

# Message from the Avalon Board

Greetings Avalon Families!

We are thrilled to welcome you back to Avalon Recreation Association for our 64th summer of fun! Our Management and Board of Directors have been working hard this off-season to get the pool ready and to make some changes to enhance our member experience. You'll see the return of some things that you've missed as well as the addition of some things you've been asking for like:

- New snack bar options from Garnish
- Credit Card Processing
- The return of some social events, including Thirsty Fridays with Food Trucks
- Fresh and informative social media pages.  
Facebook: [www.facebook.com/AvalonClub.org](http://www.facebook.com/AvalonClub.org) and Instagram: @AvalonClubRichmond
- Self-serve cleaning stations around the pool and dedicated staff for cleaning
- The return of Recycling
- Re-opening of the slide!
- New Foosball table and shuffleboard court
- New fulcrum for both diving boards

We really have to give a big thank you to the 71 people that have contributed to the Gator Fund as well as the 165+ members that purchased our t-shirts! We have raised over \$6,000 which has enabled us to make some of these changes as well as upgrade our snack bar so that it is compliant with Health Department standards. We would not have been able to make these necessary facility improvements without your support! Thank you!!

The Board of Directors is passionate about making Avalon a wonderful place to be. We strive to improve the member experience, after all, we are all members too! If you ever have concerns, suggestions, or even praise, please contact us at [Avalon.BOD@avalonclub.org](mailto:Avalon.BOD@avalonclub.org). We cannot wait for summer!

Todd Brookshier, Pres. & Emmy Woody, VP



## Avalon Manager's Report 2019

I would like to take this opportunity to welcome all Avalon members to the upcoming summer season. As I reflect on the last twelve months and all the uncertainties associated with the COVID crisis, it is sometimes easy to become discouraged. The staff and I greatly appreciate how the members were so patient and supportive as we struggled to implement the limitations on pool use last summer. Our goal this year at Avalon is to rise above the difficulties of 2020 and recommit ourselves to bringing back the many positives associated with the Avalon experience. We are hoping to make Avalon as welcoming and comforting for our members as possible. With that being said, I would like to share with you some of the new points of interest that will be taking place this summer.

Almost every season involves some change to our aquatics staff. This year, the swim team will be co-coached by longtime assistant coaches Will Steadman and Leslie Albrecht. Former head swim coach, Tim Dolan and assistant Elyse Cram will be serving as assistant coaches this year. We want to welcome back veteran head dive coach Martha Commander with her new assistant, and longtime Avalon diver, Brandon O'Connor. Jeanine Dolan will once again continue coordinating the swim lesson program. If you are interested in enrolling your children in our swim clinics please contact Jeanine. Once again, we would like to remind members of our second to none Gator Camp program. It is co-coordinated by Page Brookshier and Michelle Gay. For those of you who have children from the ages of 5

to 10 years old, may be interested in the 9 am to 1 pm program. You can register online through the Avalon website.

The tennis program under the leadership of our pro Sean Reynolds is continuing to thrive. Many new people are availing themselves of Avalon's outstanding facility and tennis program. As a reminder, we do have a tennis ball machine that is available for rental to members. Check with Sean for availability. Keep in mind that when any member plays on wet courts they do so at their own risk. Slippery courts can lead to injury.

New facility improvements this year include the following: New pump motor was installed which is designed to efficiently service the lower pool. Hundreds of feet of concrete decking cracks were repaired. Permits were secured from Henrico County, which will ensure full food-service compliance in our snack bar. The fulcrums on both of our Duraflex diving platforms have been completely refurbished. This includes new: fulcrum wheel/rollers, tie plates, roller block assemblies, fulcrum tracks, slide bearings and roller clamps. In an effort to be environmentally responsible, we have installed in all three pools the Pentair, Model 300-29X Dechlorinator. This unit will chemically reduce chlorine concentrations discharged in our waste systems. We also secured an outdoor foosball table to be enjoyed by our members and their families and we put down a shuffleboard court.

For those of you who may be interested in the morning swim program, it will take place from 6:30 to 8:00 AM Monday, Wednesday and Friday starting Monday, June 14 through Friday, August 13. Now that lane lines are installed in the upper pool, morning swim

may take place in either lap pool so as to accommodate routine pool cleaning schedules. The cost is \$40 per person or \$60 per couple.

Swim practice before Henrico schools is dismissed for the summer is as follows: Starting Monday, May 24 will be from 4:15 to 7 PM Monday through Friday. Once Henrico County schools have been released for the year, Swim team practices will be from 8:30 to 11 in the morning and 3 to 6:15 in the evenings. The lower pool will be closed for all swim team practices. Saturday morning practices may be called on an as-needed basis, but will be completed by 9:00 AM.

Opening day this year is Saturday, May 29 and the hours will be from 11 AM to 8 PM through Monday, May 31. Then starting Tuesday June 1, the pool hours of operation for the 2021 swim season is from 12 to 7 through June 18. Starting Saturday, June 19 the hours of operation are 11 AM to 9 PM through the remainder of the swim season.

In conclusion, I would like to remind the membership of the following:

- The speed limit on Avalon property is 5 mph at all times.
- The tennis key will unlock both the tennis gate and tennis bathroom.
- Apart from Avalon's sanctioned activities, anyone on the property after 10:00 PM will be considered trespassing.
- Each member of Avalon has a responsibility to encourage others to abide by the rules governing facility use to ensure the enjoyment and safety of all members and guests.
- Consumption of alcohol is prohibited on Avalon property apart from Avalon Board sanctioned approved activities.
- The Adolf Room is available for rental during the summer swim season only. See the manager on duty for details.

- Members are encouraged to get updates on all Avalon activities on our website, [www.avalonclub.org](http://www.avalonclub.org)
- Shutting down the pool area on the last day of the season is hard for some, but because many of our staff start school before Labor Day and the remainder start the day after, we want our membership to be aware of the following: On Labor Day the baby pool will close at 4 pm, the lower pool at 5 pm and the upper pool will close at 6 pm.

I hope everyone has a safe and fun season at Avalon!

Jack Cox, General Manager



## Avalon 2021 Social Events

**June 11:** Thirsty Friday with La Bete Food Truck 6-9pm

**June 17:** Last Day of School Pizza Party with Pizza Express

**June 25:** Thirsty Friday, food truck tbd 6-9 pm

**July 4:** Independence Day Festivities 12pm

**July 9:** Thirsty Friday with The Pitts BBQ Food Truck 6-9 pm

**July 23:** Thirsty Friday with Hook's Lunchbox Food Truck 6-9pm

**August 13:** Thirsty Friday, food truck tbd 6-9pm

**August 27:** Thirsty Friday with SandTopia Food Truck 6-9pm



- *The grill will be open every Friday AND Saturday night throughout the summer!*
- Thirsty Friday nights at the pool are family friendly. Beer and wine will be served for \$3/drink. **You must be 21 to drink and you must have a valid ID!!**
- We hope to add more social events including float nights and noodle nights now that the governor has lifted capacity restrictions.
- Follow us on Facebook (Avalon Club) and instagram (@avalonclubrichmond) for updates.
- To sponsor or help with events, please email **emmywoodyrva@gmail.com**
- Note: All events subject to change (including cancellation due to weather).



# Avalon Swim Lessons

## Swim Lesson Schedule for 2021

**June 7 – June 10: Available for private lessons to be arranged at a mutually convenient time.**

### Group Lessons:

**Session I: 6/14 – 6/17 & 6/21 – 6/24**

**Session II: 6/28 – 7/1 & 7/5 – 7/8**

**Session III: 7/12 – 7/15 & 7/19 – 7/22**

**Session IV: 7/26 – 7/29 & 8/2 – 8/5**

**8:15 – 9:00 Level 2**

**9:00 – 9:30 Available for Private Lessons**

**9:30 – 10:15 Level 1**

**10:15 – 11:00 Level 1/Level 2/Level 3  
(determined by need) or Private Lessons**

### Cost:

Each session = \$80 members / \$90 non-members

Private lessons = \$20/\$30 half hour  
(member/non-member)

I am excited to be at Avalon again this summer! My husband Tim coaches the swim team, and my boys Tyler (16) and Christian (14) both also swim on the team. This year I will be coordinating and teaching swim lessons. During the school year, I am a Gifted Resource teacher at Powhatan Elementary but I have been swimming my entire life. I swam competitively through college and spent many years after that coaching all levels and ages of swimmers. I believe swimming is an important life skill, an awesome sport, and exercise that can be maintained throughout a life time. I love getting kids to be confident in the water.

**Group swim lessons are for new and developing swimmers age 5 and older.** Sessions will be taught in a small group setting limited to 6 swimmers. Some levels *may* have a lead instructor as well as an assistant instructor (and could possibly hold 8 students.) Classes must

have a minimum of 4 swimmers registered for the class to occur.

Swimmers who have no water experience or are not yet quite ready for swim team will learn water safety skills as well as competitive swim technique. Lessons are aimed to make a smooth and strong transition onto Pre-team or Swim Team if desired.

Level will be determined by instructor based on the swimmer's skill level. Swimmers will move to another level as determined by observed mastery by instructor(s). *Swimmers may be moved as seen to be appropriate upon instructor's discretion. Please keep in mind, that groups are fluid and may be adjusted to maintain skill coherence so that children will progress as they are ready.*

**Lessons are taught in 2 week sessions.** Lesson sessions run M – Th for 45 minutes.

(Fridays may be used to make up for lessons closed when the pool is closed due to inclement weather.)

Sign up for classes at Avalon or email me at [jeaninedolan@gmail.com](mailto:jeaninedolan@gmail.com). Payment for classes can be made any time before the class begins to the instructor.

Private lessons are scheduled **directly** with the instructor. Dive and Swim Team Coaches can teach private lessons. Contact them directly to arrange a mutually convenient time.

Jeanine Dolan  
Avalon Recreation Association  
Swim Lesson Coordinator/Instructor  
[jeaninedolan@gmail.com](mailto:jeaninedolan@gmail.com)  
804.548.5129

## Avalon Dive Team 2021

We are please to announce that Martha Commander will be returning as our Head Coach. Martha has been the Head Coach at Avalon for 15 years. Isabelle Broughton will join the coaching staff as an assistant coach. Isabelle has been diving at Avalon for four years and has participated in the winter diving program at U of R for 3 years. We are very fortunate to have these experienced and fun coaches as our leaders.

Registration for Dive Team will be Sunday, May 2nd from 2:00 to 4:00 p.m. Divers must be registered in order to practice so please come to the pool on May 2nd to register your diver. If you are unable to register then, you may register the first day your child attends practice. As always, parents will be asked to sign up for 2 "jobs." The sign-up sheets will be available at registration.

### Dive Team Practice Schedule

Dive practice begins on Tuesday, June 1st. Come to the practices that are most convenient for you. The practice schedule is tentatively set as follows:

#### June 1st- June 18<sup>th</sup>

Mondays-Fridays – 4:00 to 4:45 or 4:45 to 5:30

#### June 21st –July 20<sup>th</sup>

Mondays – 9:00 to 11:00

Tuesdays- 9:00 to 11:00 and 4:00 to 5:30

Wednesdays-9:00 to 11:00 and 4:00 to 5:30

Thursdays-9:00 to 11:00 – Meets are in the afternoon starting at 1:00

Fridays – 9:00 to 11:00

\*Divers may come to any of the above practices\*

### Dive Meet Schedule

1<sup>st</sup> meet – Thursday, June 24th -1:00 at Avalon

2<sup>nd</sup> meet - Thursday, July 1st – 1:00 at CCV

3<sup>rd</sup> meet - Thursday, July 8th – 1:00 at ARA

4<sup>th</sup> meet - Thursday, July 15th– 1:00 at Kanawha

5<sup>th</sup> meet – Tuesday, July 20<sup>th</sup> -1:00 at Ridge Top

Monday, July 26th – 9:00 –Girls Champs at Avalon

Tuesday, July 27th – 9:00 –Boys Champs at Avalon

Please mark your calendars with the above dates. Our coaches work very hard with the children and look forward to seeing them perform in meets so please try to schedule camps and vacations at times that will not conflict with the dive schedule.

Questions: Contact Len Archer at 335-9791

# GATOR CAMP 2021: KEEP CALM AND GATOR ON!

Gator Camp is a week-long camp for children ages 5-10. Camp activities include swimming, tennis instruction from Coach Sean, games, arts & crafts, and most of all, fun! Camp runs from 9am to 1pm, Monday through Friday. Children will need a bathing suit, towel, goggles, sunscreen, tennis racket (not required), and a bag lunch. Snack is provided at Gator Camp.

## Schedule

Monday-Friday, 9 am-1 pm

Week 1: June 21 - June 25

Week 2: June 28 - July 2

Week 3: July 5 - July 9

Week 4: July 12 - July 16

Week 5: July 19 - July 23

Week 6: July 26 - July 30

## Fees

The cost for members is \$185 per week per child.

The cost for non-members is \$205 per week per child.

There is a \$10 sibling discount for child number two and up if they sign up for the same week.

Daily Member drop-in rate is \$45/day with advance registration.

Daily Non-Member drop-in rate is \$55/day with advance registration.

Drop-in availability is determined by weather and occupancy numbers.

## Registration

There is currently a wait list for every week of Gator Camp.

Click here to add your child up to our Gator Camp WaitList

If you are already enrolled in Gator Camp, please pay by check or credit card ASAP. Payments can be mailed to: Avalon Recreation Association (ATTN: Gator Camp, PO Box 29533 Richmond, VA 23242), make checks payable to Avalon Recreation Association

If you'd like to pay by credit card, please visit, [www.AvalonClub.org/pay](http://www.AvalonClub.org/pay)

Questions?

Visit our website: <https://www.avalonclub.org/gator-camp/>

Contact our directors, Page Brookshier or Michelle Gay: [gator.camp@avalonclub.org](mailto:gator.camp@avalonclub.org)



## Avalon Swim Team – Coach’s Message

Hey everyone! We are Wil and Leslie and we’re going to be your head coaches this year! This has certainly been a crazy year for all of us and we hope this summer can be normal and fun for everyone. We are so excited to be back and we look forward to seeing our swimmers winning!

Wil Steadman

HEY GATORS!! I am SO thrilled to be head coaching this summer along with Coach Wil! I am finishing up my 1st year at UVA with hopes to apply to the McIntire School of Commerce this upcoming year. This will be my third year coaching at Avalon, however I was assistant coach the last 2 summers. I can confidently say that there is so much to look forward to this summer on the Avalon swim team. Swimming has been the most defining feature of my life. I like to look back on my days as a young swimmer in “Bubbles to Butterfly” swim clinics, where I refused to put my head under the water. At age 7, my mom signed me up for year-round swimming (she claims that it was the best sport suited for a hyper child like myself). Since my early days on my year-round team, I have been attached to all activities related to swimming. In high school, I was captain of the swim team and spent my winters at the YMCA swimming pool volunteering with children from the Faison Center. However, my love for swimming all leads back to my days as a summer-league swimmer. My personal favorite moments were the themed meets, sharks and minnows at fun practice, airheads and skittles before relays, and seeing my team all together for the cheer before a late night swim meet. I have one goal for this season: I hope to pass down this passion I have for the swim team down to each and every one of our Gators. I am so pumped to work with all of you this summer, and I’m so lucky to work with such an amazing team. I can’t wait to see you all!

- Leslie Albrecht  
Email: [lca3pr@virginia.edu](mailto:lca3pr@virginia.edu)

Cell: (804)836-4203

Hi everyone!! My name is Elyse Cram and I am so excited for the upcoming Avalon swim season! I have been an Avalon member for my whole life and have always loved being a part of the swim team. I am currently a senior at Collegiate, and I will be attending the University of North Carolina at Chapel Hill in the fall. I swam year round for many years growing up and have also loved swimming for my high school team. I can't wait for summer to arrive and to see everyone back on the pool deck! Go gators!

Elyse Cram  
email: [elyse.cram@yahoo.com](mailto:elyse.cram@yahoo.com) )  
phone: (804) 316-6136

Hello Avalon families! My name is Tim Dolan and I am thrilled to be back for my third summer as Avalon coach. I have been coaching competitive swimming for almost 25 years in the Richmond area. I am a Avalon protege, as I like to call it, since I grew up and swam at Avalon on the swim team. My family is also thrilled to be back at Avalon. My wife Jeanine and sons Tyler (15) and Christian (14). I look forward to seeing everyone on the pool deck here in just a few weeks. Go Gators!

Coach Tim



## SWIM TEAM INFO

To participate in the Avalon swim team, a swimmer must be able to safely cross one length of the pool using any stroke. Swimmers practice and compete in meets within their age groups. If you have a child who wants to participate in the team but needs to work on completing a length of the pool, our Mini Mites pre-team may be a good fit. This program offers more hands-on instruction with the coaches to help swimmers gain confidence to swim independently. We want to make sure all of our Mini Mites are ready and prepared when the time comes to move up the Mites. **Swimmers will need to be at least 4 years old, who are comfortable and safe in the water. Swimmers will need to be able to complete 1 WIDTH of the pool using freestyle with minimal to no assistance.** Swimmers will be evaluated the first week of practice, and it is at the discretion of the coaches whether Mini Mites is the appropriate placement for each swimmer.

### Some Important Information:

JRAC has renamed the swim categories to be more age based. So we have rename mini-mite to pre-team. I would say Pre-team (formerly known as mini mites) for the first time that term appears. Mites are now called 8 & Under.

### 2021 Swim Team Practice Schedule

Practices start on Monday, May 24th at 4:15 PM weather permitting.

#### Pre-Season May 24th- June 18th

8 & Under 4:15 -5:00 PM

9-10 Year Olds 5:00-6:00 PM

11-18 Year Olds 6:00-7:00 PM

### Regular Season Starts June 19th (Saturday)

#### Mornings:

Monday, Wednesday-Friday

8 & Under 8:30-9:15 AM

9-10 Year Olds 9:15-10:00 AM

11-18 Year Olds 10:00-11:00 AM

**\*\*No Tuesday Mornings\*\***

#### Afternoons

Tuesday-Friday

#### No Mondays

Pre-Team 3:00-3:30 PM

8 & Under 3:30-4:15 PM

9-10 Year Olds 4:15-5:15 PM

11-18 Year Olds 5:15-6:15 PM

### Meet Schedule

Sunday, June 13 CCV @Avalon

Monday, June 21 SRA @ Avalon

Monday, June 28 @KRA

Tuesday, July 6 @ GA

Monday, July 12 @ WP

Monday, July 19 WEST @ Avalon

Champs, July 29 & 30 Champs @ NOVA

Sunday, July 25 – Swim Team Banquet 6 PM

## Avalon Tennis

### **Avalon's Tennis Director – Sean Reynolds**

Sean Reynolds is now in his sixth year as Avalon's Tennis Director. A PTR certified teaching professional, Sean has developed a thriving tennis community and oversees over 40 adult and junior league teams during the outdoor season. For all tennis related questions, please contact Sean at [avalonrecreationtennis@gmail.com](mailto:avalonrecreationtennis@gmail.com).

### **Summer Junior Tennis Clinics**

Summer junior tennis clinics will be held during the weekday mornings and afternoons starting the week of June 21 through the week ending August 13. Information about online registration will be included in the summer tennis newsletter, which will be sent out during the third week of May.



### **Adult Tennis**

Avalon offers a variety of leagues for adults to participate in as well as clinics and holiday socials. Avalon teams compete in rated USTA tennis leagues for men's, women's, and mixed play. Avalon also participates in the weekday Ladies Suburban League and the weekend Richmond Racquet League. Contact Sean at [avalonrecreationtennis@gmail.com](mailto:avalonrecreationtennis@gmail.com) for help finding a team.

### **Summer Tennis Socials**

Memorial Day Tennis Social – Monday, May 31, 9:00-11:00 AM  
Independence Day Tennis Social – Sunday, July 4, 9:00-11:00 AM  
Labor Day Tennis Social – Monday, September 6, 9:00-11:00 AM

### **Autumn Cup – October 1-3**

Hosted by Avalon, Autumn Cup is a three day multi-club competition for RVA tennis bragging rights! After taking 2020 off, Avalon looks to defend their title in 2021!