

Dear Boars Head Families,

As we near the start of the summer swim season, I wanted to take this opportunity to welcome any new families, as well as those returning. I also want to set the goal of continuing the culture of “ohana” that coach Dan has worked to build over the years. Fostering meaningful connections between the coaching staff and the swimmers will be crucial in creating an environment where everyone feels like a family. I believe that for any athlete, finding enjoyment in their sport starts with a strong and healthy relationship with the coaching staff. When working to find coaching staff, I kept this goal in mind, putting together a group of coaches that I believe will strive to create the environment of ohana while forming connections with the athletes. In addition to the idea of ohana, we want to help grow swimmers as people and athletes while finding a balance between working hard and playing hard.

I also want to briefly introduce the coaching staff this year. For those that I haven't had the chance to meet, my name is Noah Hargrove. I grew up in Charlottesville, and I have spent every summer since the age of 5 swimming for BHSC. In addition to Boar's Head, at age 8, I joined a club team in the area called CYAC, now called CAVs, and I swam for CYAC throughout my remaining time in Charlottesville. While swimming has been a large part of my life, I also played soccer and squash when I was younger before injuring my arm. Following the injury, I decided to stick to swimming. I attended Western Albemarle High School, where I swam under coach Dan. During the summer after my junior year of high school, I worked as a swim instructor for swim school, which was a program aimed at teaching young children water safety. Upon finishing high school, I decided to attend Kenyon College, where I am currently finishing up my sophomore year. Following the end of my first year of college, I worked under coach Dan as an assistant swim coach for Boar's Head. I am looking forward to the summer and the opportunity to coach and meet everyone.

Many of the coaches, myself included, have grown up in the Charlottesville area and around JSL swimming. Noah Altoff, who will be the assistant head coach, is the only exception; however, like most of the coaches, he grew up with swimming being a large part of his life. “My name is Noah Althoff, I have been a competitive swimmer for 14 years now, and I am currently a sophomore at Kenyon College. I am a Psychology major with a minor in Statistics. I grew up in Maryland before going to a boarding school in Tennessee, where my team and I won 3 state championships. As a collegiate athlete, I won the conference title in the 200 IM, and I qualified for Division 3 nationals, where I got sixth in the 800 free relay. I am a pianist as well, and I am also extremely passionate about basketball if anyone wants to take me up on a 1v1, or just talk basketball in general.”

Similarly to Noah Altoff, Charlie Cross, who will be an assistant coach, has decided to swim in college. “Hey Boarfish, I'm Charlie Cross, and I'm a rising junior at Gettysburg College, Pa. I'm an environmental studies and public policy double major with a minor in data science. I mainly swim Breaststroke and IM for the Bullets, and I'll be a captain this upcoming season. I grew up swimming for Hollymead in the JSL and also competed for Albemarle High School. I'm really excited to be a part of such an amazing team and coaching staff for this summer! See you soon!”

Also finishing her sophomore year in college is Syndey Dutton, who will also be an assistant coach. “Hi everyone! My name is Sydney Dutton, and I am a rising junior at Penn

State University. I am majoring in biology, with minors in earth and sustainability as well as marine science! I am originally from Charlottesville, and I swam for Crozet Gators for 12 years. I also swam for CYAC (now Cavalier Aquatics) until I was 12, but quit to continue playing soccer year round. I swam under Coach Dan for Western Albemarle all four years of high school. Noah and I have known each other since elementary school, so I am very excited to be working under him this season. I cannot wait to meet and work with all of you guys this summer!!”

Ensuite with the theme of swimming for WAHS and under Coach Dan is Annabeth Stancil, who will be another assistant coach this summer. “Hi! My name is Annabeth, I’ve been swimming for Boar’s Head since I was six and am so excited to be swimming and coaching this summer! I will be a freshman at Wake Forest this fall, and am currently working toward my EMT certification.”

Anyone that has swum for or knows Coach Dan understands how much he values a team that behaves like family. His work to create a lasting culture that bonds his athletes together is exemplified in the fact that four out of the seven coaches swam for him at western Albemarle. Nina Perrone, who will be an assistant coach, swam alongside Sydney, Annabeth, and I at Western. “Hi everyone, I’m Nina Perrone! I have swam for the Crozet Gators for many years and also swam for Western. I am a rising sophomore at Virginia Tech majoring in Human Development. I am so excited to meet everyone and start coaching!”

Lastly is Teddy Cross, an assistant coach, who is also the younger brother of Charlie and swam on CAVs with me during my senior year of high school and during the spring of my freshman year of college. “My name is Teddy Cross and I have been swimming since I was five, and will be graduating from Albemarle High School this year. Next year I will be swimming for Loyola University Maryland. My favorite stroke is backstroke, and I am extremely excited to be a part of this amazing team.”

When preparing for the summer, I wanted to lay out some important dates for the summer, including the dates for eight-and-under evaluations, practice schedule, meet dates, and other dates. Some of the closer dates that you should be aware of are **the team meeting on the 15th of May**, and the new date and time for the **team fitting being the 18th of May from 6-8 pm in the Tennis Lobby**. The team meeting will be an informal gathering where I will be on the Boars Head pool deck from 5-7 pm. Everyone is welcome to come by and ask questions or say hi. I hope to have a few of the other coaches there as well. The team fitting data is for swimsuit sizes and is in the tennis lobby in front of the UVA indoor tennis courts. I also want to make some notes about the practice schedule, swim meets, and JSL registration.

To accommodate the different times that schools will release for summer break, we have a practice schedule that starts with only afternoons while everyone is still in school. As people start to release for the summer, we introduce morning practice but keep the same afternoon schedule. During this time, morning practices and afternoon practices will be very similar in focus so that swimmers may come to either workout, but morning practice would be preferred. As most schools release for the summer, we keep the morning schedule the same and transition the afternoon practice to a more condensed format. At this point, the morning practice will be the main focus for all swimmers, as the afternoon workouts will be technique-focused. If you have any questions about practicing the practice schedule, please feel free to email hargrove2@kenyon.edu.

Practice Schedule:

May 23 – June 10	June 6 – July 29 (AM Practices)	June 13 – July 28 (PM Practices)
9-10s: 3:30 pm – 4:30 pm	13 & Up: 7:30 am – 9:00 am	8 & U BLUE: 4:00 pm – 4:45 pm
8 & U GREEN: 4:30 pm – 5:00 pm	8 & U BLUE: 9:00 am – 9:45 am	9-10s: 4:00 pm – 5:00 pm
8 & U BLUE: 5:00 pm – 5:45 pm	8 & U GREEN: 9:45 am – 10:15 am	11-12s: 5:00 pm – 6:00 pm
11-12s: 5:45 pm – 6:45 pm	9-10s: 10:15 am – 11:15 am	13 & Up: 5:00 pm – 6:00 pm
13 & Up: 6:30 pm – 7:30 pm	11-12s: 11:15 am – 12:15 pm	

Another important detail to note is that this year, we will be using an **opt-in system** for swim meets. We will send out a survey that must be completed for each swimmer that wishes to participate in meets. This system will allow the families to opt-in giving coaches a better idea of who will be attending the meets, which gives us the ability to make sure the meets are run efficiently. It also allows the coaching staff to properly put together relays in advance. We understand that plans change throughout the summer, and are more than happy to accommodate those changes. This form is just a way to get the main idea of how many kids will be at each meet. If plans change, please send an email to hargrove2@kenyon.edu with the meet(s) you wish to attend or no longer attend and the name(s) of your children. It is also important to note that each swimmer must be registered with JSL prior to competing at a swim meet. Please fill out JSL Swimmer Registration by the end of the **first week of practice**. This can be done online and sent to nprye@boarsheadresort.com or filled out at the front desk of the Boar's Head Sports Club. Feel free to reach out with any questions to nprye@boarsheadresort.com or hargrove2@kenyon.edu.

Meet Schedule:

- Wednesday, 6/15/22 BHSC @ FCC
- Wednesday, 6/22/22 FSBC @ BHSC
- Wednesday, 6/29/22 BHSC @ ACAC
- Wednesday, 7/6/22 CGST @ BHSC
- Wednesday, 7/13/22 BHSC @ FLST
- Wednesday, 7/20/22 FV @ BHSC
- July 29 – 30 JSL Championships at UVA's Aquatic & Fitness Center

In order to maintain safe and fun practices, each 8 and under swimmer that is new to the team will have a 10-minute evaluation in the water with the coaches to determine which practice group best fits the swimmer's level. Coaches will assess each swimmer's comfort in the pool and experience with competitive strokes, which will allow swimmers to be assigned to the practice that provides the appropriate level of challenge.

Swimmers tend to make rapid improvements on the team, but the swim team cannot replace beginner swim lessons for those swimmers not yet ready to participate in full practices. Beginner swimmers should instead participate in our Learn to Swim program and may join the swim team at a later date once their skills have improved.

A signup list will be distributed in May to select time slots for the evaluations, which will be held after school hours on **May 24th and 25th (26th if needed) from 4-6 pm**. For more detailed information regarding the GREEN and BLUE groups, please feel free to contact hargrove2@kenyon.edu.

Lastly, I wanted to recognize that tennis practice times and swim times may overlap. If this is the case, you can reach out and we will work to figure out a solution. If your swimmer has other time commitments in the morning, we can work to find a similar solution as well. I want to emphasize that 8 and under green swimmers will only be able to practice in the morning, and that the morning practice is the main focus. Additionally, the club will hold a few events for the swim team, like an ice cream social, JSL champs kick-off party, and an end-of-season banquet.

Events:

Ice Cream Social Tuesday, June 14

Pre-JSL Champs Cookout and Pool Party Monday, July 25

Swim Team Awards Banquet* Sunday, July 31

*fees apply for non-swimmers

I am not quite sure how much I can express my excitement about the summer. At Kenyon, I am a Math/Econ double major with a concentration in CS, so I normally have a disdain for writing, but I found myself giddy while working on this email.

Thank you

Noah