

# FHE Swimming 2025-26 Season — Information Highlights



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



## Team Goals:

Develop athletic excellence in swimming

Build Godly character

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	<a href="mailto:rwaters4@triad.rr.com">rwaters4@triad.rr.com</a>
Head Coach:	David "DJ" Jones	<a href="mailto:coachdj70@gmail.com">coachdj70@gmail.com</a>
Team Manager:	Kathy Sanger	<a href="mailto:kathy@sangerfamily.com">kathy@sangerfamily.com</a>

## Minimum Qualification for Tryouts

Swimmers must be able to swim 50 meters without interruption in all four competitive strokes (Free/Back/Breast/Fly)

## Team Tryouts—October 20<sup>th</sup> through 23<sup>rd</sup> (See preferred dates below)

**FHE Sports registered athletes ONLY (non-registered swimmers will not be admitted)**

**Sherwood Pool, 1199 Fenimore St., Winston-Salem (use 1130 Fenimore St. for GPS; park inside facility gate)**

- All families must be members of FHE for the 2025-26 school year
- All swimmers must be registered as a 2025-26 FHE Sports athlete
- Please attend, if possible, the following \*preferred\* dates for evaluation and time trials:
  - **Mon & Tues 10/20 & 10/21** from 1:30 to 3:00 Returning MS & HS Girls AND ALL NEW Swimmers
  - **Wed & Thurs 10/22 & 10/23** from 1:30 to 3:00 Returning MS & HS Boys
- All Swimmers must swim a minimum of TWO tryout sessions prior to being considered for team roster
- If an athlete is participating in an ongoing Fall season sport, you will need prior permission from that coach
- If swimmer is unable to attend two tryout sessions this week, email Head Coach and Team Manager to schedule

## Rostered Swimmers & Parent(s)—Mandatory Team Meeting

**Monday, October 27, 7:30–8:30 PM, Emmanuel Church, 407 Petree Rd, Winston-Salem**

- **New to FHE Swimming?** Please bring a CERTIFIED copy of the swimmer's birth certificate for records verification
- Orders will be taken for (1) FHE Swimming team shirts (need size for swimmers; optional purchase for family members), (2) team swim caps (\$), and (3) and other equipment (\$)
- Fundraising materials will be distributed—to run concurrently in November; your choice of one or more

**FHE Swimming Season (for Rostered Swimmers ONLY): October 27, 2025–February 6, 2026**

**Mondays through Thursdays at 1:30-3:00 PM; Fridays TBD**

**\*\*Swimmers must be on deck and ready by 1:30; Pick-up is promptly at 3:00\*\***

**NO practices on Thurs & Fri, 11/27 & 11/28 (Thanksgiving) and Wed–Fri, 12/24–12/26 (Christmas)**

**Optional practices during the week of 12/29—BEAST WEEK Mode (Details TBA)**

- **Middle & High School swimmers** (11yo as of 10/27/2025; Grades 5–12) are expected to practice FOUR days per week (substitutions may include independent swim and/or dry land workouts as provided by Head Coach)
- **Club swimmers** may count their Club practices toward the required days, while maintaining at least ONE day per week with FHE for team camaraderie
- Contact Head Coach and Team Manager regarding conflicts with school schedule to discuss possible alternatives
- Please understand that not all schedules can be accommodated

**Team Fundraising: All proceeds will benefit all athletes equally, per IRS regulations**

- Actual team costs are approx. \$425/athlete—coach’s fee, practice water, meet entries, home meet officials, etc.
- In order to make FHE Swimming affordable for all families, we offer multiple fundraising opportunities
- **Every family** is encouraged to fundraise at least \$125 (product & sponsor sales, service, and cash donations)
- **Save the Date:** Moe’s Southwest dinner on Thursday, 10/30— Invite friends & family; Shift sign-ups coming

**Estimated Final Costs per Athlete (based on 2024-25 expenses and anticipated fundraising proceeds)**

- \$320** F/T FHE Swim—four days per week  
~OR~
- \$200** Club w/one practice day at FHE (add \$40 for each additional practice day)  
~PLUS~
- \$50** discount per sibling

- Includes 2025-26 FHE Swimming team T-shirt
- Roster fees are payable upon billing in two installments—at/near time of rostering and approx. 45–60 days later
- If a Club swimmer has a change of status, it must be reported within 72 hours; pro-rated billing will occur

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

- 2 Team Swim Caps—team order will be organized at our Rostered Swimmers meeting
- 1 Competition Suit—current season team suit (TBA) or approved tech suit
- 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 Manager for best pricing
- Finis Paddles—these are sized according to hand
- Pool Buoy and Kickboard
- Recommended (optional): mesh equipment bag; swim parka

**Confirmed Meets (additional meets may be added to schedule)**

- All Meets are HS format unless otherwise noted
- All swimmers are expected to participate in every meet for which they are eligible

<u>Day</u>	<u>Date</u>	<u>Meet Host</u>	<u>Eligibility</u>	<u>Location</u>
Fri	11/21/25	Forsyth Country Day School	Gr. 7–12; Exhibition for Gr. 5 & 6	Jerry Long YMCA
Fri	12/05/25	Davidson Day	TBA	HFFA, Huntersville
Wed	12/10/25	Cornerstone MS & HS	All swimmers	GAC
Wed	12/17/25	Robert Sawyer Invitational	Grades 9–12 only	GAC
Wed	01/07/26	Cornerstone (MS)	Grades 6–8 only	GAC
Tues	01/13/26	Cornerstone (HS)	Grades 9-12 only	GAC
Wed	01/28/26	FHE	All swimmers	Kernersville YMCA
Fri	02/06/26	NCHEAC Championships	12yo+ on 2/6/26; coach’s invitation	MAC, Charlotte

**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. Therefore, each family is asked to volunteer at a minimum of THREE meets.

**Other Team Roles Needed/Desired—Please email Team Manager if you are interested in serving**

- Team Statistician—working with Matt Bocan
- Social Media Coordinator
- Social Events Host/Assistance—working with Melinda Eddins
- End-of-Season Banquet Coordinator (late February/early March)

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