



Ready for our home meet! L to R: Naomi Shafer, Lila Dunham, Zoe Deeble, Hayley Mancini, and Eliza Hewitt

NEW YEAR OFF TO A GREAT START

2022 started off with a home meet and a whole lot of snow! It's especially exciting to have so many new families joining the team this year - and participating in meets. Our Westover and January meets saw almost 75% of our team participating overall. Thanks to the many parents who helped make our home meet a success.

The fall kicked off with a picnic and outdoor swimming at Camp Overlook. In December, a group of our swimmers spent their morning volunteering at Christmas Wonderland, an event hosted by Camp LIGHT (a summer camp for kids with special needs and at-risk youth). At the end of December we all bundled up for our team Christmas party - and enjoyed LOTS of hot chocolate and s'mores around the fire pit.

The next two months we move into our end-of-the-season meets. Good luck to all of our swimmers, and congratulations on your hard work!

UPCOMING EVENTS

Mark your calendars for these upcoming meets and other important dates

February 12-13

SW District 8 & Under Champs | Christiansburg

February 25-27

SW District 9 & Older Champs | Charlottesville

March 3-6

SC Senior Championships | Richmond

March 10-13

SC Age Group Championships | Christiansburg

March 24-27

Speedo Sectionals Spring SC | Christiansburg

April 13-16

ISCA East Elite Showcase Classic | St. Petersburg

May 12-15

Speedo Super Sectionals Spring LC | Richmond

June 4-6

Andrew Hartle Invitational | Greensboro, NC

CHAMPIONSHIPS START NOW

- Scot Budde

Swimmers: your championship meets are coming up. The high school championship season starts next weekend, eight and under championships are in three weeks, and all of the other end-of-season meets follow shortly after. There are still plenty of practices to train and improve, but now is the time to concentrate on items outside of the pool that can affect your performance in the water.



Eat Right! Fuel your body with natural energy sources: reduce processed foods; increase fruits, vegetables, nuts and seeds; and work on timing your food intake to prepare your body to perform its best.

Sleep Right! Trying to change your sleeping habits the week of competition is almost a sure way to decrease your performance. Let your body rest more now so that it will be stronger when championships arrive.

Take Care of School! Having to work on projects and homework while you are trying to concentrate on physical performance adds an extra degree of difficulty to your championship weekend. Work on projects, get ahead of homework, and devote some time to studying now so that you aren't swamped when you are trying to swim your best.



Go Gators!

Our swimmers are working hard and improving - every bit counts! Click on the below links to see individual meet results and stats.

- [Friendly City Intrasquad](#)
- [SwimRVA Blastoff](#)
- [HOKI Thanksgiving Invitational](#)
- [SMAC Fall Classic](#)
- [Pittsburgh Christmas Meet](#)
- [2022 Gator Winter Splash](#)
- [All recent news](#)