



WESTLEIGH BARRACUDAS

SWIM TEAM



A Team Rep: Rob - Rnkemp3@hotmail.com

A Team Rep: Katie - basmaca4@gmail.com

B Team Rep: Steve - snannes@gmail.com

B Team Rep: Andrew - difazio@gmail.com

Head Coach: Brian - bdufour@gmail.com

Team Site: www.gomotionapp.com/recwbst

Instagram: [@WestleighCudas](https://www.instagram.com/WestleighCudas)

SCHOOL YEAR

PRACTICE SCHEDULE

May 28 - 30

Age Group	Mondays - Fridays
9 - 12	4:45 - 5:30 pm
8 & UNDER	5:30 - 6:00 pm
13 & OVER	6:00 - 7:00 pm

June 2 - 17

Age Group	Mondays - Fridays
9 - 12	4:45 - 5:30 pm
8 & UNDER	5:30 - 6:00 pm
PRE-TEAM	6:00 - 6:30 pm
13 & OVER	6:30 - 7:30 pm

SUMMER

PRACTICE SCHEDULE

June 18 - July 16

MORNING PRACTICE		
Age Group	Mondays through Thursdays	Fridays <i>Barracuda Challenge</i>
9 - 12	8:00 - 9:00 am	8:30 - 10:30 am
8 & UNDER	9:00 - 9:45 am	8:30 - 10:30 am
13 & OVER	9:45 - 11:00 am	8:30 - 10:30 am
PRE-TEAM (until 7/11)	11:00 - 11:30 am	10:30 - 11:00 am

- OR -

CAMPER'S (EVENING) PRACTICE	
Age Group	Mondays, Tuesdays, Thursdays only
9 - 12	4:00 - 5:00 pm
8 & UNDER	5:00 - 5:45 pm
PRE-TEAM (until 7/10)	5:45 - 6:15 pm
13 & OVER	6:15 - 7:15 pm

** swimmers should attend only ONE practice on Mondays, Tuesdays and Thursdays - either morning or camper's **

July 17 - 18 & July 22 - 25

Divisionals Practices & All-Star Practices

LIST OF MEETS

	Date		Start Time	Meet	Theme
PRE-SEASON	June 7	Sat	9 am	Time Trials at Westleigh	Hawaiian 🌺
WEEK 1	June 14	Sat	9 am	1A - Damascus at Westleigh	Neon ⚡
	June 18	Wed	6 pm	1B - Germantown at Westleigh	
WEEK 2	June 21	Sat	9 am	2A - Westleigh at Forest Knolls	Superheroes 🦄
	June 25	Wed	6 pm	2B - Quince Orch. at Westleigh	
WEEK 3	June 28	Sat	9 am	3A - Cedarbrook at Westleigh	Cammo 🙌
	July 1	Tues	6 pm	B Relays at Westleigh	Wild West 🤠
	July 2	Wed	6 pm	3B - Westleigh at Darnestown	Cammo 🙌
WEEK 4	July 5	Sat	9 am	4A - Merrimack Park at Westleigh	4th of July 🎆
	July 6	Sun	8 am	A Relays at Damascus	Wild West 🤠
	July 8	Tues	6 pm	Long Course at Rockville S.C.	Barracudas 🐊
	July 9	Wed	6 pm	4B - Westleigh at Poolesville	4th of July 🎆
WEEK 5	July 12	Sat	9 am	5A - Westleigh at Kentlands	Prom 🎉
	July 13	Sun	9 am	Mini Meet at Westleigh	Far Out! ✌️
	July 16	Wed	5:30 pm	5B - Superstars at Poolesville	Prom 🎉
WEEK 6	July 19	Sat	8 am	F Divisionals at Kentlands	🤔
POST-SEASON	July 26	Sat	9 am	All Star Relays at Rockville S.C.	Barracudas 🐊
	July 27	Sun	9 am	Individual All Stars at Rock. S.C.	

LIST OF TEAM EVENTS

	Date		Start Time	(E)vent or (M)eet	
PRE-SEASON	May 27	Wednesday	5 pm 6 pm	E E	1 st Main team and new family meeting 2 nd Main team and new family meeting
	May 28	Wednesday	4:45 pm 7 pm	E E	1 st day of afternoon practice for MAIN TEAM Pre-Team helper meeting
	May 29	Thursday	4 pm	E	Ledo's Pizza (Travilah) fundraiser
	June 2	Monday	6 pm	E	Pre-Team family meeting
	June 3	Tuesday	6 pm	E	1 st day of afternoon practice for PRE-TEAM
	June 7	Saturday	9 am	M	Time Trials at Westleigh
	June 10	Tuesday	5 pm	E	Isaac's Chicken (Quince Orchard) fundraiser
WEEK 1	June 13	Friday	6 pm	E	1 st Friday social
	June 14	Saturday	9 am	M	1A - Damascus at Westleigh
	June 18	Wednesday	8 am 6 pm	E M	1 st day of morning practice for ALL TEAM 1B - Germantown at Westleigh
WEEK 2	June 20	Friday	8:30 am 6 pm	E E	1 st Barracuda Challenge 2 nd Friday social
	June 21	Saturday	9 am	M	2A - Westleigh at Forest Knolls
	June 25	Wednesday	6 pm	M	2B - Quince Orchard at Westleigh
WEEK 3	June 27	Friday	8:30 am 6 pm	E E	2 nd Barracuda Challenge 3 rd Friday social
	June 28	Saturday	9 am	M	3A - Cedarbrook at Westleigh
	July 1	Tuesday	6 pm	M	B Relays at Westleigh
	July 2	Wednesday	6 pm	M	3B - Westleigh at Darnestown
WEEK 4	July 4	Friday	8:30 am 12 pm	E E	3 rd Barracuda Challenge Club pool party
	July 5	Saturday	9 am	M	4A - Merrimack Park at Westleigh
	July 6	Sunday	8 am	M	A Relays at Damascus
	July 7	Monday	4 pm	E	Chipotle (Kentlands) fundraiser
	July 8	Tuesday	6 pm	M	Coaches' Long Course at Rockville S.C.
	July 9	Wednesday	6 pm	M	4B - Westleigh at Poolesville
WEEK 5	July 11	Friday	8:30 am 10:30 am 5 pm 6 pm	E E E E	Final Barracuda Challenge Pre-Team Follies at Westleigh Team photo 4 th Friday social
	July 12	Saturday	9 am	M	5A - Westleigh at Kentlands
	July 13	Sunday	9 am	M	Mini Meet at Westleigh
	July 16	Wednesday	5:30 pm	M	5B - Superstars at Poolesville
WEEK 6	July 18	Friday	10 am 6 pm	E E	Divisionals breakfast Final Friday social
	July 19	Saturday	8 am	M	F Divisionals at Kentlands
	July 20	Sunday	5 pm	E	 TEAM BANQUET 
POST-SEASON	July 26	Saturday	9 am	M	All Star Relays at Rockville S.C.
	July 27	Sunday	9 am	M	Individual All Stars at Rockville S.C.

 SWIM TEAM WITHDRAWAL 

CALENDAR OF TEAM EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 25	May 26	May 27	May 28	May 29	May 30	May 31
		■ 1st main team meeting: 5-5:45 pm ■ 2nd main team meeting: 6-6:45 pm	■ 1st day of practice for MAIN TEAM ■ pre-team helper meeting: 7-7:15 pm	■ Ledo's fundraiser: 4-9 pm		
June 1	June 2	June 3	June 4	June 5	June 6	June 7
	■ pre-team meeting: 6-6:30 pm	■ 1st day of practice for PRE-TEAM				Time Trials: 8-11:30 am
June 8	June 9	June 10	June 11	June 12	June 13	June 14
		■ Isaac's fundraiser: 5-9 pm			■ 1st Friday social: 6-8 pm	1A - DA at WL: 8 am- 12 pm
June 15	June 16	June 17	June 18	June 19	June 20	June 21
			■ 1st day of morning practices 1B - GT at WL: 4:45-9 pm		■ 1st Barracuda Challenge ■ 2nd Friday social: 6-8 pm	2A - WL at FK: 8:15 am-12 pm
June 22	June 23	June 24	June 25	June 26	June 27	June 28
			2B - QO at WL: 4:45-9 pm		■ 3rd Friday social: 6-8 pm	3A - CB at WL: 8 am-12 pm
June 29	June 30	July 1	July 2	July 3	July 4	July 5
		B Relays at WL: 4:45-9 pm	3B - WL at DT: 5:15-9 pm		■ club pool party: 12-6 pm	4A - MP at WL: 8 am-12 pm

CALENDAR OF TEAM EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 6	July 7	July 8	July 9	July 10	July 11	July 12
A Relays - F division teams at DA: 8 am-12 pm	■ Chipotle fundraiser: 4-8 pm	Long Course at RV: 6-9 pm	4B - WL at PL: 5:15-9 pm		■ final Barracuda Challenge - Pre-Team Follies at WL: 10:30-11 am ■ team photo: 5 pm ■ 5th Friday social: 6-8 pm	5A - WL at KL: 8:15 am-12 pm
July 13	July 14	July 15	July 16	July 17	July 18	July 19
Mini Meet at WL: 8 am-12 pm			Superstars at PL: 4:30-9:30 pm		■ Divisionals breakfast: 10-11 am ■ final Friday social: 6-8 pm	DIVISIONALS - F division teams at KL: 8 am-12 pm
July 20	July 21	July 22	July 23	July 24	July 25	July 26
TEAM BANQUET: 5-10 PM 🎉🏆						All Star Relays at RV: 9 am-12 pm
July 27	July 28	July 29	July 30	July 31	August 1	August 2
Individual All Stars at RV: 9 am-12 pm	SWIM	TEAM	WIT	HDRA	WAL	😭