

## About the Hollin Meadows Barracudas

The Barracudas participate in the Northern Virginia Swimming League (NVSL). The NVSL has over 10,000 swimmers on 102 teams and is the largest summer swim league in the United States. The league is divided into 17 divisions. There are six teams in each division. In 2022, Hollin Meadows will compete in **Division 10**.

The other five pools we will compete against are **Camelot, Fairfax Club Station, Walden Glen, Riverside Gardens** and **Sully Station**. We have approximately 140 swimmers on our team.

Swim teams compete in five Dual Meets which take place on Saturday mornings. These meets are commonly referred to as "A" Meets. There are 52 events in a Dual Meet and include both individual and relay events. Three swimmers from each team can compete in each individual event. Age group relay races occur toward the end of the meet. Swimmers are chosen to swim in each event based on times. Other meets we participate in include Divisional Relay Carnival, Ft. Hunt Sportsman Relays, IM (Individual Medley) Invitational and the Individual Divisional Championship (Divisionals). Coaches notify swimmers if they are competing in a meet about three days prior.

Developmental Meets also known as "B" Meets are not scored and take place on Monday evenings. All swimmers can compete in these meets. The five neighborhood pools we swim with for "B" Meets are **Waynewood, Mansion House, Little Hunting Park, Riverside Gardens, and Stratford Recreational Association**.

## Questions? Just ask!

Contact any of the following  
**Swim Team Committee Members:**

**Team Rep:** Lauren Iannitto  
[LFalkenhan@gmail.com](mailto:LFalkenhan@gmail.com)

**Asst. Team Rep:** Kim Dwyer  
[kim.f.dwyer@gmail.com](mailto:kim.f.dwyer@gmail.com)

**Pool Board Rep:** Matt Iannitto  
[matthew.a.iannitto@gmail.com](mailto:matthew.a.iannitto@gmail.com)

**Social Chair:**  
TBD

**Treasurer:** Kathleen McNutt  
[kath.mcnutt@verizon.net](mailto:kath.mcnutt@verizon.net)

**Head Coach:** Ken Dicesare

**Assistant Head Coach:** Olivia Petretich

**Head Swimmer Coach:** Wesley Johnson

**Developmental Swimmer Coaches:**  
Gavin Brown, Aidan Petretich, Natalie  
Goel, Sayla Runnels Connor McNutt  
(sub), Shea Dwyer (sub)

For a full schedule of events go to:  
[www.hmbarracudas.com](http://www.hmbarracudas.com)

# Hollin Meadows Swim Team



**Hollin Meadows Swim & Tennis Club**  
2500 Woodlawn Trail  
Alexandria, VA 22306

[www.hmbarracudas.com](http://www.hmbarracudas.com)

## Why Summer Swim Team?

In addition to helping your child improve their swimming skills and stroke mechanics, our swim team provides athletic conditioning, healthy competition, teambuilding and a lot of FUN! Swim team is unique in that there's a place on the team for anyone 18 or younger who can swim across the pool without assistance. How many other sports have kids/siblings 5-18 years old, all on the same team, involved in the same competition? Parents are volunteering on deck too! It truly is a family sport!

## Registration

Registration is open **April 1-June 10**. *Swimmers cannot participate in practices or meets until they have been registered.* If you are a **returning** member of the swim team, *do not create a new profile.* You need to click on the link in the email that you receive from our Team Website and login with your existing account information or go to the website and click **Online Registration** on the homepage.

If you are a **new** swim team member, follow these directions:

1. Go to [www.hmbarracudas.com](http://www.hmbarracudas.com), click **Online Registration** or **Start Registration**, scroll to the bottom of the window and click **Register Now**.
2. Select **I am a new user or I am not sure if I already have an account. This is the email I want to use:** and follow the prompts through the registration process. Once you register you will get an email explaining the rest of the process.

## Fees

The 2022 registration fee includes nine weeks of swim instruction, a family technology fee, a team t-shirt and loads of fun. The fee is \$135 for the first swimmer with discounts for siblings. The family tech fee is \$25 and pays for toner, paper, labels, hard/software, etc. Additional fees throughout the season may include swimsuit, goggles, caps, car flag, lasertag outing, team trips/outings, HM apparel, team/individual pictures, banquet dinner, contribution to coaching bonuses and items for themed costumes.

## Swimsuits & Caps

Swimsuit pricing: Male Jammer \$45, Male Brief \$37, Female Suit \$60. White personalized silicone swim caps are \$16/each, but you must order a minimum of two for \$32. *Orders due by **May 13th***. Non-personalized silicone caps w/HM logo can be purchased for \$13. Checks payable to **HM Swim Team**.

## Go to the HM Swim Team website

[www.hmbarracudas.com](http://www.hmbarracudas.com)

- for up-to-date events and details and practice and make-up times/days.
- to declare your commitment for each meet.
- for NVSL pool addresses in our division.
- to view HM Team Records, the Team Handbook and other documents.

## Communication

All communication with the team is done electronically using the email address you put into the system when you register. You may also add your swimmers' and other parent email addresses if you want them to receive team emails as well.

## Attendance

An updated team calendar is posted on our website under **Events**. All meets and some other events require you to confirm your swimmer's availability by selecting **Attend/Decline**. This **MUST** be completed as soon as possible so we know which swimmers are available for each event. If you need to make changes to your commitments select **Edit Commitment**. This information is crucial to meet planning.

## Parent Requirements

The HM Swim Team is run entirely by volunteers. Parents are expected to help at meets when their child is swimming. There are no paid referees or umpires, the parents get all the training and do all the work. You will sign-up online for each meet and can choose a job that best suits your strengths and needs. *If you have a child swimming in the meet, be prepared to volunteer.* For a list of jobs and details about each one, see the **Team Handbook 2022** on our website.