



### 2024 Practice Schedule

Mon/Wed/Fri	Tu/Thur	Sunday
9 and Older – 915am to 1030am	8 and Under – 545pm to 630pm	All – 6pm to 645pm
8 and Under – 945am to 1030am	9 and Older – 630pm to 730pm	(Starts and Turns)

\*\*\*Above Practice Schedule Starts on **Monday, June 10<sup>th</sup>**. Practices for the season will start **Tuesday, May 28<sup>th</sup>** with a modified schedule that will mostly include afternoons as some of our staff and swimmers will still be in school.\*\*\*

### 2024 Meet Schedule

\*\*\*All Regular Season Meets will be Home Meets\*\*\*

Monday, June 3<sup>rd</sup> – Forest Hills vs. Read Mountain

Monday, June 10<sup>th</sup> – Forest Hills vs. Stonegate

Monday, June 17<sup>th</sup> – Forest Hills vs. Olympic Park and Lancerlot

Monday, June 24<sup>th</sup> – Forest Hills vs. Elks Lodge and Hidden Valley

Monday, July 1<sup>st</sup> – Forest Hills vs. Spring Run

Monday, July 8<sup>th</sup> – Forest Hills vs. OLN and Limestone Park

Fri, July 19<sup>th</sup> and Sat, July 20<sup>th</sup> – City County Championships in Christiansburg, VA

### Special Events

Saturday, June 1<sup>st</sup> – Mock Meet and Pancake Breakfast

Friday, June 7<sup>th</sup> – Splash Night Team Fundraiser

Friday, June 28<sup>th</sup> – Dive In Movie

Tuesday, July 9<sup>th</sup> – Team Pictures

Wednesday, July 17<sup>th</sup> – Pasta Psych Party

Sunday, July 21<sup>st</sup> – Team Banquet



### Coaching Staff

Brett Fonder

Jack Matthews

Whitney Berglund

Suzanne Harris

Charlie Floyd

Hadyn Terrell

### Fees

\*\*\*All Rates include team shirt if registered by 6/1/24\*\*\*

\$100.00 – one swimmer    \$190.00 – two swimmers

\$270.00 – three swimmers or more    \$50.00 – per adult swimmer

New this year: Non Member Rates (Swimmers will only be allowed at the pool for swim team functions) \$200.00- per swimmer

\$100.00 – per adult swimmer

\*\*In addition to team dues, all swimmers must register with the Roanoke Valley Aquatic Association(RVAA). Registration can be found at:

<https://www.gomotionapp.com/team/reczrvaa/page/team-registration>

**Please Contact Coach Brett Fonder with questions or to be added to team email list**

[brettfonder@yahoo.com](mailto:brettfonder@yahoo.com)

(540) 797-7946