

2026 FSBC Swim Team

Parent Guide



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FSBC Swim Team

Our team boasts over 400 participants and the area's largest mini program. We welcome swimmers of all abilities! Many of our swimmers are very competitive. Others are more interested in getting exercise and spending time with friends in and out of the water.

Each summer, FSBC mini-dolphins learn to swim and love the water. Older Dolphins gain fitness and hone their skills. Our goal is to create a fun, supportive environment for swimmers of all ages and abilities. We actively foster camaraderie and emphasize the importance of good sportsmanship. We hold morning and afternoon practices and offer a full calendar of social events.

Our younger swimmers grow up on the team, learning from and enjoying the support of the older swimmers. Many eventually become swim coaches, and, in turn, cheer on and teach the next generation of young swimmers. Parents watch their swimmers build important relationships and lasting friendships with teammates and coaches.

Swimmers can choose to be either on the meet team or on the practice team. The meet and practice teams function as a coherent whole and practice together. The only difference is that swimmers on the meet team opt to participate in the dual meets.

The FSBC swim team competes in the top division of the Jefferson Swim League (JSL). Each summer we compete in six dual meets (two teams competing). Three of these meets are at "home" and three are "away". The final competitive event of the summer is the JSL Championship Meet (known as "Champs") where all 17 teams in the league compete over two days.

Swim Team Organization

Aquatics Director: Becky Bryan aquatics@frysspring.org

Meet Directors: Megan Haury
Jen Sturek

Co-Head Coaches: Rachael Inlow coach@frysspring.org
Lulu Wood coach@frysspring.org

Senior Coaches: Clare Inlow
Claire Munro
Adah MacDonald
Quinn Ragsdale
Joshua Bleakley
Cyrus Cook
Maddie Blank

Junior Coaches: Grace Whitaker
Ada Laugelli
Ada Brantley
Ellie Loura
Gus Bryan
Lucy Clarens
Asher Dawson
Eve Barry
Eloise Lorish
Cormac Bryan
Alice Wrightson
Rey Mangan

Coaches in Training:

Cadel Bryan
Eliot Gewirtz
Ian Halbert

Practice Schedule 2026

The 2026 season will run from Tuesday, May 26 through Sunday, July 26. We will hold afternoon practices for Dolphins the first week. Starting Monday, June 1, Dolphins and Mini-Dolphins will be able to attend morning or afternoon practices.

Practices run daily Monday – Friday with the exception of Wednesday afternoons. There are no afternoon practices on Wednesdays due to swim meets.

Tuesday, May 26th - Friday, May 29th

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

Monday, June 1st - Thursday, July 23rd

Mornings:

- **8:30 AM – 9:45 AM:** 13 & over
- **10:00 AM – 10:55 AM:** 8 & unders
- **11:00 AM – 11:45 AM:** Mini Dolphins
- **11:00 AM - 12:00 PM:** 9-12 year-olds

Afternoons:

- **4:00 PM – 5:00 PM:** 13 & over
- **4:15 PM – 5:00 PM:** Mini Dolphins
- **5:00 PM - 5:45 PM:** 8 & unders

- **5:45 PM - 6:45 PM:** 9-12 year-olds

2026 FSBC Swim Team Calendar

MAY						
SUN	MON	TUES	WED	THURS	FRI	SAT
24	25 Memorial Day No practice	26 First day of afternoon practice - Last name A - K	27 First day of afternoon practice - Last name L - Z	28 Afternoon practice A - K	29 Afternoon practice L - Z	30

JUNE						
SUN	MON	TUES	WED	THURS	FRI	SAT
31	1 Morning practices & Mini Dolphins begin	2	3	4 Intrasquad meet @ 6 PM	5	6
7	8	9	10 HOME Meet vs. GLEN 6:00 PM	11	12 Pancake Breakfast 9:30 - 10:30 AM & Tie Dye following practices	13
14	15 Mini Meet @ 4 PM Team Pep Rally @ 7:00 PM	16	17 AWAY Meet @ BHSC 6:00 PM	18 13+ Bowling @ 7:30 PM	19 Juneteenth Holiday - Team lap swim & donut breakfast	20 CLINIC: 9:00 AM & 9:30 AM
21	22	23 8&U S'mores 6:30 - 7:30 PM	24 HOME Meet vs. CGST 6:00 PM	25	26	27 CLINIC: 9:00 AM & 9:30 AM Mini Meet @ 10 AM

JULY						
SUN	MON	TUES	WED	THURS	FRI	SAT
JUNE 28	JUNE 29	JUNE 30 9-10 Scavenger Hunt 7:00 PM	1 AWAY Meet @ CITY 6:00 PM	2	3	4
5	6	7 11-12 Capture the Flag 7:00 PM	8 HOME Meet vs. ACAC 6:00 PM SENIOR NIGHT	9	10 Pancake Breakfast 9:30 - 10:30 AM	11 CLINIC: 9:00 AM & 9:30 AM
12	13	14	15	16	17	18

	Mini Meet @ 4 PM Family Races and Money Dive @ 7:00		AWAY Meet @ HM 6:00 PM		Senior Cookout & Dive-In Movie @ 7:30 PM	CLINIC: Champs prep 9:00 & 9:30 AM
19	20 Coach Appreciation week	21 Lip Sync @ 7:00 PM	22	23 Pasta Potluck Dinner 6:00 - 8:00 PM	24 CHAMPS	25 CHAMPS
26 Swim Team Awards Banquet 6:00 PM	27	28	29	30	31	

Mini-Dolphins

The FSBC Mini-Dolphin program is designed for the youngest and/or newest members of the swim team. This unique program offers children ages 4+ the opportunity to become safer, smarter, and more confident in the water with our dedicated, knowledgeable, and nurturing coaches.

If your child isn't quite ready for practice in the lanes, the mini-dolphin program is for them. The goal of the program is to foster a love for swimming and teach participants how to swim or to improve their swimming while having fun. Knowing how to swim is not a pre-requisite.

Practices

Mini-dolphin practices consist of small groups of swimmers based on skill level. We aim for a 1:4 coach to swimmer ratio. There are tangible progression benchmarks for each group.

Practice Times (June 1st – July 23rd)

11:00 AM – 11:45 AM or 4:15 PM – 5:00 PM

Mini-Meets

Your mini-dolphin will be cheered on by their teammates as they swim across the lanes with or without the assistance of their coaches. This is a great way to get your mini-dolphin excited about swimming!

Mini Meet Dates

Monday, June 15th @ 4:00 PM

Saturday, June 27th @ 10:00 AM

Monday, July 13th @ 4:00 PM

Mini-Dolphin Progression and Goals

Outlined below are the goals of each of our Mini-Dolphins Groups. Once a swimmer achieves these goals, they progress to the next group!

Group #1: (*Location: Middle Pool Stairs*)

- Face in water and blow bubbles
- Float on stomach unassisted
- Uses “scooping arms” and kicks to make forward progress with limited assistance

Group #2: (*Location: Middle Pool Deep End*)

- Float on back
- Jump in water and surface
- Uses “scooping arms” and kicks to make forward progress unassisted
- Independently turn from front to back float to breathe
- Feels comfortable in deep water

Group #3: (*Location: Big Pool*)

- Proper freestyle arm strokes to move fifteen yards without stopping
- Breathes while continuing to make forward progress
- Kicks on back while staying afloat
- Jump in water and kick to surface
- Treads water independently

Locations for each group and group numbers might change at the coach’s discretion. This might occur in response to shifts in attendance, pool space, and group goals.

A coach will decide when your swimmer has completed all necessary skills and is ready to move to the lanes. Coaches also consider age, safety, and behavioral factors.

Swim Team Social Events

Detailed descriptions of events including timing and volunteer need will be included in emails throughout the season.

Pancake Breakfast: *Friday, June 12th 9:30-10:30 AM* – Swimmers are invited to head up to the patio either before or after their morning practice to enjoy pancakes and other breakfast treats and socialize with other swimmers and coaches.

Tie-Dye: *Friday, June 12th following practices* – Bring a white tee, tote bag, bandana (the sky is the limit) and tie-dye using team colors! Dye, rubber bands, and plastic bags are provided, and we will all wear our tie-dye to a themed meet or practice (date TBA) following the event.

Pep Rally: *Monday, June 15th 7:00 PM* – Coaches teach cheers and lead activities to boost team spirit! We decorate posters, make chalk drawings, bead bracelets, and build confidence for upcoming meets.

Juneteenth Lap Swim and Donut Breakfast: *Friday, June 19th* – Swimmers are encouraged to socialize amongst and between age groups, as well as with their coaches, in an open morning lap swim. Donuts on the patio will be available for swimmers to enjoy.

8 & Under S'mores: *Tuesday, June 23rd 6:30-7:30 PM* – A firepit and s'mores for our youngest swimmers in the sandpit!

9-10 Scavenger Hunt: *Tuesday, June 30th 7:00 PM* – 9- and 10-year-old swimmers are split into teams to find clues that coaches have hidden around the FSBC grounds, followed by ice cream on the patio!

11-12 Capture the Flag: *Tuesday, July 7th 7:00 PM* – A very competitive game of capture the flag across the FSBC grounds for 11- and 12-year-olds and their coaches. Ice cream follows!

Pancake Breakfast: *Friday, July 10th 9:30-10:30 AM* – Swimmers are invited to head up to the patio either before or after their morning practice to enjoy pancakes and other breakfast treats and socialize with other swimmers and coaches.

Family Races and Money Dive: *Monday, July 13th 7:00 PM* – Teams of family members and friends of all ages can compete in relay races, feet-first swims, and other competitions. Following the races, coins are scattered throughout the middle and big pools, and swimmers are set free to collect them!

Senior Cookout and Dive-In Movie: *Friday, July 17th 7:30 PM* – Swimmers 13 and over get after-hours access to enjoy a cookout and then hop on a raft to watch a movie from the pool!

Lip Sync: *Tuesday, July 21st 7:00 PM* – A crowd favorite! Swimmers of all ages share their talents, including lip syncing, dancing, singing, and if they're lucky, a special performance from their coaches.

Pasta Potluck Dinner: *Thursday, July 23rd 6:00-8:00 PM* – Bring your favorite pasta dish, pasta salad, or side dish to help our swimmers carbo-load the night before champs.

Swim Team Awards Banquet: *Sunday, July 26th 6:00 PM* – If there is one event you attend this summer, your coaches want it to be this one! We love to celebrate all of our swimmers' accomplishments from the season with trophies, paper plate awards, and age group awards. It also gives us a chance to recognize our parent volunteers, senior swimmers, mini dolphins, and our championship meet swims. See you there :)

Swim Meets

The Fry's Spring Swim Team competes in the Jefferson Swim League, which is composed of 17 teams in the greater Charlottesville area. The league is divided into three divisions based on the results of the previous year's Championship Meet, and this year FSBC will be swimming in the first division.

Each summer, FSBC participates in one practice "Intrasquad Meet," one unscored Dual Meet against a team in another division, and five scored Dual Meets against the other teams in our division. At the end of the season, the team participates in a JSL Championship Meet with all 17 teams over the course of two days.

Dual Meets are held on Wednesday nights and alternate between "Home Meets" at Fry's Spring, and "Away Meets" at other pools. They usually begin at 6:00 PM (arrival anywhere from 4:15 to 5) and last around 3-4 hours. In weekly emails sent out by the Head Coaches and Aquatics Director, detailed information will be provided about arrival time, parking, heat sheets, relays, events, volunteering, and more. Please be sure to read over all meet details carefully!

Swimmer Entries and Eligibility

Every swimmer registered to the meet team will be entered in *all* Dual Meets this season. If your swimmer cannot attend a meet, you **MUST** complete the Meet Opt-Out Form by the Saturday before the meet (this form is available on the Fry's Spring website under 'Swim Team' and will be attached to weekly emails). Coaches meet weekly to place swimmers in events, many of which rely on the other swimmers around them being present. Coaches consider a swimmer's times, legal strokes, team needs, and allocated lanes to ensure that individual swimmer goals and team goals are met.

A swimmer's age on June 1st determines their age group for the season. Individual events for swimmers ages 8 and younger are 25 yards/meters, except for long freestyle, which is 50 yards/meters. Individual events for swimmers 9 and older are 50 yards/meters, except for long freestyle and individual medley, which are 100 yards/meters. Each swimmer can be entered in *up to* three individual events per meet, and one relay per meet.

Inclement Weather

In the case of inclement weather, pool regulations will apply to rain, lightning, and thunder delays. If the weather continues, the Meet Directors for both teams are responsible for deciding when to postpone or end a meet. This year, all JSL teams are required to reserve Thursday evenings for meet makeup dates. If a dual meet cannot be held or finished, it will be rescheduled to the following

Thursday evening at the same pool. Parents can expect communication by email and Remind App texts if this is the case.

Meet Warm-Ups

Each team is given a designated time for swimmers to warm-up and adjust to the pool, with the Home Team warming up first, then the Away Team. FSBC separates the team into two groups for warm-ups – first the 10 & Unders, then 11 & Overs. Meet arrival and warm-up times will be announced in weekly Swim Team emails.

Meet Format

Every Dual Meet follows the same order of *individual stroke* events, including short freestyle, breaststroke, backstroke, and butterfly. Medley Relays, Freestyle Relays, Individual Medleys (IMs), and Long Freestyle alternate so that two are included each week. In most cases, Medley Relays are grouped with Long Freestyle, and Individual Medleys with Freestyle Relays.

Fry's Spring is one of two "Long Course" pools in the JSL. The pool is 50 meters long while most other pools are 25 yards. This means that for ages 9 and older, a swimmer must complete one 50-meter lap across the pool rather than two 25-yard laps with a turn in the middle. Times are adjusted for the meter/yard difference between meets. At FSBC, swimmers start their races from the blocks in between the middle and big pools, and swim towards the far end of the pool, near the fence, where timers are stationed.

- For relays, swimmers are split between the two ends of the pool. The first swimmer starts from the deep end near the fence so that the last swimmer finishes their race at that same end, where the timers are stationed.
- For 100m freestyle (ages 9+ long free), swimmers start from the deep end near the fence so that they can swim down, turn, swim back, and finish where the timers are stationed.
- We do not swim Individual Medleys at FSBC, as there is no way to legally conduct the swim in our long course pool.

- Because JSL meets pair IMs with Freestyle Relays, we also rarely swim freestyle relays at our pool. FSBC home meets will follow the Medley Relay/Long Freestyle format.

Swimmers ages 8 and younger compete in 25-meter races. This distance is marked at FSBC with a rope halfway across the pool. 8&U swimmers still start from the blocks between the middle and big pools, but the timers move to the sides of the deck at the 25m mark to better monitor the swimmers.

- Pool noodles are strung along the rope at the 25m mark so that swimmers can have a firm surface for a strong and visible finish. Older swimmers (“catchers”) are stationed in the water at the end of each lane to help guide the young swimmers to the ladders located on either side of the pool at the 25m mark.
- 7–8-year-old swimmers’ “long free” is a 50m swim. The swimmers start at the usual starting end between the middle and big pool and finish at the far end near the fence.
- We do not swim 8 & Under relays at FSBC, as there is no way to legally conduct the swim in our long course pool.
- To better accommodate swimmers, timers, and “catchers,” the order of events for FSBC home meets shifts to group together 25-meter events. 8&U freestyle and breaststroke will usually be back-to-back, as will 8&U backstroke and butterfly. If your young swimmer is swimming in both events back-to-back, coaches meet them at the end of their race for a quick celebration, then guide them back to the clerk of course for the following event.

Relays

Relays are made up of four swimmers of the same gender and age group, except for 6 & Under Relays, which can be a mix of boys and girls. Relays are 4x25 meters/yards for 8&U swimmers, and 4x50 meters/yards for 9+ swimmers. Meets alternate between Freestyle Relays and Medley Relays. Depending on attendance, between one and three relays per gender/age grouping can be entered in a meet. While Relays are listed as events in the Heat Sheet, the names of the swimmers within each relay are not specified. Relay participants will be listed alongside swimmer entries at Wednesday morning practices and included in weekly Swim Meet Emails – please click on both the Swimmer Entries List *and* the Relay document when viewing your swimmer’s entries for the meet.

For the Medley Relay, each swimmer swims a different stroke in the following order:

Backstroke – Breaststroke – Butterfly – Freestyle

Note – this is a different order than that of the Individual Medley, which is 4x25 yards/meters in the following order:

Butterfly – Backstroke – Breaststroke – Freestyle

Disqualifications

Swimmers can be disqualified for a number of different improper stroke techniques and rule violations. Coaches do their best to set swimmers up for success by teaching specific rules and techniques and limiting a swimmer's races to those strokes with which they are comfortable, confident, and "legal." All swimmers experience "DQs" from time to time, and while sometimes a swimmer is immediately aware of an error they made, at times it can come as a surprise. Meet officials provide coaches with "DQ Slips" after each meet which detail the exact rule violations of each disqualified swimmer. Coaches will work with each swimmer in the practices that follow to correct improper technique for future events.

Ribbons

Ribbons are rewarded to swimmers that place 1st through 16th in all Dual Meet events. A Heat Winner ribbon is given to the winner of every heat throughout a meet, and these are provided to swimmers immediately following their races. All other ribbons are finished and organized by volunteers during and after the meet and are available to swimmers the following day. Swimmers can find their ribbons sorted by last name in the ribbon wagon located in the cafe.

Items to bring to Meets

Swimmers should come prepared with *at least* one towel, swimsuit, goggles (a backup pair can't hurt!), cap (if worn), warm clothes, water and sports drinks if preferred (not soda or caffeinated beverages), energy snacks (dinner, not candy).

Important Home Meet Locations

Clerk of Course

Every pool has a Clerk of Course to gather and organize swimmers before each event. Ours is located on the far side of the middle pool, in the grass between the lifeguard stand and the fence. Events will be called to report to the Clerk of Course by microphone and posted on a board located near the clerk. It is helpful to familiarize yourself with the order of events so that you have an idea of when each event will be called. When their event is called, your swimmer should walk over to the Clerk of Course where a parent volunteer will give them a card that lists their event, name, heat number, and lane number. Volunteers help each swimmer find their spot on the set of red and black benches, with each bench making up one heat of swimmers. When it is time for their heat, swimmers walk up to the blocks and prepare for their swim. Coaches will be waiting behind the blocks to encourage swimmers and remind them of the start procedures taught in practice.

For some events, especially relays and 8&U freestyle and backstroke, coaches may request that swimmers gather near the wooden stage in the grass behind the baby pool before heading to the Clerk. This provides coaches and volunteers with more space to organize swimmers and ensure that every swimmer is present for the event.

Parents: the FSBC grounds are vast and wonderful. It is easy for children of all ages to lose track of time and events during a swim meet, so we ask that you are aware of your child's location at all times, during every meet, and that you and your child are prepared for each event. Although FSBC coaches strive for zero missed swims at every meet, tracking swimmers down should not be their main focus. Coaches should be watching races, giving feedback, and celebrating the accomplishments of your swimmers!

Coach Check-in

Swimmers in all age groups are asked to check in with their coaches when they arrive at meets, both home and away. At Home Meets coaches will be located at the bottom of the entrance hill next to the lifeguard station. Away Meet check-in locations will vary. Information on which coach your swimmer should find at check-in will be provided in weekly Swim Team Emails. Swimmers and parents should find the designated coach for their age group who will confirm swimmers' events, relays, and warm-up times. Parents can use a sharpie to write a swimmer's events on their hand/arm if desired.

The Middle Pool and Baby Pool are both CLOSED during swim meets.

Intrasquad Meet – Wednesday, June 3rd at 6:00 PM

- This first meet of the season is an FSBC only, unscored practice meet that gives swimmers the opportunity to experience a meet setting and set a baseline for the season. The team will be split into two groups – the Red Team (last names A-K) and the Black Team (last names L-Z) – to encourage friendly competition, and to practice sportsmanship. Swimmers will swim up to two events for time and the meet will follow a traditional meet format and schedule. More information will be provided in a Swim Team Email leading up to the meet.

Championship Meet – Friday, July 24th and Saturday, July 25th

- The JSL hosts a Championship Meet at the Brooks Family YMCA at the end of every season. All 17 teams participate, and swimmers are split by age into four sessions, with two on Friday and two on Saturday. Swimmers must participate in two scored Dual Meets to be eligible to swim in “Champs.” Fry’s Spring encourages swimmers of all ages and abilities to participate in this meet! Please contact coaches if you would like more information about Champs.

Sportsmanship and Spirit

FSBC prides itself on its team spirit and sense of community. While they may be our competitors, we use this spirit of community to make visiting teams feel welcome at our pool. Unsportsmanlike behavior is not tolerated at FSBC or by any FSBC swimmer or member present at other JSL locations. Swimmers will be taught in practice to balance character with competition, and we expect parents to reinforce these behaviors in swimmers. Swimmers should never find themselves rooting for another team or individual to fail, only for themselves and their team to succeed.

If you are interested in diving further into rules and regulations or swim meet specifics, the Jefferson Swim League Website (JSL.org) is FULL of information!

FSBC Swim Team Volunteer Policy Summer 2026

Overview: Swim team depends on parent volunteers! All meet and practice team families are required to volunteer during the summer season according to the policy below.

Practice Team

1. Practice Team families must volunteer at **1** swim team social event during the summer 2026 season.
2. Volunteering is defined as filling one slot in the online Volunteer Commitment page on the FSBC website (can give time, money, supplies, etc.)
3. Families **must sign up for volunteer slots at the beginning of the season** before registering their swimmer(s). Failure to sign up for volunteer slots will result in a charge of \$125 to your FSBC account per unfilled volunteer slot.
4. If circumstances change and you are not able to meet a particular volunteer obligation, you must coordinate with another family to be your substitute or contact the Aquatics Director.
5. If a family does not meet their volunteer commitment on the day of the event, a \$150 charge will be billed to your FSBC account. **This places an undue burden on the swim team, so we ask that you fulfill your commitment.**
6. You may pay to opt-out of the volunteer commitment by using the link on the swim team webpage ([Swim Team Volunteer Opt-out](#)). The fee is \$125 per volunteer slot.

Meet Team

7. Meet Team families must volunteer at **4** swim meets during the summer 2026 season.
 - a. Any families with Champs swimmers must also volunteer at Champs (in addition to 4 regular season slots).
 - b. Families who are not swimming the full program of meets are still responsible for completing the 4-slot requirement.
8. Volunteering is defined as filling four swim meet slots in the online Volunteer Commitment page on the FSBC website.
9. Families **must sign up for all volunteer slots at the beginning of the season** before registering their swimmer(s). Failure to sign up for volunteer slots will result in a charge of \$120 to your FSBC account per unfilled volunteer slot.
10. If circumstances change and you are not able to meet a particular volunteer obligation, you must coordinate with another family to be your substitute or contact the Aquatics Director.
11. If a family does not meet their volunteer commitment on the day of the event, a \$150 charge will be billed to your FSBC account. **This places an undue burden on the swim team, so we ask that you fulfill your commitment.**
12. You may pay to opt-out of the volunteer commitment by using the link on the swim team webpage ([Swim Team Volunteer Opt-out](#)). The fee is \$125 per volunteer slot.

Any family who is unable to support the team in this way may contact the FSBC Aquatics Director and seek an exemption.

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 the Aquatics Director at aquatics@frysspring.org 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 10:00AM.](#))
- **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 10:00AM.](#))
- **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 the Aquatics Director at aquatics@frysspring.org if you are interested
- **Computer Operator Assistant:** Help the computer operator enter times.
- **Parking Directors (Home Meets Only):** Work from 4:00 -6:00PM. Help greet our guests and organize parking in the field. You can be done working before the meet starts!

- **Floater:** Volunteer for one of these spots if you don't mind filling in at any position. Floater volunteers help wherever we need more help from runners to timers to clerk of course.

Other Opportunities for Swimmers

Clinics

Four Saturday morning Clinics are offered throughout the course of the season on June 20th (breaststroke and butterfly), June 27th (starts/turns) July 11th (coach/swimmer choice), and July 18th (Champs prep). Both meet and practice team swimmers are invited to work with senior coaches to improve specific swimming skills. Swimmers should sign up in advance for one of two 30-minute sessions from either 9:00-9:30 AM or 9:30-10:00 AM. The cost is \$15 per swimmer and more information will be provided in weekly swim team emails.

Swim Lessons

FSBC offers group and private swim lessons tailored to a variety of ability levels and age groups. Our swim lesson program is designed both for children that are not yet ready for the mini-dolphin swim program and as a complement to swim team participation.

New swimmers learn safety and confidence in the water; strong swimmers hone their strokes. There are additional levels in between.

Groups are small (max 1:4 instructor to swimmer ratio) and nimble. All swimmers will receive individual attention during the lessons. The majority of our lessons are reserved for members only though we do open some classes to non-members, after an initial members-only registration period and space permitting. For more information about lesson groupings and levels please visit the 'Swim Lessons' page on the FSBC website.

Private Lessons

Private lessons are designed for children of any age or ability. Information about private lesson opportunities and sign-ups are available on the FSBC website. You can also speak with our Aquatics Director or a coach directly if you have a question about how best to help a swimmer improve with a specific skill or technique. Private lessons are 30 minutes and rates vary by coach.

Ben Hair Just Swim for Life

Ben Hair Just Swim for Life is a local organization whose mission is to raise awareness of the need for swimming education. Many BH-JSL programs and lessons take place at FSBC every week during the summer! BH-JSL seeks to provide the systems and tools to waterproof our community so that all children (and more recently, teens and adults) have the opportunity to learn basic swimming skills

and water safety. Everyone, regardless of their ability to pay, is welcome to the program! Please visit BHJSL.org for more information.

Year-Round Club Swimming

While FSBC does not offer a year-round program, there are many opportunities in the Charlottesville area for swimmers to continue with the sport once the summer season comes to an end. Please contact our aquatics director or a coach for more information.