



# KRA Pool Hours & Notices

**All Pools  
Open at 11:00 AM  
Saturday, May 28<sup>th</sup>**

## Pool Hours

May 28 - June 3	11:00AM – 7:00PM
June 4	10:00AM – 8:00PM
June 5	11:00AM – 8:00PM
June 6-10	11:00AM – 7:00PM
June 11	10:00AM – 8:00PM
June 12	11:00AM – 1:00PM
June 13-15	11:00AM – 7:00PM

**Regular hours begin on Thursday, June 16,  
and continue through August 26.**

**August 29 through September 2<sup>nd</sup>  
the hours will be 10:00AM – 7:00 PM.**

**September 3-4 the hours will be regular  
weekend hours:**

**Saturday 10:00AM – 8:00PM  
Sunday 11:00AM – 8:00PM**

**There are 2 evenings when we will close early  
due to a special event or a holiday:**

Thursday, June 23–Ladies' Night – Pools close at 7 PM  
Monday, July 4 – Holiday – Pools close at 7 PM

**All Pools Close for the Season at 6:00 PM  
on Monday, September 5<sup>th</sup>.**

## **Please help keep Kanawha clean!**

If we all pitch-in and pick up after playing on the tennis courts, eating at the pool or having a special event at one of the pavilions or on the field, we all will see a difference in our facility.

**THANK YOU!**

## **IMPORTANT ANNOUNCEMENT**

Due to home swim meets, pool hours will be altered on 3 days. The James River Aquatic Club sets the schedule, and every team has 3 home meets, so we, at Kanawha, do not have any control over this. Also, it is necessary to close ALL of the pools during home swim meets because the number of people who are there for the swim meet create such a crowd and such a noise level that it would not be safe for people to be in any of the other pools. This summer our home meets are scheduled for Sunday, June 12, Monday, June 27, and Monday, July 18. Below are the hours that the pools will be open on those dates:

Sunday, June 12	11:00 AM – 2:00 PM
Monday, June 27	10:00 AM - 5:00 PM
Monday, July 18	10:00 AM - 5:00 PM

Please note that we are hosting a home swim meet on Sunday, June 12, and therefore, we will be open only from 11:00 AM to 1:00 PM that day. We realize that this is a major imposition on our members on a weekend, but as stated, the schedule is made by the James River Aquatic Club. This date is before Henrico County Schools are finished for the year. Some students will be taking exams, so it is not possible to have a meet at the regular Monday evening time.

## Lifeguard Training

Training will be offered Monday, June 27, and ending on Friday, July 8. There will NOT be class on the weekend or on Monday, July 4. Class will be held from 8:30 to 10:30 AM. To take this class you must be 15 year old by July 8. The course includes Lifeguarding, First Aid, and CPR for the Professional Rescuer. When you complete the class, you will be certified to lifeguard at a swimming pool. You must pass all 3 components to pass the course. As of press time for this newsletter, the cost for the class will be \$75.00. There is a chance that there will be a slight increase in this cost. Sign-up for the class will take place after the pool opens, but if you have questions, please call Martha Hodges.

## Early Bird Swim

Early Bird Swim will be offered on Monday, Wednesday, and Friday mornings from 6:00 AM to 8:00 AM. The lap pool will be open for laps and workouts. There is a ONE TIME FEE of \$20.00 (please note the new price) for all participants. You may pay the \$20.00 fee the first time you come. EARLY BIRD WILL BEGIN ON JUNE 3. Note that this year we will be able to start Early Bird before the end of school for Henrico Schools. Also, if we get very hot weather right after the pool opens, we will start on June 6. Check with Martha before you come on June 6, 8, or 10 to be sure. Early Bird will continue through September 2.

Many of our Early Bird swimmers take advantage of our Early Bird schedule to enjoy doing their own workout in the outdoor setting for the pool season. A few of the Early Bird swimmers have asked for an organized group workout to be offered. If you are interested in having an organized workout once a week, please let Martha know soon after the pool opens. We are investigating the possibility of having an organized workout on Wednesdays from 6:30 AM to 7:30 AM if there is sufficient interest.

## Reservations for Facility Use

- 1 The pools are not available for private parties, but they are accessible during regular pool hours for the customary guest fee of \$3.00 per guest.
- 2 Pool hours will not be extended for any private gathering.
- 3 Outside groups larger than 10 must get approval from the Pool Manager to use the pool facilities. Outside groups must be accompanied by a member.
- 4 Group usage of the pool will be limited at the discretion of the Pool Manager and the Board of Directors.
5. Members are allowed to reserve the picnic shelter. You should check to see if it is available before planning a function since there are a lot of requests. All guests are subject to a \$3.00 guest fee during the pool season.
- 6 Community groups may use the picnic shelter if they are sponsored by a KRA member during the offseason (fall and spring).
- 7 Reservations for the picnic shelter are made on a first-come, first-served basis. During the pool season, please call the pool office (804-288-4421). In the off-season, please call Martha Hodges (804-288-1013). There is not a fee for KRA members if the shelter is used during pool hours. Guest fees apply to all non-members who swim or play tennis during the pool season. For evening parties held after pool hours or during the off-season that include alcohol or music (e. g.: live band), there is a \$200.00 fee, payable to Kanawha.

**KRA has a NO ALCOHOL  
policy during pool hours.**

# Guidelines for Use of Kanawha Recreation Association Field

The KRA field is available for use by members of the community subject to the following guidelines:

1 Requests for daily or weekly use throughout a sports season must be made in writing or by e-mail to Tom Hoy or Martha Hodges. A statement of insurance coverage for the team must accompany the request.

Tom: tlhoy@henrico.k12.va.us

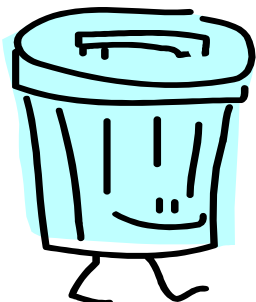
Martha: martha.b.hodges@verizon.net

2 Requests for one-time usage (e. g.: a birthday party where the children will play games in the field) may be made by phone either to the Kanawha office (804-288-4421) during the pool season or to Tom (804-708-0830) or Martha (804-288-1013) in the off-season.

3 Under no circumstances may the tennis courts or other areas of KRA be used for conditioning or other activities.

4. If a ball goes over the fence and into the pool area, no one may climb the fence to retrieve it. Please contact Tom or Martha on the weekend to let you in to retrieve balls.

5. All trash must be picked up at the end of each practice. There is a garbage can in the field for this purpose.



6. In case of inclement weather, these rules must be followed:

A. If it is raining at the time of your practice, the field is closed.

B. If the team using the field is a school team or Club (i.e.: Rebels Lacrosse), and the fields at the school are not playable so that other sport teams at that school must make alternate plans, then the KRA field is also closed.

C. If the team using the field belongs to a league (i.e.: Strikers Soccer, Western Wildcats Football), please call the Henrico County Sports Hotline (804-501-5132).

The KRA Field is not part of Henrico County Recreation & Parks, but you will use their information as your guideline. If other fields in the nearby area are closed, then the KRA field is closed. Nearby fields include Pemberton, Byrd, Short Pump, Deep Run Park, & Crestview. If the Hotline mentions some or all of these fields are closed or states that all county fields are closed, then the KRA field is closed.

Users of the field are invited and encouraged to participate in Kanawha's annual work day in May. The date for this and other KRA information may be found at our website:

[www.krafun.org](http://www.krafun.org)

# KRA SOCIALS 2011 ~ SAVE THE DATES

## OPENING NIGHT

### ADULT COCKTAIL PARTY

Friday, May 27 – 7PM until 11PM

Warm weather, a live band, and good friends!

Beer and wine will be provided.

Last names A-F please bring a dessert & G-Z bring hearty hors d' oeuvres.

**OPENING DAY !!!**

SATURDAY, MAY 28<sup>th</sup>

Free Hot Dogs, Chips,  
& Soft Drinks from  
12:00 until 2:00

## SCHOOL'S OUT!

Friday, June 17

6:00 PM until 9:00 PM

**COOL...SCHOOL'S OUT!!!**

Three months of no homework, projects, and for you moms – NO LUNCHES!!!

Come celebrate with an afternoon of fun with a Pizza Party at 6PM & favorite D.J. Mark Hettinger. Order forms for pizza will be in the back office the week of June 1<sup>st</sup>.

## LADIES' NIGHT...

Thursday, June 23<sup>rd</sup> – 7:00 PM until ??

Drinks, Dinner, Dancing, Shopping & Karaoke

*What more could you ask for?*

\*LADIES – YOU MUST PRE-PAY FOR THIS EVENT. SORRY WE WILL NOT BE ABLE TO ACCEPT WALK INS!

## 4<sup>th</sup> of July Family Fun Celebration

Monday, July 4 – 12:00 PM

Come bring the whole family for a RED, WHITE, & BLUE celebration! Enjoy fried chicken and delicious covered dishes. Get your bikes decorated for the annual parade and get ready to win some fun prizes! More details to come!

## SENIOR STEAK NIGHT!

(August Date to be Announced)

This night is for our more distinguished KRA members (some are even Charter Members). Come enjoy steak on the grill, music, and excellent company! More details to come.

## LAST DAY

AND LABOR DAY PARTY!

September 5<sup>th</sup>

*Boy...it went fast BUT back to school!*

Come spend your last day of summer at KRA!

Enjoy the D.J. and your last trip down the slide!

(D.J. from 12:00 PM until 4:00 PM)

# Aquatics Teams

## A Tradition of Excellence

KRA is proud of our large and successful Aquatics programs. We have a Swim Team and a Dive Team, plus introductory programs for young children in both sports. Our swimming and diving teams are a great way to meet new people, improve your strokes and form, and, most importantly, HAVE FUN IN THE POOL!

Kanawha is part of the James River Aquatic Club (JRAC), an association of area pools. The Swim Team will compete in the Blue (top) division, and the Dive Team will continue to be the team to beat, a JRAC powerhouse.

Swim and Dive will offer both mail-in registration and on-site registration. Registration Forms are found at the end of this newsletter and can be completed and returned by mail. Please note that there are two separate forms for Swim and Dive. On-site registration will be offered at the Swim/Dive Open House Sunday, May 22 from 1:00 PM – 3:00 PM. Swim Team registration will also be held at the pool during practices from May 23 to May 27. Pre-team swim registration will follow on June 20 at 11:30 AM. Read on for further details, but if you have questions, please contact one of the Swim or Dive Reps.

### Swim Reps

Susan Kratzer 282-4529  
Katie Harlow 673-3520  
Kaarina Jobe 257-7355

### Dive Reps

Laura Trevey 282-8844  
Deborah Dougherty 288-2907  
Mary Kay Jarrett 285-8888



## Swim & Dive Important Dates

### April Mail - in Registration begins:

Swim Team forms to Susan Kratzer, 212 Ralston Road, Richmond, VA, 23229

Dive Team forms to Laura Trevey, 8305 Kingthorpe Terrace, Richmond, VA 23229

### May 22 Swim & Dive Open House

Register for Swim Team and/or Dive Team; meet the coaches, purchase spirit wear & swimsuits.

### May 23 Swim practice begins. On-site registration continues 5/23 through 5/27 (schedule follows)

And

### May 26 Dive practice begins (schedule follows)

June 10 Mock Swim Meet at regular practice  
June 12 First Swim Meet (full schedule below)

Note: This is a **Sunday**

June 22 Dive Team Pep Rally / Pizza Party  
June 23 First Dive Meet (full schedule below)

July 8 Synchronized Dive Meet  
July 15 Swim Pre-team Cupcake Meet

July 18 Last Swim Meet

July 19 Last Dive Meet

July 20 Dive Cupcake Meet

July 22 Dive Team Awards Banquet

July 24 Dive Teams Champs Pasta Night

July 25 Swim Team Awards Banquet

July 25 & 26 JRAC Dive Championship Meet

July 27 All-Star Dive Meet

July 28 & 29 JRAC Swim Championship Meet

We have a lot of fun social events and activities planned for both Swim and Dive. Check out our bulletin boards at the pool or the KRA website ([www.krafun.org](http://www.krafun.org)) for ongoing details

# Swim Team

## Do You Have a Swimmer?

Swimmers of all levels are welcome on swim team. To be on the swim team, children should be able to swim the length of the pool unassisted in both freestyle and backstroke. We have an action-packed summer planned with fun activities, exciting practices, and a season-long theme. Come join our feisty KRA Firefish as we swim and rock our way through this year's theme: KRA Rocks the Pool! We will swim in the (Top Dog) Blue Division. Get ready for lots of fun and adventure and some great competition!

## New Swimmers

Children new to KRA (who have not already been on another swim team) must be assessed by our head coach or a senior assistant coach to determine if they are ready to be in a large practice environment. We have scheduled an assessment day in a heated pool to make it easier on your child. If your child is unable to attend the assessment day, a time can be scheduled during the first week of practice. Our assessment in the heated pool is preferred because there is less distraction for your child and the water is much more comfortable than our outdoor pool in May!

## 2011 New Swimmer Assessment

Sunday, May 15th at 5:30 PM – 6:00 PM

St. Catherine's Kenny Sports and Fitness Center Pool  
Contact Susan Kratzer to attend the May 15th assessment or to schedule an assessment the first week of practice.

## T-Shirts, Team Suits and Swim Caps

We pre-order our t-shirts which we plan to have for the first meet. We will sell swim caps sporting our Firefish logo at registration and during swim meets. Our team suit is from Speedo and is called "Mist." This suit is a two-year suit (for 2011 and 2012 seasons). You do not need to purchase a new suit each year; if last year's suit fits, by all means, wear that. It is not mandatory that you wear a KRA team suit during swim or dive meets, but you do need a close-fitting suit for competition that will not slow you

down. Suits are in stock and available now at Disco Sports and NOVA Swim Shop, and will be sold at the Swim/Dive Open House.

## Swim Coaches

### Head Coach, Tim Dolan

We welcome Tim Dolan back for his second year as head coach for KRA. Tim has coached at Avalon Recreation Association, NOVA, and is Assistant Coach at Collegiate. His swimming background includes swimming for Avalon for 10 years, Briarwood for two years and for VCU RAMS USS program for five years. Tim currently works for Henrico County Schools, teaching at Hungary Creek Middle School since 2004. He holds a BA in History from the College of Charleston and a Masters in Teaching in Social Studies from VCU. Tim headed up our pre-season clinic again this spring. He brings experience plus a bounty of enthusiasm and energy to KRA as our head coach.

### Assistant Coaches

**Bill Lacy** returns for his seventh year as an assistant coach. He coached the Tuckahoe YMCA Tiger Sharks for many years. Bill is a Certified Red Cross Lifeguard and Swim Instructor, and currently teaches lessons at the YMCA. He coached our preseason clinic for several years. Bill has a busy engineering consulting business, as well.

**Annie Smith** returns for her fourth season as assistant coach. She is a rising senior at James Madison University where she is pursuing a Master's in Elementary Education. She was a KRA swimmer for thirteen years and swam with NOVA for six years. She was a NOVA swim instructor and YMCA counselor. Annie will be the Assistant Head Coach and pre-team Head Coach this season.

**Kate Byron** is returning as assistant coach. Kate completed her first year at Yale this year where she swam sprint freestyle on their varsity team. She is following a premed track, but changes her major every five minutes; right now, it is political science. Her swimming experience includes being an All American Swimmer for the Collegiate School and swimming for Kanawha for many years. She has coached our pre-team and preseason clinic.

# Swim Team

**Meredith Bearden** will return this year as an assistant coach. Meredith started swimming at Kanawha at the age of 4. She swam at NOVA for several years and is an active volleyball player. Meredith completed her first year at University of Virginia.

**Ryan Hodges** will volunteer on deck this swim season. He is a senior in the Leadership Center at Freeman High School, where he is captain of the varsity tennis team. He's been swimming for Kanawha for 12 years, and has assisted with the pre-team for two summers. Ryan will be attending Elon or University of Richmond in the fall.

## Swim Team Meet Schedule

It's back to the Blue Division for KRA. We'll have great competition, and we plan to hold our own. But we will need our swimmers at every meet, so as we say each year: *"Save your vacations and camps for after Champs."* It takes the whole team to stay up in the Blue Division.

## Meet Schedule

*(All meets begin at 6:30 PM unless noted)*

Sunday, June 12	Westwood at KRA (3:00 PM)
Monday, June 20	KRA at Southampton
Monday, June 27	Three Chopt at KRA
Tuesday, July 5	KRA at Ridge Top
Monday, July 11	KRA at Glen Allen
Monday, July 18	Southampton at KRA
Thurs. & Fri., July 29 & 30	JRAC Championship Meet
Friday, July 15	Pre-team Cupcake Meet

## Volunteer Opportunities

### For Parents

Parent volunteers make JRAC swim meets happen. You not only cheer on the swimmers, you also run the event. We have about 300 volunteer shifts to fill over the course of the season, WE NEED YOU! Each family is expected to volunteer to work *four half-meets* over the season.

**Everyone needs to volunteer**, whether you have a novice swimmer or a XX swimmer, a mite or a senior. Volunteer sign-up will be online this year. We'll get you more

information through email about when sign-up will begin. Sign up early to get your choice of shifts.

**The following positions do not require any special training:**

- Timers—time the swimmers in each lane
- Runners—help move swimmer cards around
- Card Givers—distribute cards to swimmers
- Table workers—assist with results/team scores/organizing ribbons, etc.
- Age-group Team Parents—keep Mites and Midgets organized and focused as they wait for their races

**The positions below require some training, which can be arranged through the Aquatics Committee:**

- Clerk of the Course
- Strokes and Turns judges
- Head Timers
- Starters
- Referee

**Other volunteer assistance is needed for:**

- Computer help during swim meets
- Team socials

Whatever your talents and time allow, we have a volunteer slot for you. When everyone volunteers, we have efficient meets – when everyone pitches in, the season runs smoothly.

### For Students

Many, if not most, high school students are required to complete community service hours for graduation. If you would like to fulfill some of your requirements at the pool, please contact Kaarina Jobe. Pre-team will meet from June 20 to July 15 from 11:30 AM to 12:30 PM.

# Swim Team

## Swim Team Practice Schedule

Swimmers practice according to age group for the best stroke instruction. Ages are determined as of June 1. During regular season, there are morning practices and evening practices.

### Early-season Practices

**Monday May 23–Thursday June 16**

Mites (8 and younger) 3:45–4:30 PM  
Midgets (9 and 10) 4:30–5:30 PM  
Juniors, Intermediate, Seniors (11 and older) 5:30–6:30 PM

*NOTE: There will not be practice on Monday, May 30 (Memorial Day), or Friday, June 17 (School's Out Party).*

### Regular Season Practices

**Monday June 20 – Tuesday July 19**

Throughout the season, practices are Monday through Friday, with no morning practice the Tuesday after a meet.

#### Morning Practices:

8:30–9:30 AM 9 and 10 (Midgets)  
9:30–10:30 AM 8 and younger (Mites)  
10:30–11:30 AM 11 and older (Juniors, Intermediates, Seniors)

#### Evening Practices:

**Tuesday through Friday**

4:45–5:45 PM 10 and under  
5:45–6:45 PM 11 and older

*Fun Practice is held during Tuesday evening practice after a meet.*

**ALL REGISTRATION FORMS ARE LOCATED ON OUR WEBSITE AT [WWW.KRAFUN.ORG](http://WWW.KRAFUN.ORG)**

## Private Lessons

Does your child need some extra help on those strokes, flip turns, or diving off the blocks? Our swim coaches are available for individual lessons between practice times. Talk with a coach directly to arrange a time.

**Lesson Rate:** Private - \$ 30.00 per ½ hour  
Semi Private - \$36.00 per ½ hour

*Checks are to be made payable to KRA*

## Saturday Morning Swim Clinics

We will offer several Saturday morning clinics this year. The clinics will be \$10 and will be held from 10:00 am until 11:00 am Saturday mornings. The clinics will be held on June 4, June 18 and July 9. Each clinic will have a different focus based on the upcoming swim meet and swimmers' needs. Check our bulletin boards at the pool or the KRA website ([www.krafun.org](http://www.krafun.org)) for ongoing details.

## Weekday Swim Clinics

Laura Childress will be holding stroke clinics for mites and midgets throughout the summer. Clinics will be small groups designed to give lots of individual instruction. See Swimming Lessons section for more details or contact Laura Childress directly. Class sizes are limited so be sure to sign up early.

## Pre - Team

If you have a young swimmer (8 or under) not quite ready for competition, sign him or her up for the Pre-team! This team is designed for "swimmers-in-training". The coaching staff will work with this group to learn competition freestyle and backstroke. Swimmers MUST be able to swim the length of the pool.

Pre-team registration is Monday, June 20 at 11:30 at the lap pool pavilion, and the registration fee will be \$50. There will be a brief meeting with the parents, and the kids will be asked to swim the length of the pool.

# Swim Team, Lessons & Clinics

Pre-team practices will be held in two sessions on Monday, Wednesday, Thursday, and Fridays.

**June 21** - Session One - From 11:30 AM–12:00 PM  
Session Two - From 12:00 PM – 12:30 PM

**Friday, July 16** - A “Cupcake Meet” will be held to allow these swimmers to experience a real meet. It’s a lot of fun. More information will be posted on the bulletin boards at the pool or on the KRA Web site ([www.krafun.org](http://www.krafun.org)) for ongoing details.

## New This Year

Laura Childress will be offering a swim clinic geared especially for pre-team swimmers ready to learn breaststroke while still continuing to refine freestyle and backstroke. This class will be limited in size for individual instruction. Make sure you sign up early to get in this class! See Swimming Lessons section for more details or contact Laura Childress directly.

## Group Lessons

*All group lessons will begin Monday, June 20. The fee will be \$45.00 per session.* Registrations must be mailed to Laura Childress (address on registration slip). They will not be accepted if hand delivered and must be postmarked no earlier than May 5. We try to give all members an opportunity for group lessons and this delay assures all members have received their newsletters before anyone can register. Children will be placed on a roll and the lists will be posted at least one week before the first class. If you are unable to attend the majority of the classes, please put your children on the waiting list instead of on the roll. I’d be happy

to have them if there isn’t another child who can attend the whole session. We ask that you sign your children up for only two sessions. This will help give all children an opportunity to participate in our group instructional programs. You may put your children’s names on the waiting lists for additional sessions. It is likely that the children will get into additional classes.

**Grandchildren will be allowed to participate in group lessons this summer. They will be placed on the waiting list, indicating that they are grandchildren of a member. If there is room in the class, they will be called and invited to participate.**

Complete rolls for all classes Session I and Session II will be posted. **Please do not send the fee until you see that your child is in a class. The fee must be paid by check at the first class (checks payable to KRA). No cash, please.** Those on waiting lists will be called the evening of the first class to fill the openings. On our website you will find a detailed list of exit skills for each of the American Red Cross classes LEVELS I-VI. I hope you will find this to be helpful information

## New This Summer

**I will be offering Stroke Improvement Clinics each session! Pre-team, mites, and midgets, come to these clinics designed to work on specific strokes. Then go to your practices and reinforce the corrections we have made together in these small group clinics. Working together, we will develop better, more efficient swimmers, resulting in fewer DQs and faster times in swim meets.**

**There will also be a new class, Safety Strokes/ Personal Water Safety, offered Session IV. Swimmers will learn elementary backstroke, sidestroke and pre-lifeguarding skills. These are skills that will help keep them safe and also prepare them for taking Lifeguarding with Martha at a later date.**

# Swim Lessons

## **Session I - Monday, June 20- Friday, July 1**

9:00-9:30 Ducks II (3&4 yr olds - comfortable in the water)

9:30-10:00 Ducks I (3&4 yr olds - first experience and/or uneasy in the water)

## **Session I - Monday, June 20- Tuesday, June 28**

8:30-9:15 Mite Stroke Improvement Clinic- emphasis on butterfly, refine freestyle and backstroke

9:15-10:00 Level V/VI

10:00-10:45 Level III (Able to swim 2/3 of width of our 3 ft. L shaped area and kick on back the same)

10:45-11:30 Level I/II (Class for beginning 5 year olds and up)

12:00-12:45 Ducks III (3&4 yr olds going under and ready to swim on their own)

12:45-1:30 Ducks III (Add on class, if needed)

## **Session II -Tuesday, July 5 - Friday, July 15**

9:00-9:30 Ducks II (3&4 yr olds - comfortable in the water)

9:30-10:00 Ducks I (3&4 yr olds - first experience and/or uneasy in the water)

## **Session II - Wednesday, June 29 - Friday, July 8**

**There will be no lessons on Mon., July 4.**

8:30-9:15 Mite Stroke Improvement Clinic- emphasis on breaststroke, refine freestyle and backstroke

9:15-10:00 Level IV - emphasis on rotary breathing, backstroke, elementary backstroke (safety)

10:00-10:45 Level III (Able to swim 2/3 of width of our 3 ft. L shaped area and kick on back the same)

10:45-11:30 Level I/II (Class for beginning 5 year olds and up)

12:00-12:45 Ducks III (3&4 yr olds going under and ready to swim on their own)

12:45-1:30 Ducks III (Add on class, if needed)

**\*\*Sign-up for Session III & IV will be Wednesday, July 6 at 5:00 pm\*\***

**Dates for Session III & IV are as follows:**

**Ducks I & II Session III July 18-29**

**Session IV August 1-12**

**Ducks III & Levels I-VI Session III July 11-19**

There will also be a **Midget Stroke Improvement Clinic** offered this session **emphasizing butterfly** and refining freestyle and backstroke.

**Session IV July 21-29**

There will also be a **Safety Strokes/ Personal Water Safety Clinic and Pre-team Stroke Improvement Clinic (introducing breaststroke, improving freestyle and backstroke)** offered this session.

If you are uncertain where your child belongs, please call me, **Laura Childress, at 288-5316.**

**I will also be available to teach Private and Semi-Private Lessons.**

**Over the years, I have also worked with many children preparing them for successful and enjoyable pre-team and swim team experiences. I enjoy analyzing and breaking down strokes, getting the kinks out, correcting, and improving. Whether your swimmer needs help with rotary breathing or perfecting the timing of breaststroke, parents and swimmers have found a few of these lessons to be very helpful in making both pre-team and swim team practices more enjoyable and efficient.**

**All private swimming and diving lessons at KRA use the following fee scale:**

Private - \$30.00 per 1/2 hour

Semi-Private - \$36.00 per 1/2 hour

Non-member Private - \$35.00 per 1/2 hour

Non-member Semi-Private - \$42.00 per 1/2 hour

Should you find it necessary to miss a previously scheduled private or semi-private lesson, please cancel or reschedule at least 24 hours prior to the scheduled lesson to avoid being charged for the lesson.

I have attempted to meet your every need in these offerings. If I have not done so, please feel free to call me to discuss your specific need. I look forward to returning to Kanawha for my thirty-second summer and working with your children to help them enjoy and respect the water and become good, strong, safe swimmers! - Laura Childress

**ALL REGISTRATION FORMS ARE LOCATED  
ON OUR WEBSITE  
AT [WWW.KRAFUN.ORG](http://WWW.KRAFUN.ORG)**



## Dive Team

Take the plunge...come dive  
with us!

**Dougie Phillips** - is returning for her 31st year as the head coach and where she began her diving aspirations as a member of the team in 1972. Dougie also coaches high school diving for Collegiate School and Trinity Episcopal School.

**Loren Phillips** - is back for his 5th year as a coach. He has completed his freshman year at Belmont Abbey College and plans to major in marketing. Loren was a member of the KRA diving team for 13 years beginning his Summer before Kindergarten.

**Melissa Wakefield** - is back for her 3rd year as a coach. She is graduating from Thomas Dale High School where her musical talent let her to All-State alternate. Melissa is hoping to attend Christopher Newport College in the Fall. Melissa dove for 4 years at the Midlothian YMCA before joining us.

**Thomas Mauck** - is back for his 2nd year as a coach. He is graduating from Freeman High School where his love for music production will take him to J. Sargeant Reynolds in the Fall. Thomas began diving at Ridgetop and continued at KRA when his family joined 4 years ago.

**Steve Ebeling** - is back for his 2nd year as a coach. He is a rising Senior at Trinity Episcopal School where he was a member of the diving team. Steve excelled this year, placing 1st in the prep league and 4th at States. Steve dives year round and hopes to dive in college.

# Dive Team

**Maria Maguire** - is joining us for her 1st year as a coach. she has been diving at KRA for 11 years and will work with the younger divers while she enjoys her final year before aging out. Maria is a rising Sophomore at UVA.

**Sarah Denny** - is joining us for her 1st year as a coach. She is a rising Junior at Trinity Episcopal School where she has been on the diving, field hockey, and softball teams. Sarah has been diving at KRA since she was in 4th grade and will be working with the younger divers.

**Cate Jarrett** - is joining us for her 1st year as a coach. She is a rising Sophomore at Freeman High School where she is a cheerleader and plays lacrosse. Cate has been on the KRA team since 1st grade and will be working with the younger divers.

## **Dive Team Representatives**

**Laura Trevey** - [laura.trevey@gmail.com](mailto:laura.trevey@gmail.com)

**Deborah Dougherty** - [debdougherty@verizon.net](mailto:debdougherty@verizon.net)

**Mary Kay Jarrett** - [jarrettfam@comcast.net](mailto:jarrettfam@comcast.net)

They will be organizing meets and handling league details. They will also be asking each family to volunteer. There will be sign up sheets at Open Registration.

## **Meet Schedule: All at 1pm - Seniors Dive first**

6/23/11 - 1pm - Home Meet at KRA against RT

6/30/11 - 1pm - Home Meet at KRA against BRA

7/7/11 - 1pm - Away Meet at ARA

7/8/11 - Synchronized Dive Meet @ CCV - 9am warm ups

7/14/11 - 1pm - Away Meet at HC

7/19/11 - 1pm - Home Meet at KRA against CCV

7/20/11 - 11:30 - CUPCAKE Meet at KRA

## **Other Important Dates**

6/22/11 -6pm - DIVE TEAM Pep Rally/Pizza Party

7/22/11 -7pm - Awards Banquet - Cake/ Ice Cream

7/24/11- 6:30 pm Pasta Dinner for CHAMPdivers

7/25 & 7/26 - CHAMPS at ARA

7/27/11 - Noon - ALL STARS at KRA

## **Dive Team Practice Schedule**

Dive age groupings are slightly different from the swim team. Age groups are determined by the child's age on June 1 of the competition year:

Mites – Through age 9

Midgets – 10 and 11

Juniors – 12 and 13

Intermediate – 14 and 15

Seniors – 16, 17 and 18

## **Preseason Practices**

**Beginning Tuesday, May 31<sup>st</sup>**

Mites and Midgets – 4:00 – 5:00 pm

Juniors, Intermediates & Seniors – 5:00-6:00 pm

There will be flexibility during the end of the school weeks. See Dougie if there are conflicts.

## **Regular Season Practices**

**Beginning Monday, June 20<sup>th</sup>**

Mites 11:00-11:30

“Meet” Mites and Midgets 11:30 – 1:00 pm

Juniors, Intermediates & Seniors 4:00 – 5:30 pm

## Dive Team

### Registration

This year, the Dive Team will do mail-in registrations and on-site registration. Please note that there are separate registration forms this year for Swim and Dive.

**Registration forms are found on our website at [WWW.KRAFUN.ORG](http://WWW.KRAFUN.ORG)**

### Mail your registration to:

Laura Trevey  
8305 Kingsthorpe Terrace  
Richmond, VA 23229

### On-site Registration:

May 22nd from 1-3pm along with the Swim Team

## Volunteers

The Dive Team needs volunteer help for both socials and scoring during Meets. Please sign up at Open Registration, May 22nd from 1-3pm or email Deb Dougherty at [debjdougherty@verizon.net](mailto:debjdougherty@verizon.net)

### **Private Lessons**

Again this summer, the head coach is available to teach private lessons upon request. The standard cost for private aquatic lessons is \$30 for a private lesson or \$35 for a semi-private lesson. Lessons are 30 minute sessions. Please see Dougie at the pool or call her to schedule.

### **Information**

The Dive Team has an information board right next to the front gate. All information related to the dive team will be posted there throughout the season.

## Tennis



**We look forward to a great season of tennis!**

Refer to the KRA website for the latest information on our tennis clinics, camps, teams and our adult tennis socials.  
**<http://krafun.org/tennis>**

***ONLINE Registration Opens May 31 for Summer Clinics, Camps and Junior Teams.***

**Questions about KRA Tennis Programs & Lessons  
KRA Tennis Head Pro  
Jamie Morgan • 690-8112**

**KRA Tennis Head Pro: Jamie Morgan • 690-8112**

Private lessons \$45 an hour

Racquet Stringing available upon request.

**KRA Tennis Pro: Del Moser • 740-7780**

Private lessons \$30 an hour

Racquet Stringing available upon request.

**Racquet Restringing (same day service if needed)**

Will Carli • 479-2832

Jack Carli • 683-7832

**Tennis Products for Sale • Contact Jamie**

• tennis balls • rackets • accessories •

**ALL REGISTRATION FORMS ARE LOCATED ON OUR WEBSITE AT [WWW.KRAFUN.ORG](http://WWW.KRAFUN.ORG)**

# Tennis

## TENNIS PROGRAMMING

### SESSION III: JUNE 27-AUGUST 11

There is a minimum of (8) to hold a clinic. The maximum participants in a clinic are (12)

*ONLINE Registration Opens May 31 for Summer Clinics, Camps and Junior Teams.*

### ADULTS TENNIS SUMMER CLINICS

This summer we will hold adult tennis classes for Adults to learn the game or improve on what they already know. These classes are a great way to meet new people, get moving and have fun!

#### Adult Men's Cardio & Skills (Advanced) 3.5-4.0

Get a great workout and hone your tennis skills. Bring water and a towel; you will need it.

Thursday 7:30-8:30pm

Cost: \$65 member & \$80 non-member

#### Adult Women's Clinic (All Levels)

Get a great workout and hone your tennis skills. Bring water and a towel; you will need it.

Thursday 6:30-7:30pm

Cost: \$65 member & \$80 non-member

### ADULT TENNIS TEAMS

#### Men's Richmond League (RRL)

Saturday Morning Inter - Club Play -

All levels of players are welcome on the RRL team.

For more information contact: Bill Carli • 721-8853

*\*Players can be added to teams after season has begun. Men's League team plays spring and summer.*

Practice & Matches - Saturday's • 9:00am

• Sessions Mid-April through June

#### Women's Suburban Tennis (RSTL)

The Suburban (RSTL) team structure goes from the C-Division to the A-Division. In each division there can be up to 8 levels of teams. Play is on weekday mornings during the spring and fall seasons. Courts are reserved weekdays, Monday-Thursday from 9:00am-12:00pm. We have a variety of different levels for you to try. Call a captain and see if you can hit with the team.

A5 – Captain: Emily Krudys and Co-Captain: Gina Bombere (Match day is Tuesday)

B4 – Captain: Martha Zielinski and Co-Captain: Sue Gillenwater (Match day is Wednesday)

C1 – Captain: Linda Whittet and Co-Captain: Barabara Tavenner (Match day is Thursday)

C6 – Captain: Anne Walker and Co-Captain: Hayes Hill (Match day is Thursday)

Suburban teams play in the spring and fall. If you are interested in participation or information about the teams, contact: **Mary Lee Gay - 285-4000**

### ADULT USTA TEAMS

#### KRA USTA Teams:

**USTA LEAGUE MEMBERSHIP** - To play on an USTA team you must be a member of the USTA. You can register to be a member by going to the USTA website: **www.usta.com**. You must pay to become a USTA member and pay to be on a particular USTA team. (These fees are paid directly to USTA) After you have become a USTA member, you can form your own KRA USTA team or contact a current KRA USTA team captain to see if you can join.

**\*\*Team size and registration period is limited. Visit the local USTA website: [www.richmondtennisleagues.com](http://www.richmondtennisleagues.com) for information about flex leagues and other local USTA teams and events.**

**<http://www.richmondtennisleagues.com>**

# Tennis

Contact these captains to see if there are teams forming for the upcoming 2011 season. **KRA members who form a USTA team must contact the KRA Tennis Reps to ensure the court reservations can be secured.**

## **Weekday Women's Spring 2011 Team**

- 3.0 Team - Captain: Suzette Cavallo • 285-4898  
Co-Captain: Molly Gorman • 288-3956

Matches: Weekdays - Thursday 9am

## **Weekend Women's Spring 2011 Team**

- 4.0 Team - Captain: Lila LaCroix • 288-4064

Matches: Saturdays 3pm

## **Weekend Men's Teams**

- 3.0 Team - Captain: TBA  
Matches: Sunday's
- 3.5 Team - Captain: TBA  
Matches: Sundays
- 4.0 Team - Captain: TBA  
Matches: Sundays

## **Summer Mix and Fall Mix**

Contact: Lila LaCroix • 288-4064

**REGISTRATION FORMS ARE LOCATED ON OUR WEBSITE AT [WWW.KRAFUN.ORG](http://WWW.KRAFUN.ORG)**

**Absolutely no** - Glass on courts, Sandals, Pool Shoes, Heels, Bare Feet, Dark-Marking Soles, Heelys, Bicycles, Tricycles, Rollerblades/Skates, Skateboards, Games, Basketball, Soccer, Baseball, ETC.

These items pose a risk or potential damage to our courts. Repeated violations of rules will result in KRA board action and loss of privileges. Please report any misuse of the tennis courts, nets, equipment, etc., to the Tennis Pro, Facility Managers: Tom Hoy or Martha Hodges, or the Tennis Reps.

## TENNIS RULES

- Proper tennis attire is required at all times – shirts and tennis shoes.
- Courts 3 & 4 are reserved for members, club matches, adult clinics and special events.
- Courts are for the use of Kanawha members and their guests.
- All members are required to pay the \$3 guest fee for their guests (non-members) to the gatekeepers the same day of playing on the courts.
- Use of all courts shall be for tennis only.
- Members cannot grant permission for outside groups to use the facilities without prior tennis committee & Board approval.
- Members should extend the courtesy of limiting play to 2 hours while others are waiting.
- There should be no food or beverages on the tennis courts with the exception of water; Gatorade or other sport drinks in plastic containers.
- You can have food and beverages in the three tennis shelters only.
- Mandatory – Please clean up all trash that you or your guest(s) create. Use the large trashcans to dispose of food, drinks and trash. The trash receptacle bins on courts 1-7 are small and cannot hold large quantities of trash.

# Adult Tennis Social Calendar

Bring a snack and a beverage &  
join us for a fun night of  
tennis!

Sign-up by 5/26 Contact Lila LaCroix email:  
[Lilalacroix@verizon.net](mailto:Lilalacroix@verizon.net)

**“Opening Weekend”**

Tennis Social

Sunday, May 29

7:00 pm – 9:00 pm

You do not have to come with a partner.

We'll pair you.

Your skill level doesn't matter at a social.

We'll rotate partners and have fun!

## Thursday Evening Summer Socials

7:00 pm – 9:00 pm

June - “Summer Begins”

July - “The Independence Mixer”

August - “It’s Hot, Hot, Hot”

September - “Back to School”

*The Tennis committee will set the summer social  
dates  
and then send an email out to the membership 2  
weeks in advance of each social.*

You do not have to come with a partner.

We'll pair you.

Your skill level doesn't matter at a social.

We'll rotate partners.

Bring a snack and a beverage & join us for a  
fun night of tennis!

Check the website [www.krafun.org](http://www.krafun.org) for the  
Thursday night dates in  
June, July, August and September and for more  
information  
about the particular social and sign-up deadline.

Contact • Lila LaCroix

Email: [lilalacroix@verizon.net](mailto:lilalacroix@verizon.net)



# Tennis

## JUNIOR TENNIS SUMMER CLINICS

### Session III: June 27-August 11

(NO CLASSES JULY 11-15)

There is a minimum of (8) to hold a clinic. The maximum participants in a clinic are (12).

Ages 18 and under.

*ONLINE Registration Opens May 31 for Summer Clinics, Camps and Junior Teams.*

### Scrappers (Beginner & Advanced)

Learn basic tennis strokes, hand eye coordination through drills and games. Emphasis is Fun!

Scrappers (Beg) 4-6 years old (maximum in clinic 12)  
Tuesday and Thursday - 8:00-8:30am  
Cost: \$65 member & \$80 non-member

Scrappers (Adv) 4-6 years old (maximum in clinic 12)  
Tuesday and Thursday - 8:30-9:00am  
Cost: \$65 member & \$80 non-member

### Future Stars (Beginner & Advanced)

Beginner tennis for younger kids. Stroke fundamentals, hand-eye coordination and introduction to scoring emphasized. Kids starting to work towards rallying and placement of shots.

Future stars (Beg) 7-10 years old (maximum in clinic 12)  
Tuesday and Thursday 9:00-9:45am (45min clinic)  
1 1/2 hours per week  
Cost: \$97.50 member & \$110 non-member

Future stars (Adv) 7-10 years old (maximum is 12)  
Tuesday and Thursday 9:45-10:30am (45min clinic)  
1 1/2 hours per week  
Cost: \$97.50 member & \$110 non-member

### Jr. Champs (Intermediate & Advanced)

Middle school and young high school players with some experience. Focus is on strategy, technique and situational game play. Working on enhancing on-court performance. On-court fitness is included.

Jr Champs (Int & Adv) 11-14 years old  
Tuesday 10:30-11:30am  
Cost: \$65 member & \$80 non-member

### Champs

(Mid Atlantic Tennis Association) ranked players with high school and collegiate tennis as a primary goal. Concentrating on fitness, match play, and situational drills. Required out of class match each week.

Champs 11-17 years old  
Tuesday 11:30-12:30pm  
In-house match play required!  
(Pro eligibility required)  
Cost: \$65 member & \$80 non-member

### Bantam Pre-Team Clinic

(Boys & Girls -12 and under)  
Thursday 10:30-11:30am  
Cost: \$65 member & \$80 non-member

### Bantam Clinic/Practice -Team (This clinic is mandatory for participation on the Bantam team)

Summer matches begin June 27th!

Bantam clinic/practice (Boys & Girls -12 and under)  
Tuesday: 4:00-5:00pm *In-house match play required!*  
Cost: \$65 member & \$80 non-member, plus \$15 team registration fee

# Tennis

**Intermediate Clinic/Practice –Team** (This clinic is mandatory for participation on the Intermediate team)

Summer matches begin June 28th!

Intermediate clinic/practice - (Boys & Girls -16 & under)  
Thursday: 4:00-5:00pm *In-house match play required!*  
Cost: \$65 member & \$80 non-member, plus \$15 team registration fee



**KANAWHA  
JR. TEAM TENNIS**

Junior teams play spring, summer and fall.  
(6 week match sessions each season)

Kanawha is proud of their tennis teams. There are several teams that you or your children can participate in during the tennis seasons from March-October. All of our teams welcome new players.

The Head Pro will decide from the registered players, which KRA teams we will have for the summer season. Our goal is to have boys and girls teams at both levels: BANTAM AND INTERMEDIATE. Bantam ages are boys and girls 12 and under.

Intermediate ages are boys and girls 16 and under. We must have at least 6 players who are available to play each week to form a team. If we have enough players to form separate teams for boys and girls then we will separate the groups out for team clinics/practice. This will be determined by registration & participation.

**We need Team Parents for the other Junior Teams! Call Jamie to volunteer.**

## Bantam Team

Boys & Girls ages 12 & under  
*\*Must be able to serve, rally and keep score.*  
*This team is the beginning match play team.*  
Matches - Mondays • 4:00pm - 5:00pm

## Intermediate Team

Boys & Girls ages 16 & under  
*\*Must be able to play a consistent game of tennis.*  
Matches - Tuesdays • 4:00pm - 5:00pm

**Team Contact** - Head Pro Jamie Morgan – 690-8112

**Bantam Boys – Team Parents** – Lisa Martin and Molly Gorman

**Bantam Girls – Team Parents** – Carolyn Siebold Smyth

## 3-DAY CAMP

Bantam & Intermediate Players  
Join Head Pro – Jamie Morgan

**June 21, 22, 23**  
**4:00-6:00pm**

The 3-day camp is designed to prepare players for the summer RSTJ season.

Conditioning drills, match play and fun. There is a minimum of 12 kids to hold the camp. (Max. 32)

Cost is \$65 member and \$80 non-member

*ONLINE Registration Opens May 31 for Summer Clinics, Camps and Junior Teams.*

*Remember to check the KRA Tennis  
Bulletins and the KRA website for summer  
news and updates! [www.krafun.org](http://www.krafun.org)*



Fun  
Camps

## ALL KIDS TENNIS CAMPS

Join Head Pro - **Jamie Morgan** for 3 hours daily of tennis fun! Monday-Friday.

Camp will include stroke instruction, repetitive drilling, scoring and match play, target challenges with team and individual games. Kids will enjoy a mid-morning break each day with special icy treats! Friday there will be a Round Robin tournament with Prizes!

**Talk to your friends and sign-up together! Cost: \$135 KRA member**

*(Members receive space first)*

\$150 non-member

There is a minimum of 24 kids to hold each camp and a maximum of 40.

(Camps are for kids of all ages and abilities. We will group by ability.)

CAMP-1 June 20-24

12:00-3:00pm

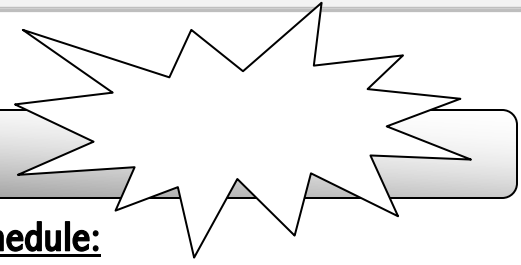
Register by June 14

CAMP-2 August 22-26

9am-12pm

Register by August 2

*ONLINE Registration Opens May 31 for Summer Clinics, Camps and Junior Teams.*



## TENNIS4LIFE Academy Camp

Led by Director of Tennis, Jamie Morgan, and Pat Anderson with local Pros and College Players assisting.

**4:1 Child to Pro Ratio**

**Camp 1: June 13-17**

**Camp 2: August 15-19**

For Information, Cost, and Registration  
Contact Jamie Morgan 804-690-8112

### Daily Schedule:

9:00–9:15 am	Group warm-up and stretch
9:15–10:30 am	Intense drilling and stroke development
10:30–10:45 am	Break with cold treat
10:45–12:00 pm	Drilling, ending with situational play & Group games
12:00 pm–2:00 pm	Catered lunches then swim break with daily ping-pong
2:00 pm–3:45 pm	Fitness then match play
3:45–4:00 pm	Group games
4pm	Camp day concludes

### AFTER HOURS/OFF SEASON

- Contact Tom Hoy and Martha Hodges for keys for off-hour access and the lights. Cost - \$2.00.
- Please do not distribute keys to non-members.
- Lights may be turned on at dusk – unlock and push “START-STOP” on the side of the switch box.  
The member who turns the lights “ON” is responsible for turning the lights “OFF” or they must pass the duty on to another member. Please set the switch in the “OFF” position and lock them.
- The last player leaving must turn off the lights and lock the gates.
- Lights must be turned off by 10:15p.m. Lights will automatically turn off by 10:20p.m.
- Contact Martha Hodges to purchase a bathroom key for \$5.

### ONLINE COURT RESERVATIONS

Our ONLINE tennis court reservation system is simple and easy to use! Members use the online court reservation system available at [www.krafun.org](http://www.krafun.org) under the “Tennis” tab, to reserve a court. Please review the rules below regarding reserving a court.

- KRA members sign-up for courts by using the ‘COURT RESERVATION’ link on our website.
- Choose Date, Time, and Court Preference on the system.
- You may reserve a court for up to 2 hours.
- If a court is already reserved you must select another court and/time/or day.
- You can schedule up to one week in advance.
- You can reserve only one court once per day.
- There is a limit of 2 reservations per week.
- You need to put your name and contact information on the notes screen, so we can contact you if reservation has to be changed.
- Your court must be claimed within 10 minutes of the reservation starting time or another party may claim it.

The tennis rep can change court reservation times if needed, so check before you got to the courts.

For questions or team reservations, contact:  
Molly Gorman at [mgorman@krafun.org](mailto:mgorman@krafun.org).



## Special Note:

We wish our tennis board member, Shelly Shiflett and her family lots of

success in Nashville, TN. We appreciate all the hard work Shelly contributed to the tennis programs at Kanawha. We will miss Greg, Tyler, Christopher and Shelly this summer at KRA. Good Luck!

## **Tennis Board Members/Reps:**

Dana Johnson ([djohnson@krafun.org](mailto:djohnson@krafun.org))

288-8665

Wendy Daniel ([wdaniel@krafun.org](mailto:wdaniel@krafun.org)) 285-1874

## KRA 2010 Tennis Committee:

Gina Bombere, Bill Carli, Suzette Cavallo, Mary Lee Gay, Molly Gorman, Lila LaCroix and Lisa Martin

**ALL REGISTRATION FORMS  
ARE LOCATED ON OUR  
WEBSITE AT  
[WWW.KRAFUN.ORG](http://WWW.KRAFUN.ORG)**

