK!!!!!!!!!!!!	11	12 A Meet Away @ Upper County Be at FV at 7:30 a.m.
13	14	15	16 B Meet Away vs. Mill Creek Towne Be at FV at 4:30 p.m. 6:00 p.m. Start	17 DIVE TEAM BANQUET @ FV (6 PM)	18 PRE-TEAM MINI MEET w/MANOR CC ROBIN HOOD DIVE INVITATIONAL (3:30 PM)	19 2008 Divisional Swim Meet @ Upper County 8:00 Start Swim Team Banquet and Awards
20 DIVE DIVISIONALS CHAMPIONSHIP MEET	21 Kings Dominion	22	23 MCDL ALL-STAR 12 & UNDER EVENTS	24 MCDL ALL-STAR 13-18 EVENTS	25	26 MCSL All Star Relays
27 MCSL Individual All Stars	28	29	30	31		

