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# The President's Welcome



Welcome to the 2009 KRA season! It won't be long until we'll be playing tennis in 95-degree weather and sitting pool side sipping our legendary KRA Limeades! I am Scott Phillips, and I apparently missed the most important KRA Board Meeting last year, which is the one where the Board of Directors vote on the next KRA President (i.e., the person not at that particular meeting), but I will work to ensure that your KRA experience is fun, friendly, safe and valuable to you and your family. In reality, I served on the KRA Board last year as Vice President under Cliff Searles and the move to President is a natural progression.

You are all well represented this year by a wonderful and passionate VOLUNTEER Board of Directors who willfully give their time, energy and experience to make KRA operate efficiently and effectively. We offer our thanks to retiring board members, Dona Lawson (Aquatics) and Shelly Akers (Secretary) for their years of service and thoughtful recommendations, and we welcome aboard some new faces. Wendy Daniel joined as Secretary and Tennis rep, and Betsy Ward cycles into the Aquatics chair. As you know, we have been tackling some important issues over the winter months, so when you see these folks around town or at the pool this summer, please THANK THEM for all they do for you and KRA.

## A QUICK UPDATE

There is more to tell you than will fit in the confines of this space. We received 78 responses to our fall survey and we are responding to your feedback that focused on facility and pool improvements. We are actively researching and moving ahead with these renovations and have hired Higgens & Gerstenmaier to assist and guide us through the planning process. We are updating the KRA Web site with a goal of making that the first place members go for information. We have developed an email database for membership-wide communications. We are researching tiered membership options and initiation fee payment plans. And through the dedicated efforts of Wendy Daniel and Sue Gillenwater, we have revitalized our tennis program. Our new pro, Jamie Morgan, is off to a fantastic start, and we are delighted to welcome back our loyal veteran pro, Del Moser.

You recently received an email/letter from Eddie Eddins, Treasurer, encouraging you to encourage your friends to consider KRA. It's a great time to join KRA and we are working hard to make KRA a great club for years to come. Members and potential members will soon begin to see the positive changes to KRA!

Much more will be forthcoming regarding the pool and facility renovations. We will need your input for the large decisions that affect the entire membership. At this point, we have made repairs to the lap pool that will take it through this season and possibly next. The fact remains that the lap pool is well beyond it's intended shelf life. We are currently turning our attention to the snack bar/rest room building. We are working to have drawings for a new structure in late May, early June. We will present detailed information to the membership and hold a series of neighborhood meetings to get your feedback. Our goal is to begin construction as soon as the pool closes in September 2009.

Before closing, I want to take the time to thank Cliff Searles and all of our past KRA Presidents for their continued dedication to KRA. Many of these fine folks continue to provide thoughtful guidance and input that is truly valued and appreciated by all. Thanks everyone!

We thank you for your support and wish all of you a happy and safe summer.

Scott Phillips  
KRA President

# The 2009 KRA Board of Directors

*\* Denotes Executive Board Member*

President*	Scott Phillips	282-2808
Immediate Past President	Cliff Searles	288-2322
Vice President*	Andy Mauck	288-5856
Treasurer*	Eddie Eddins	282-1203
Secretary*	Wendy Daniel	285-1874
Website Coordinator	Beth Stephens	288-6323
Membership	Andy Mauck	288-5856
Snack Bar	Ryan Slye	288-1052
Facilities	Fuzzy Graeber	484-4880
Socials	Brooke Farley	741-0422
Tennis	Sue Gillenwater	282-6275
	Wendy Daniel	285-1874
Aquatics/Swim	Beth Stephens	285-6323
	Betsy Ward	282-0070
Aquatics/Dive	Judi Denny	673-7576

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## KRA Staff

Manager	Tom Hoy (Home)	740-7894
Assistant Manager	Martha Hodges	288-1013
Tennis Pro	Jamie Morgan	690-8112
Accounting	Deborah Proffitt	288-6335

## KRA Website News

### *KRA News Just a Click Away at [krafun.org](http://krafun.org)*

Beginning June 1, the KRA Website will have a new look and feel. A much-needed facelift is underway to make [www.krafun.org](http://www.krafun.org) more up to date, more informative, and more easily navigated. It will be the place to go for pool news; swim team, dive team and tennis team updates and results; information about socials; links to JRAC, USTA, and more. Stay tuned and be ready to use the new and improved KRAFun Website this summer!



Also, you have already received membership-wide emails from the Board. Email is a useful way to communicate, but only insofar as we have current emails.

**Please contact Beth Stephens with email changes or additions:  
[bfstephens@comcast.net](mailto:bfstephens@comcast.net).**

## KRA New Members

# Please Welcome our **40** New KRA families!

Mike & Katherine Adulewicz

Wade & Diana Alger

Tracy & Lauren Armstrong

Damian & Laurie Barnes

Scott & Elizabeth Blackmon

Chris & Sara Breeden

Cary & Kasey Brooks

Kimberly Campbell

Sean & Lauren Campbell

Kevin & Julia Chase

Jud & Leah Cole

Ned & Sharon Cox

David & Deborah Dougherty

Greg & Kendra Fadel

Stephen & Kristen Fuller

Anne Hayes

John Hessian & Amy Ford

Thomas & Alice Hickman

Christopher & Hays Hill

Knox & Sarah Hubard

Jon & Ann Hubbard

Albin & Kyla Hwang

Chris & Dana Johnson

Troy & Lydia Kingsbury

David & Allyson LeMay

Mark & Dana Longenderfer

Rick & Lisa Looney

Traci Marcus

Steve & Laura McCoy

Patrick & Dixie McMahan

Robert & Katherine Milne

Bruce & Linda Myers

Salvatore & Elena Parrino

Trip & Sarah Ransone

Andrew Ryan

Jimmy & Annie Stanley

Peter Tindell

Todd & Kristy Whitaker

Mike & Sema Wray

Jarett & Elizabeth Zimmerman

## Membership News

It's a great time to join KRA! Encourage your friends to consider KRA. For more information, please refer them to [www.krafun.com](http://www.krafun.com)



# KRA Pool Hours & Notices

**All pools open on Saturday, May 23, at 11:00AM.**

**Pool Hours from May 23- June 10.**

May 23 -29	11:00AM – 7:00PM
May 30	10:00AM – 8:00PM
May 31	11:00AM – 8:00PM
June 1-5	11:00AM – 7:00PM
June 6	10:00AM – 8:00PM
June 7	11:00AM – 8:00PM
June 8 – 10	11:00AM – 7:00PM

**Regular hours begin on Thursday, June 11, and they will continue through August 28.**

Monday through Friday	10:00AM – 9:00PM
Saturdays	10:00AM – 8:00PM
Sundays	11:00AM – 8:00PM

**August 31 through September 4: the hours will be 10:00AM – 7:00PM.**

**The hours for September 5-6 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 18 – Ladies’ Night – all pools close at 7:00PM
- Saturday, July 4 – Holiday – all pools close at 7:00PM

**All Pools Close for the Season at 6:00PM on Monday, September 7.**

## LIFEGUARD TRAINING

Lifeguard Training will be offered beginning on Monday, June 22, and ending on Friday, July 3. There will NOT be class on the weekend. Class will be held from 8:30 to 10:30 am. In order to take this class, you must be 15 by July 3. The course includes Life guarding, First Aid, and CPR for the Professional Rescuer, and 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, but there is a chance that there will be a slight increase in this. 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 6:00am to 8:00am. The lap pool will be open for laps and workouts. There is a ONE-TIME FEE of \$10.00 for all participants, and you may pay this the first time you come. EARLY BIRD WILL BEGIN ON JUNE 15. There will not be Early Bird when Henrico Schools are in session. Also, during the week of August 31 – September 4, the hours will shorten to 6:00 to 7:30 am.

## 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 Monday, June 15, Monday, June 29, and Monday, July 6. Below are the hours that the pools will be open on those dates:

Monday, June 15	10:00AM – 5:00PM
Monday, June 29	10:00AM - 5:00PM
Monday, July 6	10:00AM - 5:00PM

# KRA Socials - Summer 2009 - Save the Dates

## **OPENING EVE ADULT COCKTAIL PARTY**

Friday, May 22nd (7:00 p.m. - 11 p.m.)

Warm weather, a live band, and cocktails!! Come celebrate summer with all of your Kanawha friends. Last names A-M please bring an appetizer, N-Z please bring a dessert. Beer and wine will be provided. An invitation will be sent out closer to the date!!!

## **OPENING DAY**

Saturday, May 23rd (12:00 noon – 2:00 p.m.)

Free Hot Dogs, Chips and Soft Drinks

## **SCHOOL'S OUT**

Friday, June 12<sup>th</sup> (6:00 p.m. - 9:00 p.m.)

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

Three months of no homework, projects, and for you moms (and dads) - **NO LUNCHESES!!!!**  
Come celebrate with an afternoon of fun with a Pizza Party starting at 6:00 p.m.  
Our favorite D.J. Mark Hettinger will be entertaining the kids with fun music and games.  
Don't miss the hoola-hoop contests!  
**Order forms for pizza will be in the back office the week of June 1<sup>st</sup>.**

## **LADIES NIGHT**

Thursday, June 18<sup>th</sup> (7:00 p.m. - ????)

A catered dinner by Mosaic Cafe, wine, shopping, and girlfriends....

***What more could a girl want????***

The band Flat Elvis will be joining us again...

***Bring a friend (or two)!!***

More details to come.

**\*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**

Saturday, July 4<sup>th</sup> (12:00 p.m.)

Come with the whole family for a RED, WHITE, and 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 follow.

## **LAST DAY AND LABOR DAY PARTY**

September, 7th

(D.J. from 12:00 p.m. - 4:00 p.m.)

Boy... It went fast BUT back to school! Come spend your last day of summer at KRA.

Enjoy the D.J. & Your last trips down the slide!

## **Reservations for Facility Use**

- The pools are not available for private parties, but are accessible during regular pool hours for the customary guest fee of \$3.00 per guest.
- Pool hours will not be extended for any private gathering.
- Outside groups larger than ten, must approval from the Pool Manager to use the pool facilities.
- Groups usage of the pool will be limited at the discretion of the Pool Manager and the Board of Directors.
- Members are allowed to reserve the picnic shelter/deck and /or the athletic fields. You should check to see if they are available before planning a function since there are lots of requests. All guest (non-members) are subject to a guest fee of \$3.00.
- We are pleased to have community groups make use of the picnic shelter when sponsored by a KRA member (especially during the off-season).
- Reservations for the picnic pavilion must be made in writing on a first-come, first-served basis. There is not a fee for KRA members if the pavilion is used during pool hours. After hours, there is a \$10.00 fee per hour (including set-up time). Guest fees apply to all non-members who swim or play tennis during the summer season.
- KRA has a no alcohol policy during pool hours!

# OPENING EVE COCKTAIL PARTY

Friday, May 22nd • 7:00 p.m. - 11 p.m.

Warm weather,  
a live band,  
and cocktails

Come celebrate summer with all of your Kanawha friends.

Last names A-M please bring an appetizer, N-Z please bring a dessert.

Beer and wine will be provided. Adults only.

An invitation will be sent out closer to the date!!!



## OPENING DAY

Kick-off summer with lots of friends & families at the pool!

Saturday, May 23rd (12:00 noon - 2:00 p.m.)

**FREE Hot Dogs,  
Chips &  
Soft Drinks**

# 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. This year, the Swim Team will compete in the Blue (top) division, and the Dive Team, JRAC's reigning league champs in the Upper division, will continue to be the team to beat, a JRAC powerhouse.

As we did last year, both Swim and Dive will offer either mail-in registration or on-site registration at preseason practices. 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. Registration will continue at the pool: Swim Reps will be at the pool during practices from May 20 to May 29. Dive Reps will be available from May 26 to May 29. All swimmers and divers must be registered by Monday, June 1. Pre-team swim registration will follow on June 15 at 12:00 noon. Read on for further details, but if you have questions, please contact one of the Swim or Dive Reps.



### Swim Reps

Beth Stephens 285-6323  
Betsy Ward 282-0070  
Susan Kratzer 282-4529

### Dive Reps

Fraser Benzal 282-1636  
Dede Andrews 741-6606  
Judi Denny 673-7576  
Stephanie Evans 282-7224

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## Swim and Dive Important Dates

<b>April 21</b>	<b>Mail-in Registration begins:</b> Send Swim Team forms to Suzie Hendricks, 8429 Sleepy Duck Place, Richmond, VA, 23229 Send Dive Team forms to Fraser Benzal, 203 Sunset Drive, Richmond VA 23229
<b>May 20</b>	<b>Swim practice begins (schedule below); on-site registration continues 5/20-5/29</b>
<b>May 26</b>	<b>Dive practice begins (schedule below); on-site registration continues 5/26-5/29</b>
June 5	Mock swim meet at regular practice
June 7	First swim meet (full schedule below)
June 18	First dive meet (full schedule below)
June 23	Ice Cream Social for Swim and Dive teams
July 10	Swim Pre-team Cupcake Meet
July 13	Last swim meet
July 14	Last dive meet
July 15	Dive Cupcake meet
July 17	Dive Team Awards Banquet
July 21	Swim Team Awards Banquets
July 22	Swim Team Champs Pep Rally
July 20 & 21	JRAC Dive Championship Meet
July 22	All-Star Dive Meet
July 23 & 24	JRAC Swim Championship Meet

There will be additional social events for both Swim and Dive; those are still to be scheduled. We like to have activities for each age group, plus team-wide events. Please keep an eye on our bulletin boards at the pool and the updated KRA Web site ([www.krafun.org](http://www.krafun.org)) for ongoing details. If you can swim the length of the pool, freestyle and backstroke, then you can be a part of the Swim Team! We have an action-

# Swim Team

packed summer planned with fun activities, exciting practices, and another mysterious season-long theme. If you swam with us last year, you remember that the feisty KRA Firefish took us on whirlwind global tour from Jamaica to France, Italy, Africa, Australia, through Beijing and back home again. Chris, Bill, Rebecca, Ellie, and Annie coached and coaxed the team to an undefeated season, returning from Champs with the Red Division title and trophy. We welcome back our coaches and look forward to the opportunity to move up to the Blue Division with the Big Dogs (of which we count ourselves one). So be ready for fun and adventure and some great competition!

## Swim Coaches

### Head Coach

**Chris Young** begins his third season as head coach. Chris was assistant coach at his home pool, Southampton Recreation Association, for four years. He swam for Poseidon and the Richmond Racers and captained his high school team at St. Christopher's School during his junior and senior years. Chris will be graduating this May from Davidson College, and will enter the VCU Post-Baccalaureate Health Services certificate program in the fall in preparation for medical school.

### Assistant Coaches

We welcome back Assistant Coach **Bill Lacy**, who coached the Tuckahoe YMCA Tiger Sharks for several years, and has assisted here at KRA for several years. He is heading up the preseason swim clinic again this year. Bill has a busy engineering consulting business, as well. **Ellie Ericson** returns for her second season with Kanawha. She is also graduating in May from Davidson. She swam for twelve years at Southampton, plus six years with the Richmond Racers and five years at Trinity Episcopal School. She coached for two summer seasons at Smoketree. **Annie Smith** is a freshman at James Madison University. She returns for her second season as an assistant. She was a KRA swimmer for eleven years and swam NOVA for six years. She has been a NOVA swim instructor, YMCA counselor, and last year was our Pre-Team coach. We welcome **Kate Byron** as an assistant coach and Pre-Team coach. Kate is an All-American swimmer for the Collegiate School, where she is a junior. She has been a KRA swimmer for many years and started last year as an assistant pre-team coach and is currently coaching at our preseason clinic.

We also hoped to welcome back **Rebecca Deacon** for her third season, but Rebecca has been given a spot in the Summer Management Program at the Calloway School

of Business and Accounting at Wake Forest University. We wish her all the best, and we will surely miss her on the pool deck. She has promised to stop by over the summer!

We are lucky to have each one of these coaches, and we are looking ahead to a great season.

## Swim Team Meet Schedule

It's back up to the Blue Division for KRA. We'll have some great competition, and we plan to hold our own. But we will need our swimmers at every meet, so as we say each year (and we really mean it!): "Save your camps for after Champs."

## Meet Schedule

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

Sunday, June 7	KRA at CCV (4:00)
Monday, June 15	Three Chopt at KRA
Monday, June 22	KRA at Avalon
Monday, June 29	Southampton at KRA
Monday, July 6	Glen Allen at KRA
Friday, July 10	Pre-team Cupcake Meet
Monday, July 13	KRA at Three Chopt
Thurs. & Fri., July 23 & 24	JRAC Championship Meet

## Team Gear and New Team Suits

Once again, we are pre-ordering t-shirts this year, and we will sell new swim caps sporting our firefish logo at registration and during swim meets. In addition, still available from last year are the KRA swim/dive bags for \$10, a great value. You can order swim/dive bags on our registration form, and they will also be available for sale at registration.

We return to Disco Sports this year for our new team suit, a two-year suit from Speedo called "Galaxy." We will use this suit for this season and the 2010 season. 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 will be available at Disco Sports after April 25.

# Swim Team

## 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, so WE NEED YOU! Each family is expected to volunteer to work four half-meets or two full 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 sheets will be available during the first two weeks of Preseason Practices (May 20–29). We will fill all the slots, so 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. And when everyone volunteers, we have efficient meets, we all pitch in to help the team, and we set a good example for our children. So please sign up during Early Season Practices and be ready, willing, and able when you receive a call from one of our volunteer coordinators.

## Volunteer Opportunities 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 requirement at the pool, please contact one of the swim reps. We have a need for pre-team volunteers, ages 12 and up. Pre-team will meet from June 15 to July 10 from 11:45 to 12:45.

## Swim Team Practice Schedule

Swimmers practice according to age group for the best stroke lessons. Ages are determined as of June 1. During regular season, there are morning practices (preferred) and evening practices (to work around camp and vacation schedules).

### Preseason Practices:

#### Wednesday May 20– June 11

The first 15 minutes of each practice will be on the pool deck for warm-ups and coaches meeting.

Mites (8 yrs old and younger)	4:00–4:45 pm
Midgets (9 to 10 year olds)	4:30–5:30 pm
Juniors, Intermediate, Seniors (11 yr old and up)	5:15–6:30 pm

*NOTE: There will not be practice on Monday, May 25 (Memorial Day), or Friday, June 12 (School's Out Party).*

### Regular Season Practices:

#### Monday June 15 – Wednesday July 22

Throughout the season, practices are Monday through Friday, with no morning practice the Tuesday after a meet. Intermediates and Seniors are requested to come 15 minutes early to mentor the Mites.

### Morning Practices:

8:45–9:45 am	9–10 yr olds (Midgets)
9:45–10:30 am	6–8 yr olds (Mites)
10:15–11:45 am	11–12 yr olds (Juniors), 13 and up (Intermediates & Seniors)

### Evening Practices:

4:45–5:45 pm	Mites and Midgets
5:45–6:45 pm	Juniors, Intermediates, Seniors

### 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, plus breaststroke, time permitting. Swimmers MUST be able to swim the length of the pool; it doesn't have to be pretty! Pre-team registration is Monday, June 15 at 12:00 noon at the lap pool pavilion. There will be a brief meeting with the parents, and the kids will

be asked to swim the length of the pool. Swimmers may move up to the Swim Team if the coaches feel they are ready. Pre-team practices will be held Monday, Wednesday, Thursday and Fridays, beginning June 17 from 11:45 am–12:45 pm. A “Cupcake Meet” will be held on Friday, July 10, to acclimate these swimmers to a real meet. It’s a lot of fun, too. More information will be posted on the bulletin boards after the pool opens.

## Dive Team

*Take the plunge...come dive with us!*

### Dive Coaches and Reps

**Dougie Phillips** is returning for her 29th year as the coach and where she began her diving aspirations as a member of the team in 1972. Dougie also coaches an age-group team during the winter at the Midlothian YMCA and on the high-school level at both the Collegiate School and at Trinity Episcopal School.

**Terren Niethamer** is a rising sophomore at the University of Pennsylvania where she competes on their diving team. She has made a remarkable comeback from a major back injury her senior year of high school to be placed on Penn’s travel team. Terren has been diving and then coaching for Kanawha for eight years.

**Gracie Andrews** is back for her third year. She will be graduating this spring from The Steward School where she was a competitive cheerleader, earning the Coaches Award, and a member of the lacrosse team. Gracie has been diving and then coaching for Kanawha for nine years.

Loren Phillips is also back for his third year. He is a rising senior at St. Christopher’s School where he excelled on the wrestling team, placing 1st in Prep League, 2nd in the State and 8th at Nationals, earning him All-American status. Loren has been competing on the diving team for twelve years.

**James Ross** is returning for his second year coaching. He is a rising senior at Collegiate, where he excelled in diving, placing 1st in the Prep League, 1st in the State, and he was awarded the Outstanding Diver at Collegiate. James has been on the team for nine years.

This year we have four Dive Team representatives:

- Dede Andrews**
- Fraser Benzal**
- Judi Denny**
- Stephanie Evans**

They will be organizing meets and handling league details. They will also be asking each family to volunteer. Please make an effort to help when you are called.

### If you have questions, contact a

#### Dive Rep:

Dede Andrews	741-6606
Judi Denny	673-7576
Stephanie Evans	282-7224
Fraser Benzal	282-1636

*or call:*

Dougie Phillips	673-4203
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### Dive Meet Schedule

(Dive meets begin at 1:00 pm, Seniors dive first)

<b>Thursday, June 18</b>	<b>Avalon @ KRA</b>
<b>Thursday, June 25</b>	<b>KRA @ Burkwood</b>
<b>Thursday, July 2</b>	<b>Hungry Creek @ KRA</b>
<b>Thursday, July 9</b>	<b>KRA @ Ridgetop</b>
<b>Friday, July 10</b>	<b>Synchronized Dive Meet @ CCV, time TBA</b>
<b>Tuesday, July 14</b>	<b>Church Run @ KRA</b>
<b>Wednesday, July 15</b>	<b>Cupcake meet @ KRA</b>
<b>July 20 &amp; 21</b>	<b>Dive Championships @ Avalon, time TBA</b>
<b>July 22</b>	<b>All-Star Meet, time TBA</b>

### 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 to 18

## Dive Team

### Preseason Practices:

#### Beginning Tuesday, May 26

Mites and Midgets	3:00–4:00 pm
Juniors, Intermediates, and Seniors	4:00–5:00 pm

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

### Regular Season Practices:

#### Beginning Monday, June 15

Mites	11:00–11:30 am
"Meet" Mites and Midgets	11:30–12:30 pm
Juniors, Intermediates, and Seniors	4:30–6:30 pm

*NOTE: There will not be practice on Friday, June 12 (School's Out Party).*

### Registration

This year, the Dive Team will do mail-in and on-site registration. Please note that there are separate registration forms this year for Swim and Dive. Registration Forms are found at the end of this newsletter and should be completed and returned by mail to: Fraser Benzal, 203 Sunset Drive, Richmond VA 23229. Last-minute registration for the Dive Team will be available at practice from May 26 through May 29.

### Team Gear and New Team Suits

Suits will be available at Disco Sports. See above for more complete information.

### Volunteers

The Dive Team needs volunteer help for both socials and scoring during Meets. Please be ready to help out a couple of times during the dive season.

### Private Diving Lessons

Again this summer, the head coach is available to teach private lessons upon request. The standard cost for all private aquatic lessons is \$25 for a private lesson or \$30 for a semi-private lesson. Lessons are thirty-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.



## Deep Water Fitness

*It's summertime! The Perfect Time for a workout in the pool!*

Come enjoy a great cross-training workout that combines the best of cardio, strength and stretching in one 45 minute class! Class is paced to be fun but challenging for all levels. Class filled quickly last year so reserve your spot soon! Second session will be added if there is a demand.

- Mondays and Wednesdays, 10-10:45 AM
- Session 1: June 15-July 15
- Cost for 5 week session: \$40 plus cost of water floatation belt

**Email Nicole @ [n.unice@verizon.net](mailto:n.unice@verizon.net) or 288-4679 to register or for more information.**

# Swimming Lessons

## Group Lessons

All group lessons will begin Monday, June 15th. The fee will be \$20.00 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 11th. 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 to insure 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 their classes.

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 at the first class (checks payable to KRA). Those on the waiting list will be called the evening of the first class to fill the openings. There will be no makeup lessons due to poor weather.

Below I have included 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.

### LEVEL I - Introduction to Water Skills

#### Exit Skill Assessment

1. Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit water. (Participants can walk, travel along the gutter or "swim").
2. Float on front with support for 3 seconds, roll back (with assistance) and float on back with support for 3 seconds.

### LEVEL II - Fundamental Aquatic Skills

#### Exit Skill Assessment

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to standing position.

2. Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

### LEVEL III - Stroke Development

#### Exit Skill Assessment

1. Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern, maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards.

### LEVEL IV - Stroke Improvement

#### Exit Skill Assessment

1. Perform a feet-first entry into chest deep water, swim front crawl for 25 yards, maintain position by on back 1 minute in deep water (float or skulling) and swim elementary backstroke for 15 yards.
2. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

### LEVEL V - Stroke Refinement

#### Exit Skill Assessment

1. Perform a shallow dive into deep water, swim crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary back stroke for 25 yards.
2. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

### LEVEL VI - Personal Water Safety

#### Exit Skill Assessment

1. Swim 50 yards continuously using strokes on the following order: front crawl, 100 yards; back crawl, 100 yards, breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards; a back float for 5 minutes.
2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
3. Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a minimum depth of 7 feet, return to surface and return to starting point.

# Swimming Lessons • Session I & II

## Session I ( Monday, June 15- Friday, June 26)

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 15- Tuesday, June 23)

8:30-9:15 Level V (Coordinate butterfly, learn sidestroke, and refine other strokes)  
9:15-10:00 Level IV (Learn elementary backstroke, breaststroke, breast kick, dolphin and scissors kicks)  
10:00-10:45 Level I&II (Class for beginning 5 year olds and up)  
10:45-11:30 Level III (Able to swim 2/3 of width of our 3 ft. area and kick on back the same)  
12:00-12:45 Ducks III (3&4 yr olds ready to swim on their own)

## Session II ( Monday, June 29- Friday, July 10)

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 ( Monday, June 24- Thursday, July 2)

8:30-9:15 Level VI (Perfect strokes, improve endurance, personal safety and rescue)  
9:15-10:00 Level IV (Learn elementary backstroke, breaststroke, breast kick, dolphin and scissors kicks)  
10:00-10:45 Level I&II (Class for beginning 5 year olds and up)  
10:45-11:30 Level III (Able to swim 2/3 of width of our 3 ft. area and kick on back the same)  
12:00-12:45 Ducks III (3&4 yr olds ready to swim on their own)

## Sign up for Session III & IV will be Wednesday, July 1 at 5:00 pm.

- The Red Cross no longer offers Level VII class. However, if there is sufficient interest, I will improvise and offer a class similar to the discontinued Level VII class.

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

Ducks I & II	Session III	July 12-24
	Session IV	July 27-August 7
Ducks III & Levels I-VI	Session III	July 6-14
	Session IV	July 15-23

- If you are uncertain where your child belongs, call **Laura Childress at 288-5316**.
- I will also be available to teach Private Lessons through August.

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

Private - \$25.00 per 1/2 hour      Semi-Private - \$30.00 per 1/2 hour

.....

I look forward to returning to Kanawha for my thirtieth summer and working with your children to help them enjoy and respect the water and to become good, strong, safe swimmers!

– Laura Childress

\*\*Tear-Off Registration Form for Swim Lessons at the END of the Newsletter\*\*

# Tennis

## What's New for Tennis 2009!

Kanawha is proud to announce the hiring of our club's new tennis pro, **Jamie Morgan**. Jamie joined the Kanawha staff in March after a search led by Sue Gillenwater, Wendy Daniel, Lila LaCroix, Julie Eddins, the Kanawha Board and many more people. Thank you for all your hard work!

We are happy to welcome back Del Moser for his thirteenth season with Kanawha! Del will be leading the Spring Bantam and Intermediate tennis teams and providing private lessons to our members.

We welcome another new tennis coach to Kanawha this season, Billy Boykin. Billy will be assisting Jamie in clinics and private lessons during the months of May and June.

Kanawha provides introductory tennis programs for young children, juniors and adults. Our tennis teams and clinics are a great way to meet new people, improve your strokes and skills, and, most importantly, to have fun.

If you have questions, please contact one of the Tennis Reps.

### Tennis Reps

Sue Gillenwater	282-6275
Wendy Daniel	285-1874
Cliff Searles	288-2322

We want to thank Fuzzy Graeber for building the new tennis shelter and storage unit. They are fantastic!

## Tennis Teams

Kanawha is in the process of building their tennis teams. We have several tennis teams that you or your children can participate in during the tennis season of March-October. All teams would welcome new players. Please contact the team captains or coordinator for more information.

*They would love to hear from you!*

## Tennis Teams

### • Junior Teams

*Junior teams play spring, summer and fall.*

### Coaches -

*Jamie Morgan, Billy Boykin & Del Moser*

### Bantam Team

Boys & Girls ages 12 & under

*\*Must be able to serve, rally and keep score*

**Practice** - Wednesdays • Girls 4:00pm & Boys 5:00pm

**Matches** - Mondays • Girls 4:00pm & Boys 5:00pm

**• 5 to 6 week sessions Spring, Summer & Fall**

### Intermediate Team

Boys & Girls ages 16 & under

*\*Must be able to play a consistent game of tennis*

**Practice** - Thursday • Girls 4:00pm & Boys 5:00pm

**Matches** - Tuesdays • Girls 4:00pm & Boys 5:00pm

**• 5 to 6 week sessions Spring, Summer & Fall**

### • Men's Richmond League

Saturday Morning Inter Club Play

For more information contact:

Bill Shirey • 615-2003

*\*Players can be added to teams after season has begun.*

*Men's League team plays spring and summer.*

**Practice & Matches** - Saturdays • 9:00am

**• Sessions Mid-April through June**

### • Women's Suburban Tennis

Play is on weekday mornings and courts are reserved Monday-Thursday from 9:00am-12:00pm  
C7, C3, B5 & B1

*Suburban teams play spring and fall.*

For more information contact:

Mary Lee Gay • 285-4000

*\*Fall rosters are due in June. Players can be added to teams after season has begun.*

**Practice & Matches** - Weekdays • 9:00am-12pm

**• Sessions Spring and Fall**

**USTA Tennis Teams** - *continued next page*



**Tennis scoreboards are available and are kept in the women's bathroom. Boards must be returned after use.**

# Tennis

## KRA's USTA Teams

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 web site: [www.usta.com](http://www.usta.com)

To become a USTA member for 1 year costs \$40. After you have become a USTA member you can register for a team.

## Weekend Women's Teams

### • 3.0 Team -

Play is on Saturdays between 8:00am-6:00pm

For more information contact:

Captain: Shelly Shifflet • 377-3214

Co-Captain: Molly Gorman • 288-3956

**Practice** - Thursday nights • 7:30am-9pm

• **Session Spring: April 18 - June 27**

### • 3.5 Team -

Play is on Saturdays between 8:00am-6:00pm

For more information contact:

Captain: Lila LaCroix • 288-4064

• **Session Spring: April 18 - June 27**

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## Weekday Women's Teams

### • 3.0 Team -

Play is on Thursdays between 9:00am-11:00am

For more information contact:

Captain: Eleanor Cunningham • 673-6122

• **Session Spring-Summer: May 21-July 2**

## Court Reservations

- Can be made after 5:00pm the previous day.
- Must be made in person and be legible.
- Are limited to 1 ½ hours
- Must be claimed within 10 minutes of starting time or may be claimed by another party.
- Are limited to one advance reservation each day per member.
- Are not in effect during off season.

## Our Tennis Professionals

### Jamie Morgan

**804-690-8112**

Our new tennis pro to Kanawha. An original California boy, Jamie Morgan has taught at a number of tennis facilities specializing in training in high level junior and collegiate level play. After completing his own college career at UC Davis, which included being ranked as high as #11 in California, Jamie moved to Johnson Ranch Racquet Club in 1998. He remained there for several years honing his teaching skills before joining the pros at Gorin Tennis Academy, where he trained ATP players working under ATP coach Vitaly Gorin. Among those Jamie worked with were Dmitry Tursunov, current ATP ranking 38 in the world, recently featured at the US Open in both singles and doubles, and Brandon Coupe, a top 60 ATP doubles player.

Jamie moved here in 2005 and joined the staff at Westwood Racquet club, where he developed both the junior and adult Suburban leagues. While at Westwood, Jamie helped develop many current college players and led Westwood to a high level finish in the Anthem Challenge during his tenure.

A founding member of the board of Tennis4Life (a Richmond based non-profit program committed to the development of junior players), Jamie has been instrumental in the development of programs in hands-on coaching for numerous nationally and regionally ranked junior players. He has grown the program from an initial twelve players to over eighty juniors training for tournaments and varsity play.

In 2007 Jamie joined the coaching staff at University of Richmond. Currently, Jamie is the assistant coach of the University of Richmond Women's Tennis Team. In this position, Jamie has had the chance to work with high level, extremely motivated players. In April the women's team Captured the A10 Conference Championship, which gave the team a berth in the NCAA National Tournament.

While Jamie loves to coach and train players, his real passion is water sports. Although somewhat diminished by his move to landlocked Richmond, Jamie continues to wakeboard, waterski, jet ski, and basically just get out on the water at every opportunity.

## TENNIS RULES

### Del Moser

804-740-7780

Del returns for his twelfth year as teaching professional and Junior tennis team coach. Del coaches the KRA members who participate in Bantam and Intermediate teams that are part of the Richmond Junior Suburban League. Through the years he has won numerous singles and doubles titles. He has a master's degree in Health and Physical Education from the University of Florida. He played varsity tennis at Florida and was team captain his senior year. While serving as the head tennis pro at the Roanoke Country Club from 1961-1968, Del developed three junior boy's state champions. He was a public school health and physical education teacher and a coach of tennis and basketball for eight years. In 1968, Del became a state supervisor of public school health and physical education programs with the State Department of Education for 27 years before retiring. Del has been with Kanawha since 1996.



### Billy Boykin

804-787-3602

This year marks Coach Boykin's first season at the helm of the Richmond men's tennis program. Boykin, the son of a college tennis coach, comes to Richmond by way of Charleston, S.C. where he helped guide the Cougar men's and women's programs into the national rankings. The top-ranked 18-year-old in North Carolina, Boykin was a standout in singles and doubles for Davidson College, where he was a Southern Conference flight champion, team captain and a member of the Southern Conference Honor Roll.

## After Hours/Off Season

- Keys for off-hour access and the lights may be obtained from Tom Hoy and Martha Hodges for \$2.00. There is no need to duplicate them, it will cost more.
- 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. The last player leaving must turn off the lights and lock the gates.
- In agreement with our neighbors, lights must be turned off by 10:15p.m. Lights will automatically turn off by 10:20p.m. However, please set the switch in the "OFF" position and lock them.

- Proper tennis attire is required at all times – shirts and tennis shoes.
- Courts 3 & 4 are reserved for adult members, club matches and special events.
- Courts are for the use of Kanawha members and their guest.
- All members are required to pay the \$3 guest fee for their guests 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 1 ½ hours while others are waiting.
- There should be no food or beverages on the tennis courts with the exception of water or gatorade in plastic containers.
- You can have food and beverages in the three tennis shelters only.
- Please clean-up all trash that you or your guest(s) create.
- Use the large trash cans to dispose of food, drinks and trash. The trash receptacle bins on the courts 1, 2, 3 and 4 are small and cannot hold large quantities of trash.

### Absolutely no...

Sandals  
Pool shoes  
Heels  
Bare feet  
Dark-marking soles  
Heelys  
Bicycles  
Tricycles  
Rollerblades/Skates  
Skateboards  
Basketball  
Soccer  
Baseball  
Games other than tennis!

*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.*

# Tennis Summer Clinics

## Session III: June 29-August 14 Minimum Eight to Hold Clinic

**\*\*NO CLASSES JULY 20-24 • Due to T4L Camp\*\***

### Scrappers (*Beginner & Advanced*).....

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

**Scrappers(Beg)4-6 years old**

**Tuesday and Thursday 8:00-8:30am**

**Cost: \$55 member & \$70 non-member**

**Scrappers(Adv) 4-6 years old**

**Tuesday and Thursday 8:30-9:00am**

**Cost: \$55 member & \$70 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**

**Tuesday and Thursday 9:00-9:45am (45min clinic)**

**Future stars (Adv) 7-10 years old**

**Tuesday and Thursday 9:45-10:30am (45min clinic)**

**Cost: \$42 member & \$67 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) 11-14 years old**

**Tuesday 10:30-11:30am**

**Jr Champs (Adv) 11-14 years old**

**Thursday 10:30-11:30am**

**Cost: \$55 member & \$70 non-member**

### Champs.....

Mata Ranked players with high school and collegiate tennis as a primary goal. Concentrating on Fitness, Match Play situational drills. Required out of class match each week.

**Champs 11-17 years old**

**Tuesday 11:30-1:00pm**

**In-house match play required !!!**

**(Pro eligibility required)**

**\*Cost: \$83 member & \$98 non-member**

*\*Cost is different than other clinics.*

*This clinic is for 1 ½ hours*

### Bantam Practice (Summer Team).....

Coaches: Jamie Morgan and Billy Boykin

**Bantam Practice (Boys -12 and under)**

**Tuesday: 4:00-5:00pm**

**In-house match play required !!!**

**Bantam practice (Girls-12 and under)**

**Tuesday: 5:00-6:00pm**

**In-house match play required !!!**

**Cost: \$55 member & \$70 non-member**

### Intermediate Practice (Summer Team)...

Coaches: Jamie Morgan and Billy Boykin

**Intermediate Boys practice (Boys -16 and under)**

**Thursday: 4:00-5:00pm**

**In-house match play required !!!**

**Intermediate Girls practice (Boys -16 and under)**

**Thursday : 5:00-6:00pm**

**In-house match play required !!!**

**Cost: \$55 member & \$70 non-member**

### Adult Clinics.....

#### Adult Beginner (Coed)

Learn a sport for a lifetime. Come out and learn basic strokes, court rules and footwork. A little fitness for a great class and it's lots of fun.

**Tuesday: 6:00-7:00pm**

**Cost: \$55 member & \$70 non-member**

#### Adult Men 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.

**Tuesday: 7:00-8:00pm**

**Cost: \$55 member & \$70 non-member**

#### Adult Women Cardio & Skills 3.5-4.0

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

**Thursday 6:00-7:00pm**

**Cost: \$55 member & \$70 non-member**

## Tennis Summer Camps

### Kick-off Summer at KRA's Kids Tennis Camp

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Join coaches **Billy Boykin** and **Jamie Morgan** for 3 hours daily of tennis fun!

The week long camp is from 9am-12pm, Monday-Friday. Talk to your friends and sign-up together. The camp is designed for kids of all ages and abilities. Daily instruction includes lots of fun tennis drills, games and situational point play.

- Friday there will be a Round Robin tournament with Prizes!
- Kids will enjoy a mid-morning break each day with special icy treats!!!
- Your child will be a better tennis player at the end of the week!
- All ages and abilities wanted. We will group by ability.

**Cost: \$120 member (\$135 non-member) and includes a Kanawha Tennis T-shirt**  
**Register by June 8th, 2009 • Registration Form in the back of the booklet**

**Minimum 24 to Hold Camp**

**June 22-26**  
**9:00am-12:00pm**

**Register by June 8**

**Normal Schedule:**  
**9:00am – Noon:**  
**Drills, Instruction,**  
**Games & Icy Treats**

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### Kick-off Summer with KRA's Adult Tennis

Round Robin Social **MAY 29<sup>th</sup>** 6:30-8:30 p.m.

**Sign-up**

• *Contact* •

**Lila LaCroix**  
**288-4064**

**Refreshments**  
**Prizes & Fun!**

**Sign-up and join us for a great evening of doubles match play!**

- We will have both mixed and regular doubles pairs playing.
- We need to have 12 teams to play. (24 people)
- All levels of players needed and wanted. Our Pro will be there to help match single players with another player for be partners.
- Begin talking to your fellow tennis players and new members about signing-up to play in this SOCIAL.

*It's all about having fun, playing tennis and meeting new people!*



**FREE**

There will be additional social events for Tennis during the months of June, July & August. The dates for these socials will be posted soon. We plan to have activities for each age group. Please keep an eye on our bulletin boards and the updated KRA Web site ([www.krafun.org](http://www.krafun.org)) for ongoing details.

# Tennis4 Life Summer Camp \* Hosted by KRA

*Join your friends at the Tennis4Life\* camp hosted by Kanawha!*

**Week Long Camps: June 15 - 19, July 20 - 24**

**August 17 - 21**

**9:00 am - 4:00 pm each day**

(No more than 6:1 ratio of players to courts and pros)

**Various levels of play from  
Developing Intermediate Club Players to  
Local and Regional Tournament Players  
(Divided on court by skill)**

**Pros focused on the JUNIOR GAME who  
offer real-time coaching and feedback**

**Normal Schedule:**

**9:00 - Noon: Drills and Instruction**

**Noon - 2:00: Pool Time, Fitness and Lunch**

**2:00 - 4:00: Pro Directed Match Play**

**Cost: \$355 Kanawha members/ \$395 non-members**

**For information and Registration Contact:**

April Straus

april@93-octane.com or 307-4280

Kim Brewer

brewerfive@comcast.net or 869-6335

\* Tennis4Life Academy (T4L) is a local, non-profit organization in Richmond, Virginia dedicated to developing and promoting junior tennis in the Mid-Atlantic region. We are parents, friends and tennis lovers inspired to help junior players at all skill and socioeconomic levels grow as athletes and people on and off the court regardless of age, gender or ability to pay. Our unwavering commitment is to promote the sport we care about through developing young players who uphold its highest values: competitiveness, sportsmanship, physical well-being and mental sharpness.

## Private • Semi-Private • Group Lessons

Contact either Jamie Morgan, Billy Boykin or Del Moser to make an appointment for private lessons.

- **Jamie Morgan:** 690-8112  
1 hour lesson \$45
- **Billy Boykin:** 787-3602  
1 hour lesson \$45
- **Del Moser:** 740-7780  
1 hour lesson \$30



**Jamie and Del offer racquet  
restringing. Please contact them for costs.**

# KRA • Tennis Registration Form • Clinics and Camp

To register, please:

1. Complete bottom portion of form
2. Enclose your signed nonrefundable check for total amount, made payable to KRA.
3. Mail form and check to Wendy Daniel, 7208 Pinetree Rd, Richmond, VA 23229

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Please fill out the following information to help us adequately provide quality tennis instruction.

**Register early to reserve your spot. Space is limited.**

Please Print Neatly

Parents' Name: \_\_\_\_\_ Email\* \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone #: \_\_\_\_\_ Cell phone: \_\_\_\_\_

**Your registration will be confirmed by email so please check your email in case the clinic you signed up for is full. This is also how you will know clinics are cancelled in case of bad weather. \*Email address is required for registration to be processed. If you do not provide your email on your registration we are not able to register you or your child.**

Name of player	Time/Day	Clinic Camp/ Name & Session	Age	Fee	
1.					
2.					
3.					
4.					
5.					
Total Amount Enclosed				\$	

***NO REFUNDS will be issued after each session begins.***

Does your child have any medical conditions that we should be aware of? \_\_\_\_\_

If yes, please explain below.

Additional comments or Questions:



**KRA Tennis T-shirts - \$10 per shirt for clinic participants.**

**• Camp participants receive a T-shirt with camp enrollment.**

T-shirt Sizing: Youth: Medium (YM), Large (YL) Adult: Sm (AS), Med (AM), Lrg (AL), XL (AXL)

**\*IMPORTANT:** All communications (confirmations, changes, etc.) will be via e-mail.

**Make checks payable to KRA, sign check, mail to  
Wendy Daniel, 7208 Pinetree Rd, Richmond, VA, 23229.**

—Return by June 8; Incomplete forms will not be processed

**\*\*NO REFUNDS will be issued after each session begins.\*\* (note this is a new policy)**

**Questions: Wendy Daniel 285-1874 or Jamie Morgan 690-8112**

You can sign up for clinics and KRA camp but you must pay for both or your spot cannot be reserved.

• **Notes** •

# KRA • 2009 • Swim Team Registration Form

**To Register for Swim Team:**

1. **By Mail, prior to May 20: Complete this form and mail WITH CHECK made payable to "KRA" to Suzie Hendricks, 8429 Sleepy Duck Place, Richmond, VA 23229.**
2. **On Site: Bring form and check to preseason practices at the pool, beginning Wednesday, May 20, at 4:00p.m. See KRA Newsletter for complete practice schedule by age groups.**
3. **Parents are expected to volunteer to work at swim meets. Sign up at preseason practices to work two full meets or four halves.**

Parents: Last Name \_\_\_\_\_  
 Mother \_\_\_\_\_ Father \_\_\_\_\_  
 E-mail: (Important to receive communications!) \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: Home \_\_\_\_\_ Cell \_\_\_\_\_  
 Emergency Contact: Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Fees: Swim Team—\$60 (Seniors—\$40)** Fees for Aquatics Team Membership cover: JRAC league dues, which cover cost of meets & operations; operating expenses; team socials; and swim T-shirt. We are pre ordering T-shirts this year; please provide shirt size(s) where indicated.

**Deadline for pre-ordering shirts is May 22.**

T-shirt Sizing: Youth: Small (YS), Medium (YM), Large (YL) Adult: Sm (AS), Med (AM), Lrg (AL), XL (AXL), XXL (AXXL)

Child's Name	Date of Birth	Gender (circle one)	T-shirt Size (use size codes above)
1. _____	_____	M F	_____
2. _____	_____	M F	_____
3. _____	_____	M F	_____
4. _____	_____	M F	_____

Special Conditions: The coaches should be aware of the following special conditions concerning my child (allergies, physical condition, medications taken on an ongoing basis, or other needs):

\_\_\_\_\_

\_\_\_\_\_

**Attendance** at all meets is strongly encouraged; however we know that is not always possible. If you anticipate your child will be unable to compete, please indicate dates below to help the coaches plan for each meet.

MEET	NAME of swimmer(s) not attending
<b>Sun 6/7, KRA @ CCV, 4:00 PM</b>	_____
Mon 6/15, Three Chopt @ KRA	_____
Mon 6/22, KRA @ Avalon	_____
Mon 6/29, Southampton @ KRA	_____
Mon 7/6, Glen Allen @ KRA	_____
Mon 7/13, KRA @ Three Chopt	_____
TH/FRI 7/23 & 24, Champs	_____

I/we represent and warrant to Kanawha Recreation Association ("KRA") that the undersigned is/are the mother/father/legal guardian of the above named child/children and I/we have provided all information requested above regarding my/our child/children. I/we further authorize KRA to use the names of my/our family or any member thereof, as well as photographs and/or video clips of my/our family or any member thereof for KRA newsletters and web site for the promotion of the KRA Aquatics and other events of KRA. Furthermore, I/we hereby release and hold harmless KRA, its directors, officers, employees and volunteers from any and all acts, actions, claims, causes of action, demands or liability of whatever nature or kind, whether known or unknown, including actual, consequential and punitive damage, on account of, relating to or arising from any matter or source whatsoever, regarding the use by my/our family of the KRA facilities and our participation in the KRA programs on and off the property of KRA.

Print Name \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_



**Extra Swim team T-shirts: see size charts above**  
**KRA Swim Bags:**

**Size:** \_\_\_\_\_ **Qty:** \_\_\_\_\_ **@ 10 each** **Total:** \_\_\_\_\_  
**Qty:** \_\_\_\_\_ **@ 10 each** **Total:** \_\_\_\_\_

Date Received \_\_\_\_\_ Amount Received \_\_\_\_\_



# KRA • 2009 • Dive Team Registration Form

Parents: Last Name \_\_\_\_\_  
 Mother \_\_\_\_\_ Father \_\_\_\_\_  
 E-mail: (Important to receive communications!) \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: Home \_\_\_\_\_ Mother Work \_\_\_\_\_ Mother Cell \_\_\_\_\_  
 Father Work \_\_\_\_\_ Father Cell \_\_\_\_\_  
 Emergency Contact: Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Fees: Dive Team—\$60 (Seniors—\$40) Fees** for Dive Team Membership include the following: JRAC league dues, which cover cost of meets & operations; operating expenses; team socials; and a Dive Team T-shirt. Since we are pre-ordering T-shirts this year, please provide shirt size(s) where indicated.

If you wish to purchase a Swim Bag, please indicate number requested and enclose \$10 per bag ordered: \_\_\_\_\_

T-shirt Sizing: Youth: Small (YS), Medium (YM), Large (YL) Adult: Sm (AS), Med (AM), Lrg (AL), XL (AXL), XXL (AXXL)

Child's Name	Date of Birth	Gender (circle one)	T-shirt Size (use sizes above)
1. _____	_____	M F	_____
2. _____	_____	M F	_____
3. _____	_____	M F	_____
4. _____	_____	M F	_____

Special Conditions: The coaches should be aware of the following special conditions concerning my child (allergies, physical condition, medications taken on an ongoing basis, or other needs):  
 \_\_\_\_\_  
 \_\_\_\_\_

**Attendance** at all meets is strongly encouraged; however we know that is not always possible. If you anticipate your child will be unable to compete, please indicate dates below to help the coaches plan for each meet.

MEET	NAME of diver(s) not attending
Thurs 6/18, Avalon @ KRA - 1 pm	_____
Thurs 6/25, KRA @ Burkwood - 1 pm	_____
Thurs 7/2, Hungry Creek @ KRA - 1 pm	_____
Thurs 7/9, KRA @ Ridgetop - 1 pm	_____
<b>Tues 7/14, Church Run @ KRA - 1 pm</b>	_____
Mon/Tues 7/20 & 21, Champs	_____
Wed 7/22, All-Star Meet	_____

I/we represent and warrant to Kanawha Recreation Association ("KRA") that the undersigned is/are the mother/father/legal guardian of the above named child/children and I/we have provided all information requested above regarding my/our child/children. I/we further authorize KRA to use the names of my/our family or any member thereof, as well as photographs and/or video clips of my/our family or any member thereof for KRA newsletters and web site for the promotion of the KRA Aquatics and other events of KRA. Furthermore, I/we hereby release and hold harmless KRA, its directors, officers, employees and volunteers from any and all acts, actions, claims, causes of action, demands or liability of whatever nature or kind, whether known or unknown, including actual, consequential and punitive damage, on account of, relating to or arising from any matter or source whatsoever, regarding the use by my/our family of the KRA facilities and our participation in the KRA programs on and off the property of KRA.

Print Name	Date	Signature	Size: _____ Qty: _____ @10 each Total: _____	Size: _____ Qty: _____ @10 each Total: _____



**Extra Swim team T-shirts: see size charts above**  
**KRA Swim Bags:**

Date Received _____	Amount Received _____
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• **Notes** •

CUT HERE

# Swimming Lessons • Registration

Name \_\_\_\_\_ Age \_\_\_\_\_

Address: \_\_\_\_\_

Phone: Home \_\_\_\_\_ Mother Work \_\_\_\_\_ Mother Cell \_\_\_\_\_

Father Work \_\_\_\_\_ Father Cell \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Class Desired:**

\_\_\_\_\_  
\_\_\_\_\_

**Circle First Choice:**

Session I; Session II  
Session I; Session II

**Circle Second Choice:**

Session I; Session II  
Session I; Session II

Mail to:

Laura Childress  
104 Running Cedar Circle  
Richmond, VA 23229

**Must be postmarked no earlier than May 11**



CUT HERE

# Swimming Lessons • Registration

Name \_\_\_\_\_ Age \_\_\_\_\_

Address: \_\_\_\_\_

Phone: Home \_\_\_\_\_ Mother Work \_\_\_\_\_ Mother Cell \_\_\_\_\_

Father Work \_\_\_\_\_ Father Cell \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Class Desired:**

\_\_\_\_\_  
\_\_\_\_\_

**Circle First Choice:**

Session I; Session II  
Session I; Session II

**Circle Second Choice:**

Session I; Session II  
Session I; Session II

Mail to:

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