

# Fremont Hills

Country Club



## 2025 Swim Team Practice, Meet and Event Schedule 2025 Summer Barracuda Practice Schedule

May 5 - June 6 Mon - Fri	June 9 - July 18 M, T, and Th	June 7 - July 18 Saturdays
<u>Minis</u> Mon, Wed, Fri: 4-4:30p	<u>Minis</u> (NO Minis after 5/31/24)	<u>Minis</u> (NO Minis after 5/31/24)
<u>6-8 year olds</u> Swim 4-4:45p	<u>6-8 year olds</u> Swim 4-4:45pm	<u>6-8 year olds</u> Sats: 10:30-11:15a
<u>8-12 year olds</u> Swim 4:45-5:45p Dryland 4:15-4:40p	<u>8-12 year olds</u> Swim 4:45-5:45p Dryland 4:15-4:40p	<u>8-12 year olds</u> Sats: 10:15-11:15a
<u>11 and Aboves</u> Swim 4 - 5:45pm Dryland: 5:55-6:30p	<u>11 and Aboves</u> Swim 4 - 5:45pm Dryland: 5:55-6:30p	<u>11 and Aboves</u> Sats: 8:15-10:30a
<u>Seniors</u> Dryland 4:40-5:40p Swim 5:45-7:30 p	<u>Seniors</u> Dryland 4:40-5:40p Swim 5:45-7:30 p	<u>Seniors</u> Sats: 7-10a

- Meets will be on Wednesdays starting June 4th (See Schedule Below)

### 2025 Swim Meet Schedule

Saturday, May 31	Practice Meet @ LAGCC	9:00am - 11:30am
Wednesday, June 4	Practice Meet #2 at FHCC	4:30 pm - end
<u>*Thursday</u> , June 12	Away @ FTSC	3:45 pm - end
Wednesday, June 18	Away @ SCRA	3:45 pm - end
Wednesday, June 26	Away @ Ladera	4:45 pm - end
Saturday, June 28	Relay Meet @ Alpine	8:45 am- Noon
Wednesday, July 9	Away @ UC	3:45 pm - end
Wednesday, July 16	Away @ Alpine	3:45 pm - end
Saturday, July 19	Summer League CHAMPIONSHIPS @ Palo Alto High School	7:30 am - end

## 2025 Social Events & Other Important Dates

Monday, May 5	First Day of Practice	4 pm – 6 pm
Wednesday, June 4	Practice Meet / Ice Cream Social	4:30pm- 6:30pm
Wednesday, June 4	Team Picture	3:45-4:30pm
Friday, June 27	Carnival & Psych Night	4 pm – 6 pm
Friday, July 18	Pasta Feed	4 pm – 6 pm
Saturday, July 19	Team Awards Dinner @ FHCC	5:30 pm – 7:30 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. Sizing Suits will be available for sizing during the beginning of May.

[http://www.swimandtri.com/Scripts/TeamView\\_FremontHillsBarracudas.aspx](http://www.swimandtri.com/Scripts/TeamView_FremontHillsBarracudas.aspx)

**Our Team Code is FHB**

## 2025 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.

**Registration:** April 15 – Jun15, 2025

**Fees:** FHCC Member: \$425 for your first swimmer and \$395 for each swimmer after (Fees include weekly practices, meets, T-Shirt (for each swimmer), Barracudas swim cap, and a trophy.)

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

\*\*Cancellations made prior to May 29<sup>th</sup>, 2025 are subject to a \$50 administration fee per swimmer. Cancellations made on or after May 29<sup>th</sup>, 2025 are NON-refundable.

FHCC Member # \_\_\_\_\_ FHCC Member's Full

**Total Fees Due \$** \_\_\_\_\_

Name \_\_\_\_\_

## 2025 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](mailto: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/recprnfhccbca>

**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.

2025 Team Volunteer Coordinator: Jim Malone ([jimmalonejr@gmail.com](mailto:jimmalonejr@gmail.com))

2025 Champs Meet Coordinator: Kristina Detter ([kvdetter@gmail.com](mailto:kvdetter@gmail.com))

2025 Social Chair: Leyla Benson ([leylabenson@gmail.com](mailto: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](mailto:aquatics@fremonthills.com).

Thank you and let's have an AMAZING 2025 Season! -The Coaches!

**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) \_\_\_\_\_

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

Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

I have read and accepted the 2025 Parental Volunteer Requirements. Initial: \_\_\_\_\_

**2025 Barracuda Summer Swim Team Emergency Contact & Release Form**

<b>Swimmer's Name:</b>
<b>Swimmer's Name:</b>
<b>Swimmer's Name:</b>

**Contact Info**

<b>Parent 1 (First &amp; Last)</b>	<b>Cell/Home #</b>	<b>Email</b>
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<b>Home Address:</b>	<b>Street Address</b>	<b>City/Town</b>	<b>State</b>	<b>Zip</b>
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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.

<b>Doctor's Name and Address</b>	<b>Phone</b>	
<b>Dentist's Name and Address</b>	<b>Phone</b>	
<b>Authorized Person's Name</b>	<b>Relationship to Swimmer</b>	<b>Phone</b>

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** \_\_\_\_\_

# 2025 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 2025 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>