

Ashby Anacondas Swim Team - 2024

Parent Information Handbook



2024 Meet Schedule

Date	Vs.	Location	Be at the pool by
June 11	Mock Meet	Ashby	4:30 pm
June 18	Spotswood	Ashby	4:30 pm
June 25	Broadway	Broadway	5:00 pm
July 2	Massanutten	Ashby	4:30 pm
July 9	Westover	Westover	5:00 pm
July 16	ERRA	ERRA	5:00 pm
July 27	Champs	JMU - Godwin	TBD

IMPORTANT LINKS

Anacondas Website: www.ashbyswimteam.com

Facebook Group: [Ashby Swim Team](#)

Swimmingly: [Swimmingly](#)

WHO WE ARE

The Ashby Anaconda Swim team is an independent organization led by parent volunteers and coaches. The swim team receives generous support from Ashby Pool and parent volunteers.

The coaching staff is thrilled to have the opportunity to work with your child(ren) this swim season. While some of the coaches are new to the Anaconda family, most of us have extensive swimming with either summer league team, USA swim teams, or both. We are all excited to help your swimmer(s) grow both in the sport and as individuals.

We appreciate you communicating any needs or concerns you have. If you have concerns, please speak with a coach prior to or after practice. It is difficult to give concerns the attention and time we would like to while trying to concentrate on the swimmers during practice. We will do our best to address those in an effective and timely manner. We are very excited for this summer season to begin!

COACHING STAFF

Head Coach & 15-18 Age Group	Karen Clark	karenclark1@verizon.net
Assistant Coach & 13-14 Age Group Coach	Mia Flory	miaflory7154@gmail.com
11-12 Age Group Coach	Ethan Eberly	Ethan.eberly05@gmail.com
9-10 Age Group Coach	Wyatt Cole	wyattmichaelcole@gmail.com

8 & Under Age Group	Samantha Martin	smartin884488@gmail.com
11-12 Age Group JR Coach	Kallie Eaton	
9-10 Age Group JR Coach	Alana Dennis	
8 & Under Age Group JR Coach	Reece Kiracofe	

SWIM TEAM BOARD VOLUNTEERS

- Leah Tichenor lmitch78@gmail.com
- Sandi Riggleman sandilyn@hotmail.com
- Carrie Flory ballcoac@aol.com
- Brandy May ble0301@gmail.com
- Emily Highham highamec@gmail.com
- Rachel Lemn rslemn@gmail.com

PARENT SUPPORT

While our swim team leaders/board have a large part in running our team, our team requires parent help to keep meets moving and make sure our swimmers can enjoy their summer league experience. Every little bit helps and the coaches are better able to focus on the kids.

Each meet you attend will provide a variety of positions to be filled, completely with parent volunteers. **We require our parents to volunteer in three half-meets during the swim season, not including the mock meet. In addition, you will need to volunteer at Champs if your child is participating.**

Some of the ways you can help volunteer: running concessions, stroke & turn judge (we will provide training reimbursement), timers (12 per meet), hospitality, clerk of course, and a few other positions. We can ALWAYS use help! We will have sign-ups available for each meet at the beginning of the season sent via Sign-Up Genius. Please ensure that we have the correct email on file in your Swimmingle account and ask that you contact Rachel Lemn if you have any questions.

- Each swimmer is required to provide one adult for volunteer duties for one of the two away meets. For home meets, one adult per family is expected to assume volunteer duties that take place before, during, or immediately after the meet.
- If you cannot make it to the volunteer assignment you have been assigned, you are responsible for finding and posting a replacement and for notifying Sandi Riggleman or Carrie Flory.
- These volunteer responsibilities are intended for adults. Children under 16 may not fulfill adult responsibilities.
- Parents who are assigned duties that take place during the meet (except timers) will have the opportunity to leave their work post to watch their child swim, and are expected to promptly return to their position between their child’s scheduled events. All parents are expected to be on time for their duties.

ELIGIBILITY

- Swimmers on the team must be 5 and not be older than 18 years as of June 1, and must be able to swim one length of the entire pool unassisted in order to qualify for the team.
- Swim team age groups include: 6 & under, 7/8, 9/10, 11/12, 13/14, 15-18.

FEES

Swimmers will be ineligible to attend any swim team practice or function until all fees have been paid. Fees include: registration, insurance and swim cap. Fees for this season are:

Member of Ashby Pool:

- \$115 for first swimmer in family
- \$110 for second swimmer
- \$105 for third swimmer (& beyond 3)

Not a member of Ashby Pool:

- \$135 for first swimmer in family
- \$130 for second swimmer
- \$125 for third swimmer (& beyond 3)

PRACTICES

- Practices are held at Ashby Pool Tuesday, May 28th through Friday, July 26th, with a few exceptions.
- Practice times for all age groups are listed on the website. Please refer to the calendar on our website.
- Your child(ren)'s safety is our top priority.
- When we hear thunder, or see lightning, the pool deck must be COMPLETELY cleared. Everyone must leave the fenced area around the pool until an All Clear is given. We will try to make the most accurate calls we can with the information we are given.
 - **All important team notifications will be sent via the Remind APP.**
 - **Text @ashbysw to 81010 to enroll.**
- Please respect the practice times and be prompt when both arriving (drop-off) and departing (pick-up).

MEETS

- **HOW TO SIGN UP FOR MEETS:** You will sign up or declare for a meet on the swimmingly website, you cannot do this via the Swimmingly App, it has to be done on a browser.
 - <https://swimmingly.app>
 - This is very important, especially if your swimmer will not be attending a meet. Go to Events, then click on Edit Commitment, then click on the Swimmer's Name, then Choose either 'Yes, sign _____ up for this event.' or 'No, _____ will not attend this event.' Do this for each swimmer in your family. Don't forget to click Save Changes!
- All meets begin at 6 pm.
 - If a meet is at HOME: Warm-ups begin at 5:00 PM, please be at the pool by 4:30 PM.
 - If a meet is AWAY: Warm-ups begin for us at 5:30 PM, please be at the pool by 5:00 PM.
 - Please arrive half an hour before warm-ups so each swimmer has time to see what events they are swimming in and we have time to stretch as a team

- We encourage swimmers to bring a Sharpie and write their Swimmer ID number on their arm and their events down on their hand. If they do this, it is easy for any adult to help them get to where they need to be, and the Clerk-of-Course to know they are in the correct place.
 - Swimmers are responsible for getting to Clerk-of-Course by themselves; however, there will be poles with the event number that is being called placed around the pool so everyone knows who is supposed to report.
 - **The FRIDAY before the meet it is important for you to declare whether or not your child(ren) will be attending the swim meet that Tuesday.**
 - Bring chairs, blankets, healthy snacks and drinks to meets!
 - Parents of The Ashby Anaconda Swim Team run a concession stand at all Home meets (all proceeds go directly to the team to be used). Please note, NOT all away meet locations offer as many concession options.
- *Additional information provided in “Swim Meet Survival Guide”**

APPAREL

All members of the Ashby Anaconda Swim team are encouraged to purchase and wear a black swim team suit and cap at all swim meets. Wearing a team suit supports team spirit!

POOL RULES

Our relationship with Ashby Pool is extremely important, so we request that you obey ALL pool rules. Management has specifically requested the following:

- Swimmers are NOT permitted in the pool at any time unless they are engaged in a practice session.
- Parents should stay near any younger children that are not involved on the swim team, the only lifeguards on duty during practice are our coaches, and they should be focused on practice.

MEET LOCATIONS

- Ashby Anacondas – Ashby Recreation Association is located at 250 Anaconda Way, Bridgewater - just east of Oakdale Park. Tel: (540) 828-6231.
- Broadway Sharks – Broadway Community Park Pool is located at 102 South Sunset Dr., Broadway. Tel: (540) 896-9771.
- ERRA Barracudas – East Rockingham Recreation Association is located at 1250 Barracuda Drive in Penn Laird. Tel: (540)434-6030.
- Massanutten Marlins – Stonewall Terrace Recreation Center is located at 3980 Massanutten Dr., in Massanutten Resort in McGaheysville. Tel: (540) 289-6021.
- Spotswood Dolphins – Spotswood Country Club is located at 1980 Country Club Rd. in Harrisonburg. Tel: (540) 433-2659.
- Westover Pool - Westover Pool is located at 305 S Dogwood Dr, Harrisonburg, VA 22801

MEET EVENTS LINEUP

- | | |
|-------------------------------------|---|
| 1- All Girls Graduated Relay | 42- 8 & under Girls 25 Freestyle |
| 2- All Boys Graduated Relay | 43- 8 & under Boys 25 Freestyle |
| 3- 8 & under Mixed 100 Medley Relay | 44- 9 & 10 Girls 25 Freestyle |
| 4- 9 & 10 Mixed 100 Medley Relay | 45- 9 & 10 Boys 25 Freestyle |
| 5- 11 & 12 Mixed 200 Medley Relay | 46- 11 & 12 Girls 50 Freestyle |
| 6- 13 & 14 Mixed 200 Medley Relay | 47- 11 & 12 Boys 50 Freestyle |
| 7- 15 – 18 Mixed 200 Medley Relay | 48- 13 & 14 Girls 50 Freestyle |
| 8- 6 & under Girls 25 Freestyle | 49- 13 & 14 Boys 50 Freestyle |
| 9- 6 & under Boys 25 Freestyle | 50- 15 – 18 Girls 50 Freestyle |
| 10- 8 & under Girls 25 Butterfly | 51- 15 – 18 Boys 50 Freestyle |
| 11- 8 & under Boys 25 Butterfly | 52- 8 & under Mixed 100 Free Relay |
| 12- 9 & 10 Girls 25 Butterfly | 53- 9 & 10 Mixed 100 Free Relay |
| 13- 9 & 10 Boys 25 Butterfly | 54- 11 & 12 Girls 100 Individual Medley |
| 14- 11 & 12 Girls 50 Butterfly | 55- 11 & 12 Boys 100 Individual Medley |
| 15- 11 & 12 Boys 50 Butterfly | 56- 13 & 14 Girls 100 Individual Medley |
| 16- 13 & 14 Girls 50 Butterfly | 57- 13 & 14 Boys 100 Individual Medley |
| 17- 13 & 14 Boys 50 Butterfly | 58- 15 – 18 Girls 100 Individual Medley |
| 18- 15 – 18 Girls 50 Butterfly | 59- 15 – 18 Boys 100 Individual Medley |
| 19- 15 – 18 Boys 50 Butterfly | 60- 11 & 12 Mixed 200 Free Relay |
| 20- 6 & under Girls 25 Backstroke | 61- 13 & 14 Mixed 200 Free Relay |
| 21- 6 & under Boys 25 Backstroke | 62- 15 – 18 Mixed 200 Free Relay |
| 22- 8 & under Girls 25 Backstroke | |
| 23- 8 & under Boys 25 Backstroke | |
| 24- 9 & 10 Girls 25 Backstroke | |
| 25- 9 & 10 Boys 25 Backstroke | |
| 26- 11 & 12 Girls 50 Backstroke | |
| 27- 11 & 12 Boys 50 Backstroke | |
| 28- 13 & 14 Girls 50 Backstroke | |
| 29- 13 & 14 Boys 50 Backstroke | |
| 30- 15 –18 Girls 50 Backstroke | |
| 31- 15 –18 Boys 50 Backstroke | |
| 32- 8 & under Girls 25 Breaststroke | |
| 33- 8 & under Boys 25 Breaststroke | |
| 34- 9 & 10 Girls 25 Breaststroke | |
| 35- 9 & 10 Boys 25 Breaststroke | |
| 36- 11 & 12 Girls 50 Breaststroke | |
| 37- 11 & 12 Boys 50 Breaststroke | |
| 38- 13 & 14 Girls 50 Breaststroke | |
| 39- 13 & 14 Boys 50 Breaststroke | |
| 40- 15 – 18 Girls 50 Breaststroke | |
| 41- 15 – 18 Boys 50 Breaststroke | |