

Ashby Anacondas Swim Team - 2026 Parent Information Handbook



2026 Meet Schedule

Date	Vs.	Location	Be at the pool by
June 16	Mock Meet	Ashby	4:30 pm
June 23	Massanutten	Ashby	4:30 pm
June 30	Westover	Westover	5:00 pm
July 7	ERRA	ERRA	5:00 pm
July 14	Spotswood	Ashby	4:30 pm
July 21	Broadway	Broadway	5:00 pm
August 1	Champs	JMU - Godwin	TBD

IMPORTANT LINKS

Anacondas Website: www.ashbyswimteam.com

Facebook Group: [Ashby Swim Team](#)

Swimmingly: [Swimmingly](#) [Registration](#) [Swimmingly Clubhouse](#)

Remind app: text @ashbysw to 81010 to enroll

Swim suits/goggles: <http://www.swimoutlet.com/ashbyswimteam>

WHO WE ARE

The Ashby Anacondas 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 & 15-18s, and Junior Anacondas	Mia Flory	miaflory7154@gmail.com	(540) 421-0311
Assistant Coach & 13-14s, and Junior Anacondas	Ethan Eberly	ethan.eberly05@gmail.com	(540) 383-4661
11-12s	Yarek Dobrynin	aroslavdobrybin8@gmail.com	(540) 560-9186
9-10s	Wyatt Cole	wyattmichaelcole@gmail.com	(540) 607-3875
8 & Unders	Alana Dennis	dennis.alana@yahoo.com	(540) 209-0910
Utility Coach	Sam Hildebrandt	sambukimusaka@gmail.com	(540) 280-1735
11-12 Age Group JR Coach	Chance May		
9-10 Age Group JR Coach	Miriam Stover		
8 & Under Age Group JR Coach	Madelyn Gilkeson, Sawyer Lemm		

SWIM TEAM BOARD VOLUNTEERS

Contact us at: ashbyswimteam@gmail.com

President: Rachel Lemn

Ali Snook

Emily Higham

Kelsey Chicco

Chad Funkhouser

Robyn Kondrad

Brandy May

Melissa Stover

Meet Directors: Bradley Long & Tara Wyrick

PARENT SUPPORT

In order to run swim meets (both home and away), summer swim teams rely on parent volunteers. Parent help means the coaches can keep their focus on the kids. Please ensure that we have the correct email on file in your Swimmingly account and contact the President if you have any questions. You will still be able to watch your swimmer during their events while volunteering!

One adult (e.g., parent, grandparent, guardian; must be 16 years of age minimum) for each swimming family is expected to:

- **Volunteer in at least one home meet (or more if needed) for half of the meet (not including the mock meet) and in one of the away meets (we can't run meets without volunteers!)**
 - If you can't make what you signed up for, please find a replacement and notify the board President. We must fill each spot before the meet can begin.
 - Please be on time for your assignment - time is noted in the sign up link
 - If volunteering is problematic for your family, please discuss alternatives with the President
 - A \$25 charge may be issued for each failure to show/inform President of missed assignments

- **Volunteer at Champs if your child is participating (required)**
- **Contribute money or supplies to concessions for home meets for fundraising (this is a critical source of fundraising. 100% of proceeds supports the team).**

You will see more information about each volunteer position on our sign ups survey, which will be sent to you about a week prior to each swim meet. Sign ups are first-come, first-served once the link is sent out.

- **Concessions:** setting up, selling (cash or Ashby's venmo accepted), grilling, serving
- **Hospitality:** walk the deck with water/snacks for timers, officials, coaches, starter, etc.
- **Clerk of Course:** put swimmers into correct heat/lanes prior to each event (heat sheet provided), and walk the younger swimmers to the blocks to ensure they are in the right spot at the right time
- **Timing:** use of your phone to start and stop the electronic timing equipment per lane. You will be shown how to do this prior to the swim meet at the timer meeting. It's easy!
- **Head Timer:** Ensures that all lanes are timed, helps solve tech issues
- **Relay Judges:** you will note that each swimmer has touched the wall before the next swimmer in the relay starts their leg of the relay. Officials will show you what to do at the start of the meet.
- **Set up/Tear down:** help set up the pool deck prior to the meet or help tear down, clean up after
- **Stroke & Turn Judge:** assigned several lanes to make sure swimmers are following stroke/turn swimming rules. Training is required before the swim season begins, and you can shadow an experienced judge before you are "on your own".
- **Meet director, computer operator, starter:** positions that require additional training. If interested, please contact the President!

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. Swimmers will have several opportunities to meet this requirement prior to final swim assessment day, June 4.
 - unassisted* – swimmers 11 and up must swim one length without stopping/touching
 - swimmers 10 and under can stop two times while attempting to swim one length. Stopping a third time will be a fail for that attempt.
- Swim team age groups include: Junior Anacondas (3-8 year olds not meeting eligibility for team but wishing to be part of the team), 5-8, 9/10, 11/12, 13/14, 15-18.
- Eligibility for Champs: swimmer must participate in two swim meets, not including mock meet

FEES

Fees cover registration, insurance and swim cap. Swimmers must pay required fees prior to attending any swim team practice or function. Optional fees include swim team shirt, suit, and Champs heat sheet. 2026 fees:

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:

- \$150 for first swimmer in family
- \$145 for second swimmer
- \$140 for third swimmer (& beyond 3)

PRACTICES

- Practices are held at Ashby Pool starting in late-May through July. See website for each season's practice schedule ashbyswimteam.com
- We offer many practice times to suit your schedule. We encourage swimmers to try to attend at least 3 swim practices per week if they can. Please try your best to drop off and pick up swimmers on time.
- Swimmers who are consistently practicing will be given priority for getting to swim in relays. They must swim in at least 2 practices that week not including Fun Friday.
- Please let your swimmers' coach know if your swimmer will be on vacation, camp, or absent for an extended time.
- 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.**

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! Swim team suits can be purchased through SwimOutlet (we receive 8% back for fundraising). Any black suit is fine, but if you need one, please consider purchasing suits, goggles, etc. here: <http://www.swimoutlet.com/ashbyswimteam> to support our team. Team shirts for parents, swimmers, etc. will be sold through another link, provided by email at the start of each season.

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.
- The pool board is only permitting a 15 minute pre-practice window for swim families who are non-members to be in the pool area. Otherwise, they should not be in the facility.
- Lifeguards are present for 12/unders practices but not for 13-18s practices, Parents should be mindful of their younger/non-participating children

MEETS

Swim meets are optional, but we encourage all swimmers to participate. Some swimmers may feel nervous especially for their first swim meet. We have lots of coaching staff, older swimmers, parents, and officials who will help! Come talk to us if your swimmer is feeling unsure about participating in meets! In order to be eligible for Champs, you swimmer must participate in at least two swim meets, not including the mock meet.

- Declare if you are attending or not attending by the Friday prior to each swim meet. Coaches will determine which events your swimmer swims. You may discuss any concerns with your swimmers' coach. Declare attendance for each meet on the Swimmably website (use a browser).
 - Go to Events, then click on Edit Commitment
 - Click on the Swimmer's Name,
 - Choose either 'Yes' or 'No'
 - Do this for each swimmer in your family.
 - Don't forget to click Save Changes!
- We will have 6 swim meets on Tuesday evenings and the Championship meet at the end of the season on a Saturday. 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.
- Write your Swimmer ID number on the upper arm and their events on their hand with a Sharpie. This helps the timers and clerk of course to make sure swimmers are in the right place.
- Swimmers should report to Clerk of Course (where all the chairs/benches are) when their event is called (a pole with event numbers will be visible at clerk of course). They should have caps and goggles on when they go to the Clerk of Course.
- Bring chairs, blankets, sunshade, sunscreen, towels, warm clothing (it can sometimes get cool for wet swimmers), and healthy snacks and drinks to meets! There will be concessions sold at all home meets and most away meets.
- Encourage your swimmer to cheer for their team during the meet, to show good sportsmanship, and to try their best. We ask parents to allow coaches to do the coaching, and to be your child's cheerleader.
- Improvement comes in many forms - not just dropping time. Sometimes, swimmers will go slower as they are improving their technique. This is normal, and part of becoming a better swimmer in the long term. Discuss any questions or concerns you have with your swimmer's coach!
- Good sportsmanship: our team encourages swimmers to remain in the water until everyone in their heat has completed their race, to say "good job" to those in lanes next to them, even to swimmers on the other team, and to cheer (no booing). Our team is known for its positive and friendly culture, and we depend on parents to reinforce those values.
- **Additional information provided in "*Swim Meet Survival Guide*"**

MEET LOCATIONS

- Ashby Anacondas – Ashby Recreation Association is located at [250 Anaconda Way](#) Bridgewater - just east of Oakdale Park. Tel: (540) 828-6231. Sunshades are allowed.
- Broadway Sharks – Broadway Community Park Pool is located at [102 South Sunset Dr., Broadway](#). Tel: (540) 896-9771. Sunshades are allowed.

- ERRA Barracudas – East Rockingham Recreation Association is located at [1250 Barracuda Drive](#) in Penn Laird. Tel: (540)434-6030. Sunshades are allowed.
- Massanutten Marlins – Stonewall Terrace Recreation Center is located at [3980 Massanutten Dr.](#), in Massanutten Resort in McGaheysville. Tel: (540) 289-6021. No room for sunshades!
- Spotswood Dolphins – Spotswood Country Club is located at [1980 Country Club Rd.](#) in Harrisonburg. Tel: (540) 433-2659. No room for sunshades!
- Westover Pool - Westover Pool is located at [305 S Dogwood Dr](#), Harrisonburg, VA 22801. Sunshades are allowed.

MEET EVENTS LINEUP

- | | |
|-------------------------------------|---|
| 1- All Girls Graduated Relay | 44- 9 & 10 Girls 25 Freestyle |
| 2- All Boys Graduated Relay | 45- 9 & 10 Boys 25 Freestyle |
| 3- 8 & under Mixed 100 Medley Relay | 46- 11 & 12 Girls 50 Freestyle |
| 4- 9 & 10 Mixed 100 Medley Relay | 47- 11 & 12 Boys 50 Freestyle |
| 5- 11 & 12 Mixed 200 Medley Relay | 48- 13 & 14 Girls 50 Freestyle |
| 6- 13 & 14 Mixed 200 Medley Relay | 49- 13 & 14 Boys 50 Freestyle |
| 7- 15 – 18 Mixed 200 Medley Relay | 50- 15 – 18 Girls 50 Freestyle |
| 8- 6 & under Girls 25 Freestyle | 51- 15 – 18 Boys 50 Freestyle |
| 9- 6 & under Boys 25 Freestyle | 52- 8 & under Mixed 100 Free Relay |
| 10- 8 & under Girls 25 Butterfly | 53- 9 & 10 Mixed 100 Free Relay |
| 11- 8 & under Boys 25 Butterfly | 54- 11 & 12 Girls 100 Individual Medley |
| 12- 9 & 10 Girls 25 Butterfly | 55- 11 & 12 Boys 100 Individual Medley |
| 13- 9 & 10 Boys 25 Butterfly | 56- 13 & 14 Girls 100 Individual Medley |
| 14- 11 & 12 Girls 50 Butterfly | 57- 13 & 14 Boys 100 Individual Medley |
| 15- 11 & 12 Boys 50 Butterfly | 58- 15 – 18 Girls 100 Individual Medley |
| 16- 13 & 14 Girls 50 Butterfly | 59- 15 – 18 Boys 100 Individual Medley |
| 17- 13 & 14 Boys 50 Butterfly | 60- 11 & 12 Mixed 200 Free Relay |
| 18- 15 – 18 Girls 50 Butterfly | 61- 13 & 14 Mixed 200 Free Relay |
| 19- 15 – 18 Boys 50 Butterfly | 62- 15 – 18 Mixed 200 Free Relay |
| 20- 6 & under Girls 25 Backstroke | |
| 21- 6 & under Boys 25 Backstroke | |
| 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 | |
| 42- 8 & under Girls 25 Freestyle | |
| 43- 8 & under Boys 25 Freestyle | |