



Fry's Spring Beach Club Swim Team Handbook

2023

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FSBC Swim Team Overview

The FSBC Dolphins welcome all new and returning swimmers to the 2023 season, our 57th in the Jefferson Swim League (JSL). The purpose of the swim team is to provide each child with the opportunity to improve swimming skills, to experience the positive aspects of team spirit, to learn good sportsmanship from coaches and other team members, to increase self-esteem through athletic endeavors, and to have fun “in and out of the water”.

In order to participate in the swim team, swimmers must be current FSBC members, in good standing. The swim team welcomes all FSBC member children between the ages of 4 and 18, regardless of their swimming ability.

Registration

The cost to join the swim team is **\$155** per swimmer. This is inclusive of all activities and the awards banquet. The one exception is the senior tubing trip. [You must register your swimmer online.](#) You can also pay online or you can pay by check. Checks should be made payable to Fry’s Spring Beach Club. **Payment must be made by the time your child attends their first practice.**

Registration closes on June 18, 2023 for all swimmers except mini-dolphins. Mini-dolphins registration closes on July 1.

FSBC aims to provide scholarships to 10% of its families each year. Children from these local, under-represented families attend the swim team as well. If you are able, please consider supporting one of these Dolphins when you register your child for the swim team.

Practices

Early Season Practices

The early season runs from **Tuesday, May 30 – Friday, June 9, 2023**. During this period, swimmers ages 12 & under will be divided into 2 groups that practice on alternating days.

Alternating practice days at the beginning of the season allows the coaches to get to know each individual swimmer before the season ramps up after school gets out. Parents will have the opportunity to request a certain group during registration and will then be notified about the group prior to practices starting.

Swimmers ages 13 and over practice every day.

Mini-Dolphins do not start practice until Monday, June 12.

Early Season Practice Times

8 & unders:	4:30-5:15 PM
9 -12 year-olds:	5:15-6:00 PM
13 & over:	6:00-6:45 PM

Regular Season Practices

Once public schools are out for the summer, the regular swim team season commences. It lasts from **Monday, June 12 – Thursday, July 27**. In observation of Juneteenth and Independence Day, there are no practices on June 20 and July 4.

Swimmers may attend either the morning practice or the afternoon practice each day. Note that there are no afternoon practices on Wednesdays due to meets.

Morning Practice Times

13 & over:	8:00 - 9:15 AM
11-12 year olds	9:15 - 10:15 AM
6 & unders	10:15 - 11:00 AM
9-10 year olds	11:00 - 11:45 AM
7-8 year olds	11:45 - 12:30 PM
Mini-Dolphins:	9:15 - 9:55 AM (Session 1) or 9:55 - 10:35 AM (Session 2)

All mini-dolphins should attend the 9:55 AM practice on June 12. After that, the coaches will divide the swimmers into Sessions 1 & 2..

Afternoon Practice Times

9 - 18 year-olds:	4:30 - 5:30 PM
Mini-Dolphins:	4:30 PM - 5:15 PM
8 & unders:	5:30 PM - 6:15 PM

Important Notes about Practices

Beginner Swimmers

Our beginner swimmers practice in the shallow end of the middle pool (2 feet deep) and focus on building confidence in the water, developing comfort with putting their faces/heads in the water, and learning basic swim team skills (streamline, kicking, arm strokes, etc.).

Our next two beginner groups practice in the deep end of the middle pool (3-4 feet) and the big pool (4-5 feet). Swimmers in these groups practice basic swimming skills and strokes with an emphasis on freestyle and backstroke. Coaches lead practices in the water with the swimmers and work on building confidence and endurance so that the swimmers will be able to progress to practicing in the.

Young swimmers who are able to safely swim on their own in water over their heads practice in the first lane in the deep end. These swimmers do more distance during practice and quickly build endurance, but the focus for this group is still on basic stroke development and swim team skills (streamline, diving, kicking, etc.). The wall is available to grab for breaks.

Often the coaches will move young swimmers to the lanes when they are ready. However, if you are watching your little swimmer and notice a lot of improvement, we encourage you to speak with a coach about this as well. Swimmers need to be swimming in one of the groups in the deep pool lanes before being entered into a JSL meet.

Finally, some of our youngest Dolphins may learn to swim during the season, but it is not guaranteed. If you have concerns about your child's progress, please reach out to their coach.

Early Practices

The 8:00 AM practice is for swimmers 13 years of age and older (including rising 8th graders who are not yet 13). Families of 13 & over swimmers may use the grounds between 8:00 and 9:15 AM, but the deck and pool are open only to coaches, 13 & over swimmers, and adult lap swimmers. Children under the age of 13 may not be on grounds without an adult present during this time.

Weather

Practices are held during mild rain. In case of thunder or heavier rain obscuring the bottom of the pool, practice may be postponed or canceled. Generally, you should assume practice is on and parents should determine if they want to send their child to practice. In case of severe weather during practice, the coaches will ensure all younger children are safe and cared for until a parent arrives to pick them up or other arrangements are made.

Saturday Clinics

The coaches conduct specialized clinics on Saturdays mornings, starting on June 24. There is no clinic on Saturday, July 1.

Clinics are designed to offer clear, focused, and specific feedback, and an opportunity to work on a singular stroke or skill. Clinics are open for swimmers 9 years and older for an additional fee. If a younger swimmer would like to attend a clinic, please check with a coach ahead of time.

Schedule

Saturday, June 24: Turns and Dives
Saturday, July 8: Breaststroke and Butterfly
Saturday, July 15: TBD
Saturday, July 22: Champs Prep

Registration

Advance registration is required for your child to attend the clinics. The coaches will send out registration links in their weekly newsletters.

FSBC Coaches and Staff

The FSBC Coaching Staff seeks to offer quality swimming instruction that challenges each swimmer for individual growth, while at the same time creating an inclusive and fun atmosphere. FSBC Coaches encourage every team member to develop friendships, leadership skills, and a love for the lifetime sport of swimming.

The coaching staff consists of two co-head Coaches, a mini-dolphin head coach, senior coaches, and junior coaches. FSBC also offers a Coach-in-Training program, to prepare 14 year-olds to be junior coaches.

The **Head Coaches** supervise the coaching staff and work directly with swimmers. The Head Coaches create practice and stroke progression plans for the season and work with the Senior and Junior Coaches to implement those plans. In addition, they conduct coach training before and throughout the season with the goal of providing coaches with ongoing feedback to ensure swimmers are receiving quality instruction. The Head Coaches attend all meets, including the intrasquad meet, as well as a majority of the social events throughout the season.

The Mini Dolphin program is overseen by the head coach and managed by the Mini-Dolphins Head Coach, a coach especially experienced and skilled in working with younger, new swimmers. All members of the coaching staff work with the Mini-Dolphin program to support the team's youngest swimmers.

The **Senior Coaches** are experienced coaches who implement the practice plans and work directly with the swimmers during the season. They attend all meets and select social events including the age-group events for the swimmers with whom they work most closely.

The **Junior Coaches** implement the practice plans and work directly with the younger swimmers, especially those not yet swimming in the lanes. Many of the junior coaches are FSBC Swim Team members themselves, and will participate in the meets. They will attend select social events throughout the season including the age-group events for the swimmers with whom they work most closely.

All coaches are required by the JSL to attend Coach Safety training every 2 years OR be a certified lifeguard. Certifications are given by USA Swimming in conjunction with the Red Cross. Please see the JSL website for more info. There will be an additional lifeguard on duty by the middle pool during all 8 & under and mini-Dolphin practice times.

2022 FSBC Head Coach

FSBC is thrilled to welcome back Wesley Kittelberger as head coach in 2023.

Wesley Kittelberger, Head Coach: Wesley is super excited for her third summer at FSBC! She believes that swimmers learn best when they are given feedback on technique, mindset, and speed, while also having FUN. Prior to moving to Charlottesville, where she coached with the *Virginia Gators*, Wesley worked in Northern Virginia with the *Burke Centre Penguins* and *Swim With Beth*. She is a third grade and special education teacher at Baker-Butler Elementary.

Wesley cannot wait to work with swimmers to grow their confidence both in and out of the water! You can reach her at coach@frysspring.org.

2023 FSBC Coaching Staff

The following coaches will be working with the swim team in 2023.

Mini-Dolphin Head Coach

Rachael Inlow

Senior Coaches

Clare Inlow

Claire Munro

Ariel Howard

Eliza Schock

JJ Bean

Adah MacDonald

Lindsay Morton

Junior Coaches

Gus Bryan

Kiara Bullard

BG Cave

Cyrus Cook

Dylan Halbert

Will Keenan

Quinn Ragsdale

Cooper Roy

Jaya Vaidhyanathan

FSBC Aquatics Director

This year, we welcome our first Aquatics Director, Becky Bryan. Becky will oversee volunteer efforts for meets and social activities and coordinate staffing requirements. She can be reached at aquatics@frysspring.org.

FSBC Swim Team Committee

The FSBC swim team is supported by the Fry's Spring Swim Team Committee, which is composed of parent volunteers. Among other things, the Swim Team Committee hires and supports coaches for the team, organizes swim meets, and helps plan social events for swim team members. The FSBC swim team is funded by swimmer registration fees and by fundraising efforts.

We welcome and greatly appreciate parent participation in the Swim Team Committee. Please let us know if you would like to join!

Swim Team Committee Officers

Robin Wrightson, President	fsbcdirector@frysspring.org
Carolyn Gosse, Secretary	carolyn@thegosses.com
Carolyn Gosse, Co-Meet Director	carolyn@thegosses.com
Mary Hardy, Co-Meet Director	mkh2q@virginia.edu
Jenny Ragsdale, JSL Rep	jjragdale@archanetech.com
Becky Bryan, Aquatics Director	aquatics@frysspring.org

Meet Team Committee

Mary Hardy	Co-Meet Director
Carolyn Gosse	Co-Meet Director
Jen Sturek	Meet Director In Training
Melanie Rightmyer	Head of Table
Bryan Hamil	Head Referee
TBD	Head Timer
Jess Hamilton, Mariel Childress	Volunteer Coordinator
Jenny Koster	Head Runner
TBD	Starter
Amanda Sovik-Johnston	Starter
Mike Sartori	Head Clerk
Scott Wrightson, Kristen Pate	Computer Operator
Liz Bordogno	Mini Meet Director
Megan Haury	Mini Meet Director
Kate Sartori	Ribbons

Swim Team Behavior Expectations

Safety

Safety is the swim team's highest priority. Swimmers must enter the pool feet first, unless directed otherwise by a coach. Diving is only allowed in the big pool when a coach is conducting racing starts.

Respect for Coaches and Facility

All swimmers are expected to show respect and courtesy to the coaches: this includes being quiet and listening carefully when instructions are being given. Swimmers and their parents should discuss individual concerns with coaches outside of group practice times. Please do not talk with the coaches on the pool deck while they are working with another group.

All swimmers are expected to use all equipment properly; do not throw kickboards or force them underwater. Do NOT hang, lean or pull on lane lines (except 6 & under swimmers); they are easily broken and expensive to replace.

Proper behavior, consideration for others, and respect for the facilities and equipment are expected in the changing room and in all other areas of FSBC. Please turn off showers, dispose of all trash, check for all personal belongings, and leave changing rooms, eating and playing areas in good condition. Cell phone use, especially for photographs and video, is expressly prohibited in FSBC locker rooms.

Sportsmanship

Being a good teammate at practices means showing respect and caring for your fellow swimmers. This includes showing positive support and encouragement to everyone in your practice lane and your entire age group at practices.

Swimmers who are disruptive during practice and/or are not abiding by the rules outlined above will be subject to suspension of team privileges.

Anti-bullying Policy

Bullying of any kind is unacceptable at FSBC and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. FSBC is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member or staff person.

The USA Swimming Code of Conduct prohibits bullying. Generally, bullying is the use of aggression, whether intentional or not, which hurts another person. Bullying results in pain and distress.

Swim Team Communications

The FSBC Head Coach, Aquatics Director, and Meet Directors will send communications via email to parents. The Head Coach emails a weekly newsletter on Sunday afternoons notifying families of important information about upcoming meets and events. Mid-week updates may be sent with time-sensitive meet details.

The Meet Directors and Aquatics Director often send weekly emails notifying parents of important information about upcoming meets and volunteer opportunities.

Text Alerts

The swim team uses an app called “Remind” for text alerts. The group name is **FSBC Dolphins**. Information on how to subscribe can be found [here](#).

Weather

In case of thunder or severe rain, practice, social events, and meets may be postponed or canceled. If a social event needs to be postponed due to weather, you will be notified of the change. Any meet delay will also be communicated. You will not be notified if practice is canceled but you will be able to look up at the sky.

Photos

FSBC may post photos of swimmers on social media or communications. If you would prefer that your child not be photographed, please email the Aquatics Director.

FSBC Practice and Meet Teams

FSBC welcomes swimmers to the team however they choose to be involved. Some of our swimmers are very competitive: others are there for a fun summer. FSBC is a large team (the largest in the league in 2021): regardless of where your swimmer falls on this spectrum, they will be in good company!

Depending on their goals, swimmers have the option to participate as part of the “practice team” or the “meet team”. The teams practice together using workouts tailored to individual needs and participate in the same social events. Parents select which team their child will participate in during registration though this can be changed later.

Practice Team

Swimmers participate on the practice team if they are:

- Not interested in or not ready to participate in JSL swim meets
- Unable to swim 25 meters unassisted
- Under 5 years old (This is a JSL requirement. The swimmer age for the season is determined by age as of **June 1, 2023**.)

Meet Team

Swimmers participate on the meet team if they:

- Plan to participate in at least one JSL dual swim meet on Wednesday night. (Important note: in order to compete in the JSL Championship meet, a swimmer must compete in at least two JSL dual meets).
- Able to swim 25 meters unassisted
- At least 5 years old (This is a JSL requirement and swimmer age is determined by age as of June 1, 2023).
- Have a parent or other adult who is able to volunteer in meets.

Moving from the Practice team to the Meet Team

We hope that many of our practice team swimmers will gain confidence as the season progresses and decide to participate in JSL meets. A practice team swimmer who meets the above criteria

may move to the meet team at any point in the season. To do so, please email the Head Coach by Saturday if your swimmer would like to participate in the upcoming Wednesday meet. Your swimmer will then be registered with the JSL in order to be officially entered into the meet.

Swim Meets

The FSBC swim team competes in the Jefferson Swim League (JSL). This summer the FSBC team will compete in six (6) dual meets (two teams competing).

The JSL website (www.jsl.org) is an excellent resource to learn more about the league and its history. The website provides a welcome guide for parents and swimmers. It is a helpful reference for participating in the league and understanding the logistics of JSL swim meets including information on the teams in the league, meet schedules and results, swim strokes, order of events, meet volunteer jobs, and event scoring.

All swim meet dates are also listed on the [calendar on the swim team website](#).

Dual swim meets begin at 6:00 PM and end around 10:00 PM. This will vary depending on the number of swimmers and any weather delays. **For home meets, swimmers should be at the pool by 4:30 PM and ready for warm-ups by 4:45 PM. For away meets, plan to arrive at the other team's pool by 5:00 PM. Warm-ups during away meets begin at 5:15 PM.** These times are subject to change so stay informed.

Meet Team Swimmer Obligations

The meet directors and coaching staff assume that meet team swimmers will swim in each week's dual meet. Coaches will officially enter meet team swimmers into every meet unless told not to do so. **Swimmers/parents must notify the swim team if they are going to miss a meet but the Saturday before the meet.**

There are two ways to notify the coaches that your swimmer will miss a meet:

- Email the Head Coach at coach@frysspring.org. You should include the swimmer's name and the date of the meet that you will miss.
- Submit the [google form](#)

Weather

Like practices, meets are held in the rain. In case of thunder, the meet will be delayed until 30 minutes after the thunder stops. Often the meet continues later that night, even if it thunders early in the evening. In the event of inclement weather, swimmers should report to the meet on time and stay at the meet unless otherwise notified. The Meet Directors of both teams will decide when to discontinue a meet due to weather; swimmers and parents are asked to stay at the meet until a decision has been reached. If a meet has to be postponed, it will usually be rescheduled for the next evening at the same pool.

Team Suits and Accessories

The FSBC Dolphin colors are black and red. Team suits are available from Rivanna Gear & Apparel.. The representative will be available at the swim team registration party on Sunday, May 21. After that Rivanna Gear & Apparel will have a link to an online store for suit purchases which can be found on the FSBC Swim Team website.

We suggest shopping as early as possible to ensure suit availability in your child's size. Team suits are not required, but most swimmers enjoy wearing one.

The swim team also sells goggles, FSBC swim caps, FSBC t-shirts and tank tops,, FSBC hooded sweatshirts, pajama pants and sweatpants as well as other gear. These items can be purchased at any time from the Rivanna Gear & Apparel online store.

Volunteering

Swim meets are labor -intensive and run entirely by volunteers. Many of these roles require no training or knowledge of swimming. The league requires a predetermined number of volunteers in order for our team to participate in a meet - for the average meet, this is over 80 people. Over the course of the swim team season, we need approximately 500 volunteer spots filled. **Without volunteers, we cannot hold meets.**

Volunteering is a great way to meet other parents, learn more about swimming, and often get a front row seat to the action.

Every single volunteer job will allow you to still see your child swim - for those positions that are not poolside, you are able to step away!

Meets

Swim Meets are held every Wednesday from June 7 through July 19, starting with the Intrasquad Meet at FSBC and then running through a series of 6 Home and Away Meets.

Each meet is divided into halves. The first half starts promptly at 6 PM. The second half generally starts around 8 PM though this will vary by meet based on the number of swimmers and any weather-related delays. Generally volunteers help for either the first or second half of the meet.

Requirements

If you would like your child to participate in swim meets, you must volunteer for at least four meets or email the Aquatics Director at aquatics@frysspring.org to seek an exemption.

If you are able to volunteer more, we would greatly appreciate it. In order for the season to be successful, we do need some parents to sign up for additional meets. However, four meets is the bare minimum for volunteering in the absence of emailed extenuating circumstances.

We require that you sign up to volunteer during the registration process. If you sign up for a volunteer role and later find that you are unable to make it, it is your responsibility to find another swim team parent to take your place and notify the swim team manager of the change.

Volunteer Positions

Each meet requires many volunteer duties and positions. These include the following:

- **Timers:** Use a stopwatch to time swimmers. Great job for new parents!
- **Table Workers:** Sorts and records meet results, scores events, and prepares ribbons in the shade.
- **Sweep Judges:** Sit at the finish and record the order of finish for each event. Timing or other swim meet experience is helpful.
- **Stroke and Turn Judges:** This job requires special training. Please contact Bryan Hamil at vbhits@gmail.com to volunteer.
- **Clerk of Course:** Help swimmers gather and line up in heat order. A great way to get to know the swimmers!
- **Runners:** Gather cards from the swimmers at the start, take them to timers and then deliver to the scoring tables. A fun way to be active during the meet!
- **Ribbons:** This job is for parents of 8 & under swimmers only. This is a job for parents who cannot volunteer at the actual meet. Alphabetize ribbons from the meet. (This job is on Thursday morning at 10:00.)
- **Labels:** This job is for parents of 8 & under swimmers only. This is a job for people who cannot volunteer at the actual meet. Place labels on event cards to prepare for the meet. (This job is on Wednesday morning at 10:00.)
- **Refreshments for Volunteers:** Circulate with water and lemonade to meet volunteers and officials about every 30 minutes throughout the first half. (This is a job you can do with your kids with you, unlike many swim meet jobs.)
- **Heat Winner Ribbons:** Hand out a ribbon to the winner of each heat! This is a job for an adult, but you can have a kid with you. We need two people only for the 25M heats when swimmers get out on both sides of the pool.
- **Starter:** This is a job requiring special JSL training. Please contact Bryan Hamil at vbhits@gmail.com or Mary Hardy at mkh2q@virginia.edu if you are interested
- **Computer Operator Assistant:** Help the computer operator enter times.
- **Parking Directors (Home Meets Only):** Work from 3:30 -6:00. Help greet our guests and organize parking in the field. You can be done working before the meet starts!

Additional [volunteer job descriptions](#), courtesy of our meet directors are available here.

Mini-Meets

Mini-meets are a great opportunity for our younger, newer swimmers to get excited about swimming! FSBC coaches get in the water and help the Mini-Dolphins across the pool. Everyone cheers and all swimmers receive a ribbon!

The Mini Meet Directors are Liz Bordogna and Megan Haury.

Social Events

Since “*Good Times In and Out of the Water*” is our team motto, we pack our season with social events to promote team spirit and build friendships among swimmers and their families. Some events include the entire team, while others are planned for a particular age group so that swimmers can bond with each other and with their coaches. We ask that only swimmers in the particular age group attend these events.

Social events may be postponed due to rain. Events marked with an asterisk (*) on the calendar have rain dates noted.

All Team Events

Pep Rallies: Meet on the patio at 6:30 PM to join in socially-distant cheers and then make a fun craft or decorate to show your team spirit.

Pancake Breakfast and Tie Dye: Join your teammates for pancakes on the patio either before or after your morning practice. Purchase an FSBC t-shirt and come showcase your inner artist with our new tie-dye event. Details to follow.

Lip-Sync: Join your teammates and their families for the world renowned Talent Show/Lip-Sync. Even if you don't want to get up on stage, you will have fun watching your coaches perform!

Family Races and Money Dive: This event starts with a Mini-Meet for our 6 & under swimmers and is followed by relays for the whole family. Please bring coins to toss into the pool for the money dive. Don't forget a sock to collect your coins!

Pasta Party: This party is all about “carb loading” for the Championship Meet. We'll do cheers as well! All swimmers are welcome, whether or not you are participating in Champs.

End-of-Season Banquet: ALL FSBC swimmers (meet team and practice team) and their families are encouraged to attend. Trophies will be given to all swim team participants. There will also be awards for outstanding performance, improvement and sportsmanship. Swim team provides dinner, cake, and music. The Banquet will be held at FSBC at 5:00 pm on **Sunday, July 30**.

Age Group Events

8 & Under Event: Swimmers meet on the patio to roast s'mores around the fire pit at 6:30 PM.

9-10s Capture the Flag: Swimmers meet up with coaches on the patio at 7:00 (eat dinner first) for a rousing game of Capture the Flag.

11-12s Scavenger Hunt: Meet your coaches at 7:00 on the patio for a scavenger hunt across the club grounds.

13 and Older (Rising 8th Graders and Up): Cookout and Senior Dive-in Movie: Cookout on the patio at 7:00, followed by an evening watching a fun and scary movie. Bring a raft for the pool!

13 and Older (Rising 8th Graders and Up): Senior Tubing on the Rivanna River. (Times TBD)