



2024 Fridge Flyer

Coaches: Justin Reed - Head Coach

Team Director: Paula Snow – 804-239-5666 pwcsnow@yahoo.com

Parent Representative: Justin Reed – 804-339-4465 Reedjw2@alumni.vcu.edu

Treasurer: Natasha Byrd – 804-868-0805 Maddbyrd13@icloud.com

Communication: Katie Benton – 804-350-4718 cnbenton1979@gmail.com

Practice Times –

May 28th - June 4rd (Mon-Fri) 5:30pm-6pm (Stingray PUPS1)
6pm -7pm (Novice-Intermediate)
7pm-7:30pm (Stingray PUPS2)

June 5th- July 19th

Morning Session: (Mon-Fri) 8:30am-9am (Stingray PUPS1)
9am-10am (Novice-Intermediate)
10am-10:30am (Stingray PUPS2)

Evening Session: (Mon-Thr) 5:30pm-6pm (Stingray PUPS1)
6pm -7pm (Main)
7pm-7:30pm (Stingray PUPS2)

2024 Meet Schedule

Tuesday June 11th – TBD TBD

Tuesday June 18th – TBD TBD

Tuesday June 25th – TBD TBD

Tuesday July 2nd – TBD TBD

Tuesday July 9th – TBD TBD

Tuesday July 15th – TBD TBD

Awards Night – TBD

CHAMPS – 10U 22 JULY CHAMPS - 11-18 year olds 23 JULY
CSAC/SwimRVA

Please join our Facebook Page so we can keep you updated **Beulah Swim and Tennis**

For League Information please go to: <https://www.teamunify.com/team/swimcal/page/home>