



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 10th**. Practices for the season will start **Tuesday, May 28th** 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 3rd – Forest Hills vs. Read Mountain

Monday, June 10th – Forest Hills vs. Stonegate

Monday, June 17th – Forest Hills vs. Olympic Park and Lancerlot

Monday, June 24th – Forest Hills vs. Elks Lodge and Hidden Valley

Monday, July 1st – Forest Hills vs. Spring Run

Monday, July 8th – Forest Hills vs. OLN and Limestone Park

Fri, July 19th and Sat, July 20th – City County Championships in Christiansburg, VA

Special Events

Saturday, June 1st – Mock Meet and Pancake Breakfast

Friday, June 7th – Splash Night Team Fundraiser

Friday, June 28th – Dive In Movie

Tuesday, July 9th – Team Pictures

Wednesday, July 17th – Pasta Psych Party

Sunday, July 21st – Team Banquet



Coaching Staff

Brett Fonder

Jack Matthews

Whitney Horn

Suzanne Harris

Zoey Lusk

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.swimrvaa.com>

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

brettfonder@yahoo.com

(540) 797-7946