

Contacts

President & Head Team Rep:

Lisa Grant – 757-692-6638
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Vice President & Assistant Team Rep:

Gillian Homan-Duffy

Secretary:

Jessica Durkalski

Treasurer:

Jeanel Franklin

Website:

www.virginiabeachswimclub.org

Team Email:

virginiabeachswimclub@gmail.com

Head Coach: Seanelle Thom – seanelle.thom@gmail.com

Coach Ben

Coach Torrie

Coach Eric

Coach Kent

Coach Mul

Guppy Coach **position has been filled

Coordinators:

Concessions: Marquis Greenhow

Awards/Banquet: Erica Caicedo

Meet Manager:

Team Scorer: Jessica Durkalski

Time Scorer:

Web Master: Sharolyn Rancour

Photographer: Lida Nixon

Clerk of Course:

Head Timer/Time Coordinator: Brian Fletter

Ribbons: Sharolyn Rancour

Meet Set-Up/Take Down:

Team suits can be purchased at: Aquawear will call me when suits are ready for purchase.

AquaWear 434 Newtown Road, Norfolk, VA

Dates to Remember

TBD	Parent meeting and Eligibility Swim
May 18 th	Referee/Starter & Stroke/Turn Officials Training Location: Little Neck 864 Little Neck Road, Virginia Beach, VA Referee/Starter 8am-9am Stroke/Turn 9am-11am
May	Evening practices begin
TBD	Team Photo
June 5 th	Make-up date for Referee/Starter and Stroke/Turn Officials Training Location: TBD Referee/Starter 6pm-7pm Stroke/Turn 7pm-10pm
June 8 th	Bye **no swim meet** so we will have Time Trials
June 15 th	Home Meet GCC @ TBL
June 22 nd	Away Meet TBL @ RW
June 29 th	Home Meet CGYC @ TBL
July 6 th	Bye **no swim meet**
July 13 th	Away Meet TBL @ CHF
July 20 th	Home Meet LSC @ TBL
July 27 th	Divisionals TBD
August 3 rd	All-Stars @ Little Neck
August 4 th	Banquet (will be catered. More information coming soon) Location: Windsor Oaks Pool

STROKE CLINIC FOR SWIMMERS

Friday mornings with Coach Matt

June 14 th	Starts, Turns & Dives
June 21 st	Breaststroke
June 28 th	Butterfly
July 12 th	Freestyle/Backstroke
July 19 th	IM
July 26 th	Coaches Choice

“Before” school is out swim practice

Guppies:	TBD	
Beginners:	Monday and Wednesday	8pm to 9:30pm
Advanced:	Tuesday and Thursday	8pm to 9:30pm

After school is out “Morning swim practice:

Guppies:	TBD	
Beginners:	Monday, Tuesday, Wednesday & Thursday	8am to 9am
Advanced:	Monday, Tuesday, Wednesday & Thursday	7am to 8am

After school is out “Evening swim practice:

Guppies:	TBD	
Beginners:	Monday, Tuesday, Wednesday & Thursday	8pm to 9pm
Advanced:	Monday, Tuesday, Wednesday & Thursday	9pm to 10pm