

Fremont Hills

Country Club

Aquatics

2019 Swim Team Meet and Event Schedule

2019 Summer Barracuda Practice Schedule

May 6 - June 2 Monday - Friday	June 3 - July 19 Monday - Thursday	June 3 - July 19 Saturdays Only
8 & under 4:30 pm - 5 pm	8 & under 4:30 pm - 5 pm	8 & under 11:15 am - 12 pm
9 - 10's 5 pm - 5:45 pm	9 - 10's 5 pm - 5:45 pm	9 - 10's 10:30 am - 11:15 am
11 & up 4 pm - 5 pm	11 & up 4 pm - 5 pm	11 & up 10:30 am - 11:30 am

2019 Swim Meet Schedule

Saturday, June 8	Practice Meet @ FHCC	10:30 am- Noon
Wednesday, June 12	Away @SCRA	3:45 pm - end
Tuesday, June 18	Home V. Ladera	3:45 pm - end
Wednesday, June 26	Away @ University Club	3:45 pm - end
Saturday, June 29	Relay Meet @TBA	8 am - Noon
Wednesday, July 10	Away @ Alpine	3:45 pm - end
Wednesday, July 17	Home V Foothills	3:45 pm - end
Saturday, July 20	Summer League CHAMPIONSHIPS @ Palo Alto High School	7:30 am - end
• Times may vary slightly		

2019 Social Events & Other Important Dates

Thursday, May 2	Team Kick-Off Party	5:30 pm - 7 pm
Monday, May 6	First Day of Practice	4 pm - 5:45 pm
Saturday, June 8	Practice Meet / Ice Cream Social	3:45 pm - 6:30 pm
Wednesday, June 18	Team Picture	3:45 pm - 4pm
Friday, June 28	Carnival & Psych Night	4 pm - 6 pm
Friday, July 19	Pasta Feed	4 pm - 6 pm
Sunday, July 21	Team Awards Dinner @ FHCC	5 pm - 7 pm

Suit Sizing- We will be purchasing our suits directly from Swim and Tri this year to ensure that each family can order and receive their suits directly.

http://www.swimandtri.com/Scripts/TeamView_FremontHillsBarracudas.aspx

Our Team Code is FHB

Sizing Suits will be available in the Swim Office starting in Mid-May.

We will have many super fun events scheduled during practice times where swimmers can earn additional prizes, participate in scavenger hunts, dive for fish and many other awesome happenings to keep practices fun and engaging for our Barracudas!

2019 Fremont Hills Country Club Barracudas

Our Team

The FHCC Barracuda Summer Swim Team is a member of the Peninsula Swim Association (PSA) summer swim league. Our team is open to all FHCC member swimmers ages 5-18 who are able to demonstrate fundamental swim skills. Throughout the season we will promote good sportsmanship, enjoyment of swimming, technique, and having fun.

Our Coaching Philosophy

The concept of TEAM is the basis of our team's strong foundation. We set high expectations for ourselves, as coaches, and our swimmers, in terms of sportsmanship and team building. The coaches are committed to building well-rounded individuals through team spirit and establishing a solid foundation of friendship and trust. We ask every swimmer to make a commitment to the team, always try their best, and to give it their all while having fun in the process.

Skill Requirement

For the safety and development of our swimmers, we do require swimmers to demonstrate a minimum proficiency to join the Barracuda team. Swimmers must be between the ages 5-18 and must be able to swim 25 of yards non-stop, unassisted freestyle and backstroke. We will offer lessons, mini 'cudas and other programs aimed to help our youngest swimmers get a solid swimming foundation.

Practice Guidelines and Parents on the Pool Deck

Swimmers must be at practice in order to improve. We do not require practices, but we strongly encourage swimmers to come as often as possible. Swimmers need to be ready to swim at the start time of their practice with cap, goggles and sunscreen on and ready to go! Swim caps are required for swimmers whose hair enters their eyes. During practice, swimmers are expected to listen and be attentive. Any swimmer or parent disrupting practice may be asked to sit out or leave.

Parents

We ask parents to please not interrupt or talk with coaches or swimmers during practice. Please address the coaches before or after practice or make arrangements to discuss any issues with the coaches via e-mail and/or in person. **Please direct questions or concerns to the Aquatics Director at aquatics@fremonthills.com.**

Parents should refrain from talking with, coaching, praising or reprimanding their children during practice. Coaches are well versed in the areas of critique and correction and will do so in a nurturing manner.

Attitude and Sportsmanship

We are a TEAM! As a member of the team, every swimmer will be expected to be positive and supportive both on and off the deck. Swimmers are expected to stay until the end of meets and cheer for their teammates.

Swim Meet Guidelines

We have five scheduled dual meets, a relay meet, and a championship meet during the summer season. FHCC Swimmers need to be on site no later than 3:45pm for dual meets so that swimmers and parents can check in with FHCC representatives for events and volunteer positions. Coaches will send out information for both the Relay Meet and Championship Meet.

Information will be distributed via email and posted to our Barracuda website: <https://www.teamunify.com/recpnfhccbca>

All swimmers must register online to participate in dual meets at least 24 hours prior to the meet.

Coaches will decide what events the kids swim in each meet based on previous events swum and team strategy. It is the responsibility of the swimmer to know what they are swimming and be at the starting blocks on time.

Team Communication

Much of the parent and team communication will be done via e-mail. This includes meet information and directions, parent volunteer schedules, info about social events, etc.

2019 Team Volunteer Coordinator: Tami Nguyen (tami.nguyen@gmail.com)

2019 Champs Meet Coordinator: Kristina Detter (kvdetter@gmail.com)

2019 Social Chair: Leyla Benson (leylabenson@gmail.com)

Please contact the Aquatics Director for any and all swim team related questions, comments and concerns at 650-948-8261 ext. 212 and/or aquatics@fremonthills.com.

Thank you and let's have an AMAZING 2019 Season! -The Coaches!

2019 Barracuda Summer Swim Team Registration Form

- Swimmers must be between the ages 5-18 and all swimmers must be able to swim 25 yards non-stop unassisted of both freestyle and backstroke.
- All swimmers must have a completed registration form on file prior to swimming on the team.

Priority Registration

FHCC Member Only: March 1 – April 19, 2018

Non-Members: April 19 – May 6 (as needed per team availability)

Fees

FHCC Member: \$325 for one swimmer, \$305 for each additional swimmer.

Non-Member: \$695 per swimmer

Fees include 5 weekly practices, 7 meets, a T-Shirt (for each swimmer), Barracudas swim cap, and a trophy.



Swimmer(s) Name (include Middle Initial)	Age on June 1 st	Male/Female	Date of Birth	Fee

**Cancellations made prior to May 17th, 2019 are subject to a \$50 administration fee per swimmer. Cancellations made after May 17th, 2019 are NON-refundable.

Total Fees Due \$ _____

FHCC Member # _____ FHCC Member's Full Name _____

NON-Member _____ (Non-Member payment must be received with registration form)

Checks should be made payable to: **Fremont Hills Country Club**

Attn: Aquatics Department

12889 Viscaio Place, Los Altos Hills, CA 94022

Photo Release for Children Under 18 Years of Age

I hereby grant to the Fremont Hills Country Club, and to its employees/agents and assigns the right to photograph my dependent and use the photo and or other digital reproduction of him/her or other reproduction of his/her physical likeness for publication processes, whether electronic, print, digital or electronic publishing via the Internet.

Child(ren) Printed Full Name(s):

1) _____

2) _____

3) _____

4) _____

I certify that I am a custodial parent and have the aforementioned rights to assign.

Signature of Parent or Guardian: _____ Date: _____

I have read and accept the 2019 Parental Volunteer Requirements on page 5. Initial: _____

2019 Barracuda Summer Swim Team Emergency Contact & Release Form

Swimmer's Name:

Swimmer's Name:

Swimmer's Name:

Contact Info

Parent 1 (First & Last)	Cell/Home #	Email
Parent 2 (First & Last)	Cell/Home#	Email

Home Address:	Street Address	City/Town	State	Zip
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Please list any special needs and/or medical information (i.e. allergies) pertaining to your swimmer(s) that our staff should be aware of. Please include swimmer name(s) and condition(s).

In the event of emergency, I authorize dental and/or medical care and/or treatment of the above named swimmer(s). If I cannot be reached, please contact the person listed below who is authorized to act on my behalf.

Doctor's Name and Address	Phone	
Dentist's Name and Address	Phone	
Authorized Person's Name	Relationship to Swimmer	Phone

My signature on this agreement authorizes my child's participation in all swim team activities. I also assume all risks and hazards incidental to participation & release Fremont Hills Country Club, its Members, Officers, Directors, Agents and Employees from any liability.

Signature Parent/ Guardian _____ Date _____

Print Name _____

2019 SWIM TEAM VOLUNTEER REQUIREMENT

Parent involvement is fun, vital, and required for summer league participation!

For those of you new or returning to the summer swim league experience, participating in swim meets is a FAMILY AFFAIR! Being a Fremont Hills team parent requires time, commitment, and energy, but it is a lot of fun and a great way to get to know other Fremont Hills families! During the last summer season, Fremont Hills ran the best organized home meets, thanks to our many committed volunteers. Parents run the swim meets -- we don't bring in hired professionals -- and the result is a true family gathering. It takes more than 50 people to run dual meets and in addition, many parents work in the background to organize social events or other team activities.

In 2018 each family must offer a parent volunteer to help the team as follows:

- one social activity and half of each meet that your child is entered to compete. If a family does not sign up for the required number of jobs, we will assign a job to them.
- if your child(ren) compete in the Relay Meet or Championship Meet, you will be required to help staff those meets as well
- volunteer jobs will be assigned on a first come first serve basis (sign-ups will be available on-line starting the Thursday before the meet.)
- not complying with volunteer requirements may result in your swimmer(s) not being able to participate in further meets

By registering your child(ren) for swim team you, as a parent, are making a commitment that at least ONE PARENT/GUARDIAN from your family will work at every swim meet your child is entered to swim. Families who miss their work commitment for a meet may be forfeiting their child's eligibility to swim at future meets including Champs. It is your responsibility to contact the volunteer coordinator to check your job assignment.

Signature Parent/ Guardian _____ Date _____
Print Name _____ Phone# _____ Email _____
Signature Parent/ Guardian _____ Date _____
Print Name _____ Phone# _____ Email _____

Please see a list of volunteer descriptions on our website!

<https://www.teamunify.com/recpnfhccbca>

An important note to Non-Members Participating in Fremont Hills Programming

Non-Members are very important to our program; however, there are certain regulations that govern usage of our program and facilities. The following list of items applies to **ALL NON-MEMBERS** participating in any Fremont Hills Programs;

- **IMPORTANT NOTICE REGARDING NON-MEMBERS:** Effective March 1st, 2018 all non-member participation within FHCC Aquatics will be limited to a 1 year trial. After this time, in order to continue with FHCC Programming, the only available option will be to purchase an FHCC Membership.
- FHCC is a private, full service, family oriented recreation club that is focused on providing experiences that celebrate an active and vibrant lifestyle. Contact Member Services Director, Gary Zuniga for more information on joining the Club: membership@fremonthills.com
- All non-members have limited access to FHCC's facilities. Non- members will be allowed to arrive at the Club 15 minutes prior to their scheduled activity and must depart 15 minutes following its conclusion.
- If accompanied and sponsored by an FHCC member, non-members are limited to guest privileges at FHCC a maximum of two (2) times per month and appropriate guest fees will apply
- All non-members shall accept full financial responsibility for any damages done to the Club.
- Any violation of the above conditions could result in the permanent removal of all non-member privileges at Fremont Hills Country Club.
- The FHCC Board of Directors reserves the right to terminate non-member participation at any time..

Thank you for respecting our Club and the rules and regulations that govern it.

▪ Please Initial : _____
