

**FHE Swim Team Motto:** Effort. Unity. Discipline. Pressing on for Excellence

**Team Goals:**

1. Develop athletic excellence in swimming
2. Build Godly character
3. Honor our King as we compete with top public, private, and homeschools

<https://fhesports.org/swimming> | Contact: [swim@fhesports.org](mailto:swim@fhesports.org)

Program Director	Randy Waters	rwaters4@triad.rr.com
Head Coach	Doug Ford	dford@infinityfit.com
Team Manager	Kathy Sanger	kathy@sangerfamily.com
Asst. Team Manager	Carrie Yamashita	carrieyama@outlook.com
Asst. Team Manager--MS:	Melinda Eddins	melindaeddins@yahoo.com

**Minimum Swim Qualifications—Swimmers must be able to swim:**

- 50 meter freestyle, without interruption/stopping
- 25 meter for other competitive strokes (Back/Breast/Fly) at a basic level (does not need to be “legal” or “perfected”)

**Open Try-Outs: Oct. 14 – Oct. 18**

- All swimmers must be registered as a 2024-25 FHE Sports athlete (prerequisite: 2024-25 FHE family membership)
- All Swimmers must swim a minimum of TWO practices prior to being considered for team roster
- If you are unable to attend both of your tryout sessions this week, please email head coach and team manager to schedule

**Practices (for Rostered Swimmers ONLY)**

- October 21st, 2024 – February 7, 2025
- Mondays through Fridays at 1:30-3:00 PM
- Sherwood Pool, 1199 Fenimore St, Winston-Salem, NC 27103 (use 1130 Fenimore St. for GPS)
- \*\*Please plan to have swimmer on deck by 1:15; Pick-up is promptly at 3:00)\*\*
- NO practices on 11/28 and 11/29 and the week of 12/23–12/27

**Conditioning is a significant factor in meet performance; regular practice attendance is expected. Therefore:**

- Middle & High School swimmers (11yo as of 8/1/2024; Grades 6-12) are expected to practice FIVE days per week
- Club swimmers may count their Club practices toward the required days listed above, with at least ONE day per week with FHE (for team camaraderie). Club swimmers are required to keep a swim log (provided by FHE leadership), signed by Club coach and parent for accountability and integrity.
- Requests for excused absences must be communicated via Sports Engine email with head coach and team manager

**Varsity Lettering (Grades 9-12 only)**—See Separate Documentation of Qualifications for Eligibility

**Estimated Costs per Athlete:**

- ~\$350-\$450 F/T FHE Swim
- ~\$160 Club w/one day at FHE; \$25 for each additional day
- \$50 discount per sibling
- Includes team T-shirt and 2 personalized team swim caps
- Roster fees are payable upon billing in two installments: at time of rostering and 30 days later
- If a Club swimmer has a change of status, that must be reported within 72 hours and pro-rated billing will occur

**Fundraising:**

- Swimming is a fairly expensive sport—approx. \$600/athlete, before fundraising
- In order to make it affordable for all FHE families, FHE Swim has a generous offering of fundraisers
- All families are strongly encouraged to fundraise at least \$125 (one athlete) or \$175 (two athletes); donations welcome

**Team Suits, Caps & Equipment—Every rostered swimmer will need the following items:**

- 2 Personalized Swim Caps—provided with your roster fee; additional caps can be ordered
- Team Suit in Navy & Gold—see options at Swim Outlet/FHE Hawks Team Store; last year’s suit is acceptable
- 2 pairs of competition goggles—may be purchased through team store, Swim Outlet, or other location
- 1-2 practice suits—please select dark colors (solid or patterned) and modest cut
- Training Fins and Training Snorkel—see team managers for best pricing
- Swim Paddles—these are sized according to hand
- Pool Buoy and Kickboard
- Optional: mesh equipment bag; swim parka

**Planned Meets (subject to change)**

All Meets are HS format (Grades 7-12; 6th graders exhibition swim only) unless otherwise noted

All swimmers are expected to participate in every meet for which they are eligible

Date	Day	Opponent(s)	Location
11/15/2024	Friday	FCDS	TBA (Away)
11/21/2024	Thursday	Calvary/Phoenix/HPCA/Cornerstone	Fulton (Home #1)
12/06/2024	Friday	Davidson Day	HFFA?
12/12/2024	Thursday	MCHA/Phoenix	Fulton (Home #2)
12/17/2024	Tuesday	Cornerstone	GAC
12/19/2024	Thursday	Robert Sawyer Invitational (Gr. 9-12)	GAC
01/09/2025	Thursday	Cornerstone (MS only)	GAC
01/20/2025	Monday	HPCA/Cornerstone/MCHA	Fulton (Home #3)
01/31/2025	Tuesday	COA/Summit (MS only)	Jerry Long
02/07/2025	Friday	NCHEAC Championships (by invitation)	MAC (Charlotte)

**RSVP for Meets and Practices:**

- All Swimmers will be required to RSVP via Sports Engine team page
- Practice RSVPs should be received by Sunday ONE WEEK in advance (e.g., 11/3 for week of Nov. 11-15)
- Meet RSVPs should be entered no later than TWO WEEKS beforehand
- Do NOT make any changes to Meet RSVPs less than TWO WEEKS prior to the event because the head coach will already be working on line-ups. If you have a last-minute change in availability, the swimmer MUST notify, via Sports Engine email, the head coach and team manager as soon as possible with details.
- Failure to notify the coach with last-minute changes or no-shows may result in penalty, including loss of competition.

**Parent/Family Volunteerism:**

- We use Sign Up Genius for each event/need
- FHE Swim program cannot run without the direct involvement of family members, most notably as timers and other roles at meets
- each family is asked to volunteer at a minimum of THREE meets.

**Other roles needed/desired:**

- Business sponsorship coordinator
- banquet coordinator
- statistician
- social media manager

Please email the program director if you are willing to share your talents with the team!