

# Avalon Angle

2024



May 2024

Greetings Avalon Members!

The Avalon Board of Directors and Management team are excited to kick off the 2024 season. We have been hard at work since last fall to make certain the facility is ready for another fun-filled summer. The Avalon Open House is Sunday May 5<sup>th</sup> from 2-4pm and the pool opens Saturday May 25<sup>th</sup>. Inside this year's Avalon Angle, you will find all the information you need to ensure that you can take advantage of all that Avalon has offer.

For those of you that have been to the facility this Spring, you certainly have noticed the substantial progress we have made on the new Tennis Pavilion. The project is well underway, with framing of the structure largely completed. The finishing touches are ongoing and we expect the project to be complete later this month. The Board is super excited to have such an amazing upgrade to the tennis viewing area and we can't wait for the tennis community and broader membership to begin utilizing the Pavilion. The tennis committee is planning a Pavilion Grand Opening tournament on Saturday June 8; stayed tuned for more information.

The Board wants to recognize Barry George for his hard work, effort, and dedication to the Tennis Pavilion project, without which the project would not have made it off the ground. The Tennis Pavilion has been a long time in the making, with Barry and other members first hatching the concept many years back. After the Board greenlighted the project in 2023, Barry has put in countless hours and considerable effort to plan, manage, and construct the Pavilion. We know the broader membership joins the Board in extending our gratitude to Barry for all he has done. Thank you, Barry!!!

As evidenced by the size of the new Tennis Pavilion, it is safe to say our Tennis program has grown tremendously in recent years. From social events, to clinics, to competitive teams for juniors, adults, and seniors alike: we have something for everyone. The Spring tennis program is in full swing; all the details about our Tennis program offerings can be found inside.

The Board is very excited to welcome back Coach Tim Dolan as Head Swim Coach after taking a 1-year hiatus in 2023. Tim is back for his 18th season leading the Gators. Likewise, we are happy to welcome back Coach Martha Commander for her 18th season as Head Dive Coach. Avalon will again be offering swim lessons this summer for the kids who aren't quite yet ready for the teams. For the adults, morning lap swim will start in mid-June and run thru mid-August. More details about all the Aquatics teams and offerings can be found inside.

Additionally, inside you will find more important information about Gator Camp, Social Events, important dates, guest and nanny passes, and more. Lastly, don't forget to follow us on Instagram; we have hired a dedicated social media manager to manage our content and help keep our members informed about all that is happening at Avalon.

Cheers,  
The Avalon Board of Directors

## **Managers' Report**

I would like to take this opportunity to welcome all Avalon members and guests to the upcoming summer activity season. It is hard to imagine, but this is our 67<sup>th</sup> year of operation. Over these many years, Avalon's goal has always been to create an environment of rest and enjoyment for all members and their guests. The staff and I are looking forward to another safe, enjoyable summer of relaxation with family and friends. I always enjoy the pleasure of seeing the many familiar faces once again after the long winter months. I consider the greatest strength of Avalon is its family friendly environment. Each year new members are coupled with the "old timers" to create a unique and special atmosphere. Please make a point to introduce yourself to anyone you have not been acquainted with. I think you will find the relationships you can build at Avalon to be quite positive.

The Avalon family would like to extend a special welcome to head coach and ARA native, Tim Dolan who is returning after a year's hiatus. Joining Tim are his excellent returning assistant coaches Heath Allen and Sarah Ward. Our ARA tennis pro Monica Sgritta has taken our tennis activities to new heights with her outstanding coaching and program development. She has, over the last few years, led our tennis related activities with great enthusiasm and professionalism. She is committed to providing high levels of instruction for all ages and ability levels. Veteran Martha Commander will continue to serve as our very capable dive team head coach. Martha has positively represented Avalon's dive team as a participant and coach for many years. Helping Martha this year will be new assistant coaches Maggie Wallace, Grady Brookshier and Francis Fischi. Maggie, Grady and Francis are all outstanding, home-grown divers who will bring a great deal of fresh energy to our program. Once again, our very successful Gator Camp program will be up and running under the leadership of directors Page Brookshire and Michelle Gay. The ladies and their staff are delightful with children and are poised to once again lead this program. Gator Camp provides outstanding activities for children that incorporates swimming, tennis and other fun events. We also want to welcome back our very capable swim lesson/clinic instructor, Anne Van Lenten and her assistant Ashley Cryer. Both are excellent swim teachers with significant experience and a very good rapport with children of all ability levels and their parents.

While minor year-round maintenance is a continued priority, we do have some new developments of note related to facilities that took place in the off season. First, we repainted our clubhouse, pavilion and front gate. The beautiful colors were chosen by long time board member and home decor professional Emmy Woody. The uneven concrete decks under the diving boards were broken up and replaced. This will enable our diving boards to perform as they were intended. The swim team starting block anchors were refurbished so as to assure complete stability for our swimmers. Perhaps the most significant changes have come in our tennis facility. First, the roof on the Tennis office was replaced. Also, courts 4 and 5 are being repaired, resurfaced and repainted. Many new wind screens were installed as well. And, most significantly, the construction of our new covered tennis deck. This pavilion is visually impressive and offers a commanding view of courts 4 to 8.

This year, we are opening Memorial Day weekend (Saturday May 25 to Monday May 27) and the operating hours will be 11 am to 8 pm. Regular pre-season hours of operation of 12 pm to 7 pm will go into effect from Tuesday May 28 to Thursday May 30. Starting Friday May 31 through Sunday, August 18, the hours of operation will be 11 am to 9 pm. Please see our website for the operating hours associated with the remainder of the season through Labor Day.

We will continue our very popular Friday evening grilling starting June 7. On all Friday nights through August 16, we will be grilling hamburgers and hotdogs for sale for members and guests between the hours of 5:30 to 7:30 PM. Bring down your family and friends on Fridays to relax by the pool and enjoy a fresh grilled burger and/or hotdog.

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

- The speed limit on Avalon property is 5 mph at all times.
- 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.
- 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) or on Instagram

- Shutting down the pool area on the last day of the season is hard for some, but because many of our staff are now starting school long before Labor Day, 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.

My primary objective and greatest priority continues to be an ongoing commitment to facility safety. Members are expected to assist in this commitment as we enjoy the summer swim season. And while it is impossible to be all things to all people, my goal is to provide an environment at Avalon that, as much as possible, safely fulfills the many expectations of our diverse membership. Therefore, if any matter surfaces that needs management attention, please come to the office and notify us immediately.

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

Ronnie Cox  
General Manager ARA

## **Pool Hours & Important Pool Dates**

### **Pool Hours**

Opening Weekend (Sat 5/25 – Mon 5/27): 11am – 8pm

Pre-Season (Tue 5/28 – Thur 5/30): 12pm – 7pm

Regular Season (Fri 5/31 – Sun 8/18): 11am – 9pm

End of Season (Mon 8/19 – Mon 9/2): TBD

### **Important Pool Dates**

Sat May 25 – Opening Day

Thur June 6 – Home Dive Meet 1pm (upper pool closed)

Mon June 10 – Home Swim Meet 6pm (pools close early)

Thur June 13 – Home Dive Meet 1pm (upper pool closed)

Mon June 24 – Home Swim Meet 6pm (pools close early)

Mon July 8 – Home Swim Meet 6pm (pools close early)

Fri July 12 – Float Night 5pm

Tue July 9 – Home Dive Meet 1pm (upper pool closed)

Mon July 15 – Girls Dive Champs 9am (upper pool closed)

Thur July 25 – Middle School Social 6pm

Thur Aug 8 -Middle School Social 6pm

Tue July 16 – Boys Dive Champs 9am (upper pool closed)

Fri Aug 16 – Float Night 5pm

Mon Sep 2 – Closing Day

## **Avalon Tennis**

Avalon tennis is in full swing! We are excited to have our pros returning this year and they are looking forward to seeing everyone on the tennis courts. Our tennis programs run year-round.

Develop your game with Club Pro Monica Sgritta. We offer clinics and lessons designed for all levels. Never played? Rusty game? Ready to take your game to the next level? There's a clinic for you! Register today!

We are also offering two new weeklong junior camps for 7–17 year-olds: August 5-9 & Aug 12-16 from 9-11:30am.

Sign up for clinics and camps is available on the website: <https://www.avalonclub.org/tennisclinics/>

We'll be hosting Round Robin Socials throughout the season:

- Memorial Day
- 4th of July
- Labor Day
- Turkey Bowl

Avalon also plans to host the Autumn Cup again this year and we are working on other potential tournaments to be held at Avalon in 2024.

Court reservations for tennis and pickleball can be made on [reservemycourt.com](https://reservemycourt.com).

Avalon's code is ARA510.

Looking for a birthday, anniversary or special occasion gift, we offer tennis gift certificates. Tennis court keys (\$5) and ball machine keys (\$10 for the year) can be purchased in the Avalon or Tennis office, or by contacting Monica: [avalontennisdirector@gmail.com](mailto:avalontennisdirector@gmail.com)

The tennis restroom code is 512.

AVALON RECREATION ASSOCIATION  
PRESENTS

# TENNIS *TOURNAMENT*



***SAVE THE DATE!***

**06.08.2024**

MEN'S AND WOMEN'S BRACKETS  
COME CELEBRATE THE COMPLETION OF THE  
NEW TENNIS PAVILION!

EMAIL [CHRISGIACCHI@GMAIL.COM](mailto:CHRISGIACCHI@GMAIL.COM) WITH QUESTIONS

# **Swim Team**

## **Message from Head Coach Tim Dolan**

Hello again Gator families! This will be my third stint as head coach of the Avalon Gators and am thrilled to be joining back with the team. For those of you who don't know me, I have been coaching during the summers for Avalon and other clubs for almost 25 years. I also grew up and swam as an Avalon Gator back in the day. (I will not divulge how long ago that was.) I am currently a seventh-grade teacher at Hungary Creek Middle School and have been a teacher for 22 years for Henrico County Schools. I have two sons Tyler (18) and Christian (17). As a coach my focus will always be on your kid's growth as a swimmer and competitor this summer. Spirit and sportsmanship are also very important to me. I will work hard to make sure your swimmer(s) have a positive experience in these areas. I look forward to seeing everyone on May 16th at our first practice. Until then take care and Go Gators!!!

## **Assistant Coaches**

Heath Allen and Sarah Ward.

## **2024 Swim Team Practice Schedule**

### **Pre-Season May 19<sup>th</sup>- May 31<sup>st</sup>**

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 3<sup>rd</sup> (Monday)**

#### **Mornings:**

Monday, Wednesday-Friday

8 & Under 8:15-9:00 AM

9-10 Year Olds 9:00-10:00 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



**2024 Swim Meet Schedule**

Monday, June 3 @ Ridgetop

Monday, June 10 vs. Hermitage

Monday, June 17 @ Westwood

Monday, June 24 vs. Southampton

Monday, July 1 @ Kanawha

Monday, July 8 vs. Ginter Park

Wednesday, July 17 Champs @ CSAC (Collegiate School Aquatic Center)

Sunday, July 14 – Swim Team Banquet 6 PM

**New 8 & Under Swim Evaluations**

Saturday, May 11 @ NOVA Regency - 1 PM

## Dive Team

We are pleased to announce that Martha Commander will be returning as our Head Coach. Martha has been the Head Coach at Avalon for 18 years. We are excited to have Maggie Wallace as our assistant coach this year! Maggie joined the Avalon Dive Team when she was a mite diver and was on the team for many years. She returned last year as a senior diver! Many of you will recognize Maggie as one of Avalon's lifeguards! We are very fortunate to have these experienced and fun coaches as our leaders.

Please register your child for Dive Team on the [Avalon website](#). If you are unable to register on the Community Pass system or at the Open House you may register the first day your child attends practice. As always, parents will be asked to sign up for 2 "jobs." Some jobs involve helping at a meet for 2 hours and other jobs involve providing snacks, water, popsicles, donuts, etc. You can sign up for your 2 "jobs" on Community Pass when you register your child. Please contact Len Archer with any questions. [poohsnacks@aol.com]

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## Dive Team Practice Schedule

Dive practice begins on Tuesday, May 28<sup>th</sup>. Come to the practices that are most convenient for you. The practice schedule is set as follows:

### May 28th- May 31st

Monday-Friday – 4:15 to 5:00 or 5:00 to 5:45

### June 3 –July 10<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\*

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## Dive Meet Schedule

1<sup>st</sup> meet – Thursday, June 6th -1:00 at Avalon versus Three Chopt

2<sup>nd</sup> meet - Thursday, June 13th – 1:00 at Avalon versus Burkwood

3<sup>rd</sup> meet - Thursday, June 20th – 1:00 at Woodmont

4<sup>th</sup> meet - Thursday, June 27th– 1:00 at Bon Air

5<sup>th</sup> meet – Tuesday, July 9<sup>th</sup> -1:00 at Avalon versus Kanawha

Monday, July 15th – 9:00 –Girls Champs at Avalon

Tuesday, July 16th – 9:00 –Boys Champs at Avalon

Thursday, July 18<sup>th</sup> – 6:30 – Dive Team Dessert Banquet

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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 [poohsnacks@aol.com]

## Swim Lessons

\$50 Member / \$65 Non-Member per week (4 lessons). Classes must have a minimum of 3 participants.

Private lessons and adult private lessons upon request.

Contact: [ARASwimLessons@gmail.com](mailto:ARASwimLessons@gmail.com)

Please register on the [ARA website](#) through your Community Pass Account. Payment is due at time of registration.

### **About the Instructors:**

**Anne Van Lenten** has been involved in the swimming world since infancy. She grew up swimming for her local swim team, The Dahlgren Sharks, was a founding member of the RAYS USS swim team, a lifeguard, a Red Cross water safety instructor, and a JRAC swim coach. Currently, she is a second grade teacher in Hanover County Public Schools, a USS referee, starter, chief judge, and strokes and turns official, a NCAA and VHSL swim official, parent of a former W&L Collegiate swimmer, a former DSF high school/summer swimmer, and a current NOVA swimmer. Anne enjoys being a part of the Avalon swim family as the swim lesson coordinator and as a swim instructor.

**Ashley Cryer** has been a member of the Avalon Gators swim team since 2011, a member of the Tuckahoe Tiger Sharks, and the DSF high school swim team. She is a certified YMCA swim instructor and returning Avalon swim instructor. She is a graduate of DS Freeman High School and is a rising sophomore at The University of Virginia. Ashley has a passion for helping children learn water safety through having fun in the water.

Week 1	June 10th - June 13th
Week 2	June 17th - June 20th
Week 3	June 24th - June 27th
Week 4	July 1st - July 4th
Week 5	July 8th - July 11th
Week 6	July 15th - July 18th
Week 7	July 22nd - July 25th

\*Fridays will be inclement weather make-up days.\*

<p style="text-align: center;"><b>Level 1</b> 9:00 -9:30 Mon. - Thurs. ages 3 -5</p>	<p style="text-align: center;"><b>Level 2</b> 9:30 - 10:00 Mon.- Thurs. ages 4 -8</p>	<p style="text-align: center;"><b>Level 3</b> 10:00 - 10:40 Mon.-Thurs. ages 6 -10</p>
<p>This level is for swimmers who have never had lessons or are not comfortable doing the skills listed below.</p> <p>Skills taught:</p> <ul style="list-style-type: none"> <li>● Get face/eyes wet unassisted</li> <li>● Blows bubbles</li> <li>● Submerses head completely under water</li> <li>● Comfortably floats on back with or without instructor's help</li> <li>● Kicks on kickboard, but with help</li> <li>● Kicks on back, but with help</li> <li>● Jumps from the side to the instructor</li> <li>● ½ length of pool-proper freestyle kicking on a kick board without an instructor</li> <li>● ½ length of pool-proper backstroke kick with arms at side without an instructor</li> <li>● Streamline to and from the wall unassisted</li> <li>● Retrieves object 3 feet underwater</li> </ul>	<p>This level is for swimmers who are comfortable in the water.</p> <p>Skills taught:</p> <ul style="list-style-type: none"> <li>● ½ lap rifle drill backstroke with a single arm</li> <li>● ½ lap rifle drill backstroke with both arms, every 6 kicks</li> <li>● ½ lap kicking on side while holding kickboard; rolling face in, blowing bubbles (left and right)</li> <li>● ½ lap kicking on side while supported by coach rolling face in, blowing bubbles</li> <li>● ½ lap each kicking on left and right side with an extended arm (freestyle breathing position) unassisted</li> <li>● ½ lap single arm catch up freestyle (rotary breathing) unassisted</li> <li>● Intro to diving</li> </ul>	<p>This level is for swimmers who have mastered Level 1 &amp; 2 skills and can serve as a bridge to pre-team or swim team.</p> <p>Skills taught:</p> <ul style="list-style-type: none"> <li>● Demonstrated mastery of all Level 2 skills; progress to 25 yards</li> <li>● Diving, flips in water/flip turns</li> <li>● 25 yards legal breaststroke kick with kickboard</li> <li>● 25 yards legal breaststroke kick with arms (1 kicks/1 pull with glide)</li> <li>● 25 yards legal breaststroke (1 kick/1 pull with glide)</li> <li>● 25 yards legal butterfly kick with board</li> <li>● 25 yards legal butterfly with one arm pull/2 kicks</li> </ul>

## **Avalon Adult Morning Swim**

Avalon will again offer adult morning swim this summer! Adult morning swim offers members aged 18 and over the opportunity to use the pool for lap swim in the mornings before the pool opens for regular activities. This is an unstructured, open swim time. Lane lines will be in place and lifeguards are on duty.

### **The Details**

- Dates: June 10<sup>th</sup> thru August 16<sup>th</sup>
- Days: every Monday, Wednesday, and Friday
- Time: 6:15am to 8:15am
- Cost: \$45 individual, \$65 couple
- Who: Avalon members aged 18 and older only

Please register on the [ARA website](#) through your Community Pass Account. Payment is due at time of registration.

# **Gator Camp**

## **GATOR CAMP 2024: SCHOOL'S OUT! CAMP'S IN!**

We are so excited about Gator Camp 2024! Gator camp is a week-long camp for children ages 5-10. Camp activities include swimming, tennis instruction with Avalon coaches, games, arts & crafts, and most of all, FUN!

Camp runs from 9am-1pm, Monday through Friday, rain, or shine. Campers will need a bathing suit, towel, goggles, sunscreen, tennis racket (not required), bag lunch, snack, and water bottle.

### **Schedule for 2024:**

Week 1: June 10-June 14

Week 2: June 17-June 21

Week 3: June 24-June 28

Week 4: July 1-July 5 (includes a special celebration on July 4th!)

Week 5: July 8-July 12

Week 6: July 15-July 19

Week 7: July 22-July 26

The cost for members is \$200 per week per child. The cost for non-members is \$220 per week per child. There is a \$10 sibling discount for the same week.

Daily member drop-in fee is \$55/day with advance registration. Daily non-member drop in fee is \$65/day with advance registration. Drop in availability is determined by weather and occupancy numbers.

There is currently a wait list for every week of Gator Camp, but we often pull from the waitlist as campers make other plans. Please visit the [Gator Camp registration page on Community Pass](#) if you would like to be added to the waitlist!

Full payment is due May 15. Credit card payments are accepted in Community Pass.

Please look for camp pictures on our AVALON social media pages this summer:

<https://www.facebook.com/AvalonClub.org/>

<https://www.instagram.com/avalonclubrichmond/>

Questions: Contact the directors, Page Brookshier and Michelle Gay at [AvalonGatorCamp@gmail.com](mailto:AvalonGatorCamp@gmail.com)

Thank you for your continued support of Gator Camp! We can't wait to see you at Avalon, where SCHOOL'S OUT! CAMP'S IN!

## Social Calendar



# SUMMER EVENTS

## MAY

- 5 - OPEN HOUSE @ 2PM - 4PM
- 17- ADULT SOCIAL @ 6:30PM \$
- 27 - MEMORIAL DAY COOKOUT @ 12PM
- 31 - LAST DAY OF SCHOOL PIZZA PARTY @ 4PM \$



## JUNE

- 14 - FOOD TRUCK FRIDAY @ 5PM - 8PM
- 16 - FATHER'S DAY FUN @ 12PM
- 27 - LADIES' NIGHT @ 7PM \$
- 30 - FOOD TRUCK SUNDAY @ 12PM - 3PM



## JULY

- 4 - FOURTH OF JULY COOKOUT @ 11AM
- 12 - FLOAT NIGHT & FOOD TRUCK FRIDAY @ 5PM - 8PM
- 25 - MIDDLE SCHOOL SOCIAL @ 6PM \$
- 28 - FOOD TRUCK SUNDAY @ 12PM - 3PM

## AUGUST

- 8 - ELEMENTARY SCHOOL SOCIAL @ 5PM \$
- 16 - FLOAT NIGHT & FOOD TRUCK FRIDAY @ 5PM - 8PM
- 22 - MEN'S SAUSAGE FEST @ 7PM \$
- 25 - FOOD TRUCK SUNDAY @ 12PM - 3PM



## SEPTEMBER

- 2 - LABOR DAY FUN @ 2PM
- 20 - FALL FIELD PARTY @ 6PM \$



## **Other Info**

### **Social Media**

Don't forget to follow our Instagram pages. AvalonClubRichmond is our main page and Avalon.Gators is our dedicated Swim & Dive Team page.

Please welcome Kat Dabney as the new Avalon social media manager. Kat is finishing her freshman year at James Madison University, majoring in Sports and Recreation Management. She has experience in photography, videography, and graphic design. When not busy with school or work, Kat enjoys playing pickleball, improving her photography skills, and spending quality time with friends and family. Fun Fact - Kat is an Avalon "boomerang", having worked on the staff in 2022. Please welcome her back to Avalon with a social shoutout!

### **Nanny Passes**

Nanny passes can be purchased via Community Pass for \$30.

### **Pool Guest Fee**

Avalon charges a \$5 per person guest fee for pool use. Guests must be accompanied by an Avalon member. Guest fees are payable at the front gate.

### **Tennis Guest Fee**

Avalon charges a \$5 per person tennis guest fee. Guests must be accompanied by an Avalon member. Guest fees payments can be made via Venmo to @avalon-tennis