

April 20, 2010

Dear HMSTC Swim Team Member or Member-To-Be:

Swim team season begins soon! We will be competing in Division 9 which should be very competitive for us. We are delighted that Ken DiCesare will be returning as our head coach. Ken will be assisted by Lauren Crow and Lea Mazzocoli as our assistant coaches. Ken, Lauren and Lea will also be assisted by swimmer-coaches, Sarah Prowitt, Lydia Perkins, and Kristine Stout, who will be working with our younger swimmers. The developmental coaches will also be helping out at the B meets. Their collective experience and enthusiasm promise to make for a great season!

In this packet is the registration form, medical release form, and volunteer availability forms. Please fill out the forms and return them at the Swim Team Registration Night on April 25 or to Kathleen McNutt by the same date. The Swim Team Registration Night is something new we are trying this year. We have reserved a room at Mt. Vernon Rec Center for sign-ups and swim suit try-on/purchase. (There will be an additional swim suit try-on/purchase on June 12 during our Blue/White Meet.)

We will communicate primarily by email this summer – so be sure to provide an email address that you check often. There will be a mailbox at the guard desk at the pool, but our main means of communication will be via email.

**Please note: Our first practice is on Wednesday, June 2nd. Times have changed for after school practice. 11-18 year olds – 4:00-5:00pm, 10 and unders – 5:00-6:00pm, and make-up practice will be from 6:00-6:30pm. Remember to pick your children up promptly from practice so we won't be in violation of the 6:00pm rule (no children under 16 allowed at pool without parent after 6:00pm).**

Division 9 Relay Carnival will be at Hollin Meadows on Wednesday, July 14. This is a big meet and will require a lot of planning and volunteers. As many of you know, each home swim meet requires the help of 22-25 parents. Please help us and your swimmer by signing up for the swim team jobs and attending a clinic to become certified as an NVSL official. We are always in need of people to serve as referees, stroke and turn judges, starters, clerks of course, table workers, and the all-important concessions stand workers! We will always try to schedule you to work at meets where your children are swimming. However, occasionally we may have to ask that someone work at a meet or send in concession stand items even though their swimmer is not scheduled to swim.

Also, please remember that swim meet selections (swimmer entries) are based on times only!

We have some great things planned for this season including Pasta Potluck dinners on Friday nights before a couple of home meets and the wonderful age group parties.

Please note that we've kept registration fees at the same level for this season. Any volunteer contributions will be greatly appreciated. If you have any questions, please don't hesitate to ask any of our committee members. We'll see you at the Registration Night on April 25 at Mt. Vernon Rec Center at 5:00-6:00pm!

Susan Crow, HMSTC Board, Swim Team Chair  
(703) 765-8356  
susancrow2@verizon.net

Your swim team committee is:

HMSTC Board, Swim Team Chair – Susan Crow, Team Rep – Kathleen McNutt,  
Assistant Team Rep – Diane Hohman, Treasurer - De Elliott, Social and Activities Chairs – Giovanna Perkins

# Hollin Meadows Barracuda Swim Team Registration Form

Names – Adult 1: \_\_\_\_\_ Adult 2: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Cell phone \_\_\_\_\_ Email \_\_\_\_\_

Alt. e-mail \_\_\_\_\_

**Swimmer #1** \_\_\_\_\_ Birthdate \_\_\_\_\_ M  F  (50.00) \$ \_\_\_\_\_

**Swimmer #2** \_\_\_\_\_ Birthdate \_\_\_\_\_ M  F  (40.00) \_\_\_\_\_

**Swimmer #3** \_\_\_\_\_ Birthdate \_\_\_\_\_ M  F  (30.00) \_\_\_\_\_

**Swimmer #4** \_\_\_\_\_ Birthdate \_\_\_\_\_ M  F  (20.00) \_\_\_\_\_

**Voluntary Contribution** - To help offset team costs \_\_\_\_\_

\_\_\_\_\_ **TOTAL DUE** \$ \_\_\_\_\_

Please return this form and a check for the total due made payable to **HMSTC SWIM TEAM** by April 25 to:

Kathleen McNutt at the Mt. Vernon Rec Center from 5-6pm or by mail to:  
5914 Benfield Dr.  
Alexandria, VA 22310

If you have any questions, please call (703) 317-2190

# MEET AVAILABILITY

FAMILY NAME: \_\_\_\_\_

Please write in the names of the parents and swimmers in your family for each column.

Please mark the grid **ONLY** for meets when you are **UNAVAILABLE**. Mark with an X.

**NOTE:** If your swimmer's availability changes, please let Kathleen McNutt know at [kath.mcnutt@verizon.net](mailto:kath.mcnutt@verizon.net).

	Parent 1	Parent 2	Swimmer	Swimmer	Swimmer	Swimmer
<b>MEET</b>						
<b>June 12</b> , Sat Blue/White (time trials) Meet at home						
<b>June 19</b> , Sat Time Trials at Mt. Vernon Park						
<b>June 26</b> , Sat "A" Meet at Arlington Forest						
<b>June 28</b> , Mon "B" Meet at Mansion House						
<b>June 30</b> , Wed Ft. Hunt Sportsmans Relays						
<b>July 3</b> , Sat "A" Meet at Home v Poplar Heights						
<b>July 5</b> , Mon "B" Meet at LHP						
<b>July 10</b> , "A" Meet at Kent Gardens						
<b>July 12</b> , Mon "B" Meet at Riverside Gardens						
<b>July 14</b> , Wed Division Relay Carnival at Home						
<b>July 17</b> , Sat "A" Meet at Forest Hollow						
<b>July 19</b> , Mon "B" Meet v Stratford at Home						
<b>July 24</b> , Sat "A" Meet at Home vs Fairfax Club Estates						
<b>July 26</b> , Mon IM Invitational Meet						
<b>July 31</b> , Sat Divisionals at Forest Hollow						

# Authorization for Emergency Medical Treatment

I am the parent/guardian of \_\_\_\_\_

Subject to the conditions set forth below, I consent for my child to receive such medical treatment and/or surgical procedures as are deemed necessary in the event of an emergency and to assume liability for any medical expenses involved. This authorization extends to my child's participation in any activity sponsored by or involved with the Northern Virginia Swim League (NVSL) or the Hollin Meadows Swim Team. Should a medical emergency arise during my child's participation in an NVSL or Hollin Meadows Swim Team activity, I understand that reasonable efforts will be made to contact me or my designated alternate at the phone numbers below. If it is believed that my child's life or health may be adversely affected by the delay that an attempt to contact me or my designated alternate would cause, I consent to:

- (i) the administration of medical and/or surgical procedures deemed necessary by the medical doctor and/or medical facility identified or chosen by the NVSL or Hollin Meadows Swim Team adult leader or coach; and
- (ii) the immediate administration of life-sustaining measures deemed necessary under the circumstances.

## **Health Information:**

Allergies: \_\_\_\_\_ Current Medications: \_\_\_\_\_

Date of last Tetanus shot: \_\_\_\_\_ Physical Impairment: \_\_\_\_\_

Other health alerts: \_\_\_\_\_

Insurance Company: \_\_\_\_\_ Policy No: \_\_\_\_\_

Policy Holder: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Mother's Name \_\_\_\_\_

Work Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Address \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Preferred Physician/Medical Facility: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

# What We Need to Run a Meet!

Adult 1 (A1): \_\_\_\_\_

Adult 2 (A2): \_\_\_\_\_

E-Mail: \_\_\_\_\_ Alt. e-mail: \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Please mark A1 or A2 for all jobs that you are interested in as a volunteer in an official capacity:

**Referee** \_\_\_\_\_ **Starter** \_\_\_\_\_ **Stroke & Turn Judge** \_\_\_\_\_ **Chief Timer** \_\_\_\_\_

**Chief Table Recorder** \_\_\_\_\_ **Announcer** \_\_\_\_\_ **Clerk of Course** \_\_\_\_\_

Have you had training for the above positions within the past two years? Yes No

NVSL Training is required for the jobs above. Clinic dates are listed on the enclosed schedule. Complete descriptions of these jobs is provided in the New Parent Handbook. If you would like a copy please email Susan Crow at [susancrow2@verizon.net](mailto:susancrow2@verizon.net).

On-the-job training is provided for the following posts; please mark A1 or A2 for any you are willing to do!

**Assistant Clerk of Course** \_\_\_\_\_ **Timer (need 10 per meet)** \_\_\_\_\_ **Marshall** \_\_\_\_\_

**Scorer** \_\_\_\_\_ **Ribbon Writer** \_\_\_\_\_ **Concession Stand Salesperson** \_\_\_\_\_

**Team Area Parent** \_\_\_\_\_ **Photo Day Coordinator** \_\_\_\_\_

Please Note:

Everyone will also be asked to contribute food items for the concession stand (fruit/ veggie trays or brownie/ rice krispie treats) during the season. Concession stand sales are an important part of the swim team: profits are used to purchase items for the Family Breakfast/Swimmer Recognition Awards and to buy trophies for Awards night.

# BARRACUDA SCHEDULE SUMMER 2010

- April 25 Sign-ups and Swimsuit Try-on, Mt. Vernon Rec Center, 5:00-6:00pm (**NEW!**)
- June 2 Afternoon practices begin  
4:00-5:00pm 11 & Overs  
5:00-6:00pm 10 & Unders  
6:00-6:30pm Make-up practice
- June 3-4 Try-outs for new swimmers, 6:00pm or by arrangement
- June 5 NVSL University (Clinics for starters, referees, table workers, and concessions)
- June 11 **Deadline for Registrations for Swim Team**
- June 11 Family Potluck Pasta Dinner and Evening Pep Rally - 6:00pm
- June 12 Blue/White Meet at Home and Swim Suit Try-on, 9:45am
- June 19 Time Trials at Mt. Vernon Park
- June 26 A meet at Arlington Forest
- June 28 Morning practices begin (unless school is still in session)  
Mon-Thurs: 9:00-9:45am 8-unders  
9:30-10:30am 9-12 year olds  
10:30-11:30am 13 & Over  
Fridays: All ages - 9:30-11:30am  
Evening make-up practices: M-Th 5:00-6:00 if no meet
- June 28 B meet at Mansion House
- June 30 Ft. Hunt Sportsman's Relays (location TBD)
- July 1 Laser Tag
- July 3 A meet at home vs. Poplar Heights
- July 5 B meet at Little Hunting Park
- July 8 Age Group Parties
- July 10 A meet at Kent Gardens
- July 12 B meet at Riverside Gardens
- July 14 **Divisional Relay Carnival at Hollin Meadows**
- July 15 Team Trip to Cameron Run (4:00pm) and Fuddruckers (7:00pm)
- July 17 A meet at Forest Hollow
- July 19 B meet vs. Stratford at Hollin Meadows
- July 21 All Star Relay Carnival at Hayfield Farm
- July 23 Family Potluck Pasta Dinner and Evening Pep Rally - 6:00pm
- July 24 A meet at home vs. Fairfax Club Estates
- July 26 IM Invitational at Little Hunting Park
- July 30 Team Recognition and Family Breakfast
- July 31 Divisional Individual Championships at Forest Hollow  
Team Awards Night, Family Relays, Dinner and Slide Show
- Aug 7 Individual All Stars at Broyhill Crest

**PLEASE NOTE: Practice times  
have changed. See here**

**GO BARRACUDAS!**

# Barracudas Swim Caps

## **NEW - ORDER CUSTOMIZED (with family name) CAPS BY MAY 1!**

Why?

Did you get tired of not being able to find your child's HM cap after a meet or practice last year? I had a lot of repeat customers!

This year you have your choice to order the HM cap with your family name printed on them or to buy the standard HM cap.

Standard HM silicone cap – is \$10.00. You can buy anytime throughout the season. You do not have to order it. I will have a supply all summer.

Customized HM silicone caps with family name are \$12.00 each and must be ordered by May 1. You must order a minimum of 2 per name.

2 caps with name - 24.00 (\$12.00/cap)

3 caps with name – 36.00

4 caps with name – 48.00

ETC.....

**(Standard HM caps do not need to be ordered).**

I would like to order \_\_\_\_\_ customized caps at \$12.00 per cap.

Minimum of 2 caps must be ordered with the same name.

Family Name: \_\_\_\_\_

Please make check payable to “HMSTC Swim Team” and mail or give to:

Diane Hohman  
7615 Range Road  
Alexandria, VA 22306

If you have any questions – please contact Diane at [dihohman@aol.com](mailto:dihohman@aol.com)  
or 703-660-8938

**Check and order form must arrive by May 1.**