

## 2025-26 ABLY Family Work Requirements Snapshot

**Families are expected to meet a certain amount of work credits AND work required meets. Failure to meet both criteria will subject your family to our Family Work Fee.**

### WORK CREDITS REQUIRED:

Single athlete families - 10 work credits

Multi-athlete families 13 work credits

### **REQUIRED MEETS BY GROUP:**

<b>SINGLE ATHLETE FAMILIES</b> (3 required sessions)	<b>RED GROUP</b> Cudas, Cuda2, Bronze Campbell County 10 & under swimmer	One (1) session Larry Lyons One (1) session Winter Cuda One (1) session Y Champs
	<b>BLUE GROUP</b> Silver, PreSR, Senior 1 & 2, Campbell County 11 & up swimmer	One (1) session Larry Lyons Two (2) sessions Y Champs

<b>MULTI - ATHLETE FAMILIES</b> (4 required sessions)  <b>Exception: Families with ONLY high school swimmers are NOT responsible for additional spots at LL or Champs.</b>	<b>RED GROUP</b> Two or more Cudas, Cuda2, Bronze, Campbell County 10 & under swimmers	One (1) session Larry Lyons One (1) session Winter Cuda One (1) session Y Champs  *One additional spot at Larry Lyons or Winter Cuda
	<b>BLUE GROUP</b> Two or more Silver, PreSR, Senior 1 & 2, Campbell County 11 & up swimmers	One (1) session Larry Lyons Two (2) sessions Y Champs  *One additional spot at Larry Lyons or Champs
	Swimmers in <b>RED</b> and <b>BLUE</b> groups	One (1) session Larry Lyons One (1) session Winter Cuda One (2) session Y Champs

**Required meets: 1 session = 3 credits**

**Away meets: 1 session = 1 credit**

**Team support roles: 1 credit**

- Families with unmet requirements are choosing to donate \$50 per credit for their absence. This donation will be added to Team Unify accounts at the end of the short course season (April 1).
- For a more detailed look at our new volunteer policy, please refer to the policy on our website.  
[Click Here for Work Policy Document](#)