

WEST HILLDALE HAMMERHEADS

2025 PARENT GUIDE

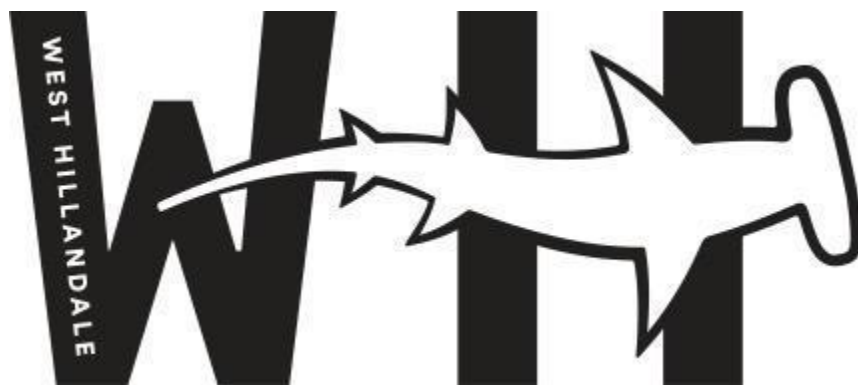


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WELCOME TO SUMMER SWIM: THE BEST SIX WEEKS OF THE YEAR

We are so glad to have you in our Hammerhead family! We hope this summer is amazing for your whole family, and we're looking forward to an amazing 2025 season.

You'll learn more about the team leadership later on in this guide, so for now, sit back with something good to drink and enjoy your stroll through the ins and outs of the West Hillandale swim team.

Summer swim is fun, but boy, is it a whirlwind. Our season starts the Tuesday after Memorial Day and concludes with the Divisional meet, which takes place on the second to last Saturday of July. (Some of our swimmers will participate in relay and/or individual All Stars meets; that information can be found in the **Swim Meet Confidential** section.) In between, we've got A meets, B meets, pep rallies, Relay Carnival, and other fun activities. It's an action-packed time!

We've got some tips that will help you (and us!) prepare before the beginning of the season:

- 1) **Make sure the team has current and valid email addresses for each parent/guardian.** We rely on group lists on SwimTopia to send out information, volunteering requests, weather alerts, activity announcements, and the like. If you are not receiving emails, please let Shana (shanahattis@gmail.com) or Beatrice (beacamino@aol.com) know. **Older swimmers are also welcome to register to receive announcements and reminders, although each swimmer must also have a parent/guardian registered.**
- 2) **Let Coach Tommy know as early as possible if your family is planning to be away during a swim meet weekend.** We need all of our swimmers all season, but we know our families have other obligations. Please [email Coach Tommy](#) and/or declare your swimmer as "Unavailable" **no later than the Tuesday before an A meet or the Sunday before a B meet** if you know your family will be missing it.
- 3) **Check the West Hillandale site on SwimTopia (<https://whi.swimtopia.com>) frequently.** That's where you'll find the practice schedule, meet schedule, our swag store, and much more.
- 4) **Label EVERYTHING.** You have never seen a bin like the West Hillandale lost and found bin after a week of swim practice. Labeling your swimmer's items (via name label, Sharpie, anything!) will help us reunite anything that goes astray. The pool policy is to donate lost and found items after two weeks.



MEET THE TEAM! COACHES AND REPS



COACHES

[Tommy Flaherty, Head Coach](#)

[Harry Hines, Assistant Coach](#)

[Andrew Luse, Swimmer Coach](#)

[Molly Breen, Swimmer Coach](#)



SWIM TEAM REPS

[Shana Hattis, Team Rep](#)

[Beatrice Hoppe, Team Rep](#)

[Kerry Luse, B Meet Rep](#)



PUP TEAM COORDINATOR

[Sophie Bethune, Pup Team Coordinator](#)



CODES OF CONDUCT: THE HEART OF A HAMMERHEAD

FOR SWIMMERS

As a Hammerhead swimmer, I promise to ...

- 1) Always remember that summer swim is, first and foremost, a fun experience; I promise to seek out help if I encounter problems
- 2) Support my teammates by cheering and encouraging them, regardless of ability and age, and to demonstrate good sportsmanship toward all opponents
- 3) Give each day the best I have to give at that particular time
- 4) Attend practices and meets and do my best to listen and learn from my coaches
- 5) Treat all swimmers, coaches, officials, and fans – both on my team and other teams – with respect regardless of age, creed, color, gender, and/or ability; in return, I expect this treatment from others
- 6) Expect to be treated fairly with regard to meet entries, while understanding that certain meets are more competitive than others
- 7) Respect my pool and pools I visit by keeping our team areas clean and free of vandalism

FOR COACHES

As a Hammerhead coach, I promise to ...

- 1) Prioritize the well being of my swimmers over any other consideration
- 2) Provide a safe and encouraging swim environment, using coaching techniques appropriate for the skills that I teach and practices that are fun and challenging for all swimmers
- 3) Treat each swimmer fairly and work toward helping them achieve their goals
- 4) Lead by example by refraining from unsportsmanlike conduct with officials, reps, other coaches, parents, and swimmers, including, but not limited to, arguing, refusing to shake hands, excessive yelling or belittling, or using profane language or gestures



FOR PARENTS

As a Hammerhead parent, I promise to ...

- 1) Be a positive and enthusiastic role model for our swimmers and encourage them to demonstrate the highest level of sportsmanship through my respectful interactions with coaches, team reps, and officials
- 2) Refrain from any kind of unsportsmanlike behavior with an official, coach, swimmer, volunteer, or parent/guardian such as arguing, booing, taunting, belittling, physical altercations, or using profane language or gestures
- 3) Win or lose, support and encourage all participants in order to help make swimming fun for all children
- 4) Support the team representatives', officials', and coaches' authority during meets
- 5) Offer assistance where, when, and how I can to make the summer experience as great as possible for all of our families

A NOTE ABOUT PRIVACY AND THE MCSL: By virtue of participating as an athlete in the Montgomery County Swim League, a swimmer's name, age, and gender may appear on the league web site and/or in other league and/or team published materials, including, but not limited to, the following: weekly meet results, league all-star rankings, and MCSL invitational meet psych sheets and meet programs.



CURRENT HAMMERHEADS, FORMER DOLPHINS: A QUICK HISTORY OF WEST HILLANDALE AND MCSL

(You're probably tempted to skip this section, but it's interesting, we promise.)

The greater DC area, which is known as the "Potomac Valley" region in the lexicon of USA Swimming, has always had a ton of swimmers. In fact, despite being the smallest geographical region in USA Swimming, it currently has the second most year-round swimmers in the country (behind California-Nevada and just ahead of Texas).

And that number pales in comparison to the number of summer swimmers in the leagues around the region. You might have heard of some (like NVSL, the Northern Virginia Swim League) and not of others (bonus points if you know where CSL, the Colonial Swim League, is located). But the only one that matters to us is MCSL: the Montgomery County Swim League. MCSL **alone** has over 14,000 summer swimmers on its 89 teams each year!

MCSL formed in 1958. Among the original teams: our very own West Hillandale! As the decades passed, more pools were built and more teams joined MCSL. The current setup is 15 divisions (A through O) and 89 teams. The league's current cap is 90 teams (6 teams per division and 15 divisions in the league). There's no size requirement, and teams have widely varying numbers of swimmers. The only rule is that swim team members belong to the pools where their teams are located.

West Hillandale incorporated as the Dolphins and used that name from the 1960s through 2022. In the fall of 2022, our board president, Richard Romer, proposed a vote to change the name of the team. His reasoning: there were many, many teams known as the Dolphins (12 of 88, nearly 15 percent of MCSL). During the vote, which whittled the names from an open suggestion phase to a final tally, the Hammerheads emerged victorious.

We haven't forgotten from where we came, but our future is new and bright.



NUTS AND BOLTS: PRACTICE TIMES AND WHAT TO DO IN CASE OF WILD WEATHER

Summer swim is short term and recreational, but we're going to say this loudly: **practice is important**. It's not only where kids come to learn their strokes, it's where they forge their friendships. And friendships and fun are the most crucial components of a summer swim team!

Practice groups are determined based on skill level, age, or both. Sessions include stroke work, endurance building, and speed drills. Instruction is given as appropriate in all four strokes (freestyle, backstroke, breaststroke, and butterfly), as well as starts, turns, and finishes. We strive to help all our swimmers meet their goals, from mastering a new stroke to conquering their start to making the All-Star meet. Everyone's journey is different, and everyone's journey is important to us.

Our policy is to require **one** practice a week. We strongly encourage you to attend **at least two** practices per week. This rate of attendance allows for progression in technique during the season and allows our coaches to get to know your child. Our practice times are staggered in hopes of accommodating as many work/camp/school schedule vagaries as possible.

ProTip: Get to the pool early (if you can!) to get changed, apply sunscreen, and line up for your lane!

UNTIL THE LAST FULL WEEK OF MCPS (THROUGH JUNE 13, 2025, INCLUSIVE)

- Monday through Friday 5:00 – 6:15 PM
 - Swimmers age 11-18: 5:00 PM – 5:45 PM
 - Swimmers age 5-10: 5:45 PM – 6:15 PM

JUNE 16, 2025 – JULY 17, 2025

- Swimmers age 8 and under:
 - 6:00 PM – 6:30 PM on Monday, Tuesday, and Thursday
 - 5:30 PM – 6:00 PM on Friday
- Swimmers age 9 to 10 (plus 8 and under with coaches' invitation):
 - 5:00 PM – 6:00 PM on Monday and Friday
 - 4:00 PM – 5:00 PM on Tuesday and Thursday
- Swimmers age 11 to 18:
 - 4:00 PM – 5:00 PM on Monday and Friday
 - 5:00 PM – 6:00 PM on Tuesday and Thursday



In addition, advanced swimmers may be invited to participate in morning practices beginning **June 16th**. If your child wants to participate in morning practices, speak to Coach Tommy to see if their skill level matches the extra practice sessions, **(Monday, Wednesday, and Fridays from 7:30 AM - 9:00 AM)**

What to Bring to Practice

- *swimsuit
- *swim cap (optional, but highly recommended)
- *goggles
- *kickboard (optional; we have kickboards for team use)
- *towel
- *water bottle
- *sunscreen and bug spray

Inclement Weather

It's summer in DC – thunderstorm city. (This is why the A meets are so early on Saturdays. We usually don't get AM storms.)

Beatrice or Shana will send out an announcement via SwimTopia if and when we have to cancel a practice or a meet.

Please note that due to county regulations, we will have to vacate the pool for 30 minutes after hearing thunder.

Practice does **not** get canceled for cold temperatures or light rain, so plan accordingly!



SWIM MEET CONFIDENTIAL: WHAT HAPPENS WHEN, WHAT HAPPENS WHERE, AND WHAT HAPPENS WHY

This is arguably the section about which you'll have the most questions.

Swim meets are the milestones of the summer season. On our team, there are five types of meets:

- 1) **Time Trials (the Saturday before the first A meet):** This is our practice event! The purpose of time trials is for our swimmers to get baseline, or "seed," times in the events in which they hope to compete, and these times help our coaches determine the meets and events in which to place the swimmers. There's no cap on the number of events that can be swum, and there are no relays. (Note: as times get faster during the season, seed times drop!)
- 2) **A Meets (Saturday AM):** These are dual meets (with one other in-division team) and take place either at West Hillandale or at another divisional pool. These meets are scored and awards are given. These are the meets that determine what division we'll be in the following summer. These meets also have caps on the number of swimmers per event and the number of events a swimmer can do:
 - a. **Maximum of three individual events (freestyle, backstroke, breaststroke, butterfly)**
 - b. **Maximum of five total events (individual events, IM, and relays)**
- 3) **B meets (Wednesday PM):** These are dual meets and can be held with any other team in MCSL. Typically, they are held with local teams not currently in our division. B meets aren't scored, but ribbons are still awarded. There's no cap on the number of swimmers per event, although our coaches will use their discretion in assigning events – in general, a swimmer who placed in an event at the previous A meet cannot swim the same event at the following B meet. This ensures that all of our swimmers have a fair chance to shine.
- 4) **All-division meets:** There are two of these per year, Relay Carnival (held the second, third, or fourth Sunday of the season) and Divisionals (held the last Saturday of the season). All six teams in the division compete, and these meets are scored. Divisionals has the same caps as A meets, although only two swimmers will swim per event. Relay Carnival is all relays. These meets, like A meets, are invitational and participation is at the discretion of the coach.

In addition to these team-wide meets, MCSL holds two "All Star" meets the weekend after Divisionals: All-Star Relays and All-Star Individuals.

Let's take a closer look at each meet on the following pages:

TIME TRIALS



Think of Time Trials as a practice run for our A and B meets! It's held the Saturday before the first A meet of the year.

The purpose of Time Trials is for each swimmer to get baseline, or seed, times for each event they want to swim. These times are also used to qualify swimmers for the first A meet and to serve as a benchmark to measure progress during the season.

Missing the meet? Don't worry! Coach Tommy and his team will get seed times at a subsequent practice (exact timing TBD – he will set it up with you once you request your kid be timed) or, if your child is a year-round swimmer, convert their spring meet times into short course meter times. If a seed time isn't established, the swimmer will likely swim the event for the first time at a B meet. There's no cap on the number of events that can be entered (events are still separated by age). No relays are performed and no awards are given at this meet.

The order of events mirrors a B meet.

Boys	Event	Girls
1	12 and Under 100M IM	2
3	13–14 100M IM	4
5	15–18 100M IM	6
7	8 and Under 25M Freestyle	8
9	9–10 50M Freestyle	10
11	11–12 50M Freestyle	12
13	13–14 50M Freestyle	14
15	15–18 100M Freestyle	16
17	8 and Under 25M Backstroke	18
19	9–10 25M Backstroke	20
21	11–12 50M Backstroke	22
23	13–14 50M Backstroke	24
25	15–18 100M Backstroke	26
	<i>Ten-Minute Break</i>	
27	8 and Under 25M Breaststroke	28
29	9–10 25M Breaststroke	30
31	11–12 50M Breaststroke	32
33	13–14 50M Breaststroke	34
35	15–18 100M Breaststroke	36
37	8 and Under 25M Butterfly	38
39	9–10 25M Butterfly	40
41	11–12 50M Butterfly	42



43	13–14 50M Butterfly	44
45	15–18 100M Butterfly	46

Checklist for the Meet

*Swimsuit (note: suits with other teams' logos or names are **NOT PERMITTED** at meets due to MCSL rules)

*Goggles

*Towels (bring multiple towels if your swimmer gets cold easily)

*Swim cap (optional, but recommended. Caps with other teams' logos or names are **NOT PERMITTED** due to MCSL rules)

*Water

*Snacks

*Something fun for between events – swim meets are long, so having a book or small activity can help pass the downtime

*Folding chairs (optional but recommended, seating can be sparse)

Bring backups if you have them, especially for goggles and swim caps!



A MEETS

A meets are the official MCSL competition meets between divisional teams. These are held on Saturday mornings. We encourage your swimmers to come and cheer even if they're not swimming – A meets are exciting and fun!

A meets are invitational, which means that Coach Tommy will decide who swims which event. There are 50 events in each A meet.

Individual events: Each age group (8 and under, 9–10, 11–12, 13–14, and 15–18) has separate boys' and girls' events in each of the four strokes. In addition, there are individual medley (IM) events, which incorporate all strokes. IM events are divided into boys' and girls' events for the following age groups: 12 and under, 13–14, and 15–18.

Relays: There are two types of relays swum at each A meet, with separate races for boys and girls. The 200M Medley Relay is open to any age (but is typically swum by our older swimmers), and includes 50M each of backstroke, breaststroke, butterfly, and freestyle. The 14 and Under 175M Freestyle Relay has specific age group and distance protocols: 50M legs are swum by a 9–10 swimmer, an 11–12 swimmer, and a 13–14 swimmer, respectively, with the last 25M swum by an 8 and under swimmer.

Each relay event can have up to two teams per club, giving us a maximum of 2 boy relays and 2 girl relays in each event.

Swimmers can be entered in a maximum of three individual-stroke events and a maximum of five total events (including IM and relays). Freestyle events can have six swimmers per event.

Ribbons are awarded for 1st to 6th place for individual events and 1st to 4th place for relays.

Many factors go into the decision-making process, but generally the swimmers with the top six times in freestyle and those with the top three times in the other strokes in each age group will be selected to represent the team in A meets. However, because swimmers are permitted to swim only three individual events, different swimmers may also be chosen to swim. In general, relay swimmers will be chosen from the pool of A meet swimmers.



The order of events is set by MCSL and looks like this:

Boys	Event	Girls
1	12 and Under 100M IM	2
3	13–14 100M IM	4
5	15–18 100M IM	6
7	8 and Under 25M Freestyle	8
9	9–10 50M Freestyle	10
11	11–12 50M Freestyle	12
13	13–14 50M Freestyle	14
15	15–18 100M Freestyle	16
17	8 and Under 25M Backstroke	18
19	9–10 25M Backstroke	20
21	11–12 50M Backstroke	22
23	13–14 50M Backstroke	24
25	15–18 100M Backstroke	26
	<i>Ten-Minute Break</i>	
27	Open 200M Medley Relay	28
29	8 and Under 25M Breaststroke	30
31	9–10 25M Breaststroke	32
33	11–12 50M Breaststroke	34
35	13–14 50M Breaststroke	36
37	15–18 100M Breaststroke	38
39	8 and Under 25M Butterfly	40
41	9–10 25M Butterfly	42
43	11–12 50M Butterfly	44
45	13–14 50M Butterfly	46
47	15–18 100M Butterfly	48
	<i>Five-Minute Break</i>	
49	175M Freestyle Relay	50

On the next page, we'll give you a timeline of events leading up to an A meet and a checklist of what to bring.



Timeline of Events: A Meets

Wednesday Before the Meet

- Declare your swimmer's availability/unavailability in SwimTopia by **8 p.m. EDT** (we will send reminders!)
- How to do this:
 - In the app:
 - On a computer:

Thursday Before the Meet

- Coach Tommy sets the lineup

Friday Before the Meet

- Lineups finalized! Check SwimTopia in the afternoon to determine your swimmer's status
- Team reps exchange lineups with the opposing team
- The home team's automation loads the meet into Meet Manager for scoring
- Your swimmer gets a good night's sleep and is ready to go in the morning

Saturday – Meet Day!

Report for the swim meet

Warmups typically begin at 7:45 or 8 a.m.

Meet starts at 9 a.m. sharp!

Checklist for the Meet

*Swimsuit (note: suits with other teams' logos or names are **NOT PERMITTED** at meets due to MCSL rules)

*Goggles

*Towels (bring multiple towels if your swimmer gets cold easily)

*Swim cap (optional but recommended. Caps with other teams' logos or names are **NOT PERMITTED** at meets due to MCSL rules)

*Water

*Snacks

*Something fun for between events – swim meets are long, so having a book or small activity can help pass the downtime

*Folding chairs (optional but recommended, seating can be sparse)

Bring backups if you have them, especially for goggles and swim caps!



How Is the Meet Scored?

Scoring is pretty simple; each individual event (including IM events) is scored exactly the same:

- 1st place – 6 points
- 2nd place – 4 points
- 3rd place – 3 points
- 4th place – 2 points
- 5th place – 1 point
- 6th place and beyond – 0 points

Ties result in the points for both positions being added and then divided by 2. For example, a tie for first would divide 10 points (6 + 4, first- and second-place points) by 2, resulting in 5 points for each swimmer.

Relays are scored as follows:

- 1st place – 8 points
- 2nd place – 4 points
- 3rd place – 2 points
- 4th place – 0 points

The totals for each team are tabulated, and the team with the most points wins.

There are no weighted events, and 8 and Under 1st place earns exactly the same number of points as a 15-18 1st place. And every swimmer in an A meet contributes to the win, whether they're 1st, 5th, 12th, or disqualified. **This is why it is imperative that we fill our lanes at all of our meets.** We **NEVER** want to leave open lanes at an A meet. Empty lanes mean zero points for our team (and more points for the opponent), and even more unfortunately, an opportunity lost for another swimmer to participate. Leaving empty lanes also hurts the team in division assignments for the next season. Divisions are determined by a computerized swim-off algorithm, and empty lanes means fewer points.

It is possible that a swimmer will be asked to swim up (swim against the next-oldest age group; e.g., with the 11-12 group as a 10-year-old) if we have open lanes. Please declare your swimmer's availability early – it will help Coach Tommy plan for all eventualities.

Post Meet: Time to Celebrate!

This year, we plan to celebrate after our meets! For home meets, please stick around for a fundraiser BBQ (\$5 for a full meal!). For away meets, we will find a spot for lunch or ice cream and announce it via SwimTopia by the Friday before the meet.



B MEETS

B Meets are held Wednesday evenings. The events (minus relays) are the same as in the A meets and ribbons are given for 1st through 6th place. There are, however, two big differences between A meets and B meets:

- 1) B meets are **open** meets. If your swimmer wants to swim, your swimmer will be swimming. If we have forty 8 and under freestylers ... we will swim forty 8 and under freestylers. Coach Tommy is in charge of setting the lineup, but he will hear your swimmer out in regard to wishes and preferences. (These may or may not be granted, but all are considered. Parents can also write notes in SwimTopia on behalf of their swimmer to make requests.)
- 2) B meets don't count toward divisional standings. That doesn't make them any less important! We wouldn't have our team without our B meets.

In the interest of fairness, swimmers who place at A meets will generally not be allowed to swim the event in which they placed at the subsequent B meet. That swimmer may be permitted to swim up (in the next oldest age group) for that event. In general, A meet swimmers will not swim the maximum number of events (four) allowed at B meets.

Given the lateness of B meets, we will not go out as a team after the event. Instead, we strongly encourage our swimmers to attend, grab dinner or dessert from the home team's concessions, and cheer on their teammates.

Timeline of Events: B Meets

Sunday Before the Meet

- Declare your swimmer's availability/unavailability in SwimTopia by **8 p.m. EDT** (we will send reminders!)
- How to do this:
 - In the app:
 - On a computer:

Monday Before the Meet

- Coach Tommy sets the lineup

Tuesday Before the Meet

- Lineups finalized! Check SwimTopia in the afternoon to determine your swimmer's status
- The home team's automation loads the meet into Meet Manager for scoring

Wednesday – Meet Day!



Report for the swim meet

Warmups typically begin at 5 p.m.; meet starts at 6 p.m. sharp!

Events will occur as follows:

Boys	Event	Girls
1	12 and Under 100M IM	2
3	13–14 100M IM	4
5	15–18 100M IM	6
7	8 and Under 25M Freestyle	8
9	9–10 50M Freestyle	10
11	11–12 50M Freestyle	12
13	13–14 50M Freestyle	14
15	15–18 100M Freestyle	16
17	8 and Under 25M Backstroke	18
19	9–10 25M Backstroke	20
21	11–12 50M Backstroke	22
23	13–14 50M Backstroke	24
25	15–18 100M Backstroke	26
	<i>Ten-Minute Break</i>	
27	8 and Under 25M Breaststroke	28
29	9–10 25M Breaststroke	30
31	11–12 50M Breaststroke	32
33	13–14 50M Breaststroke	34
35	15–18 100M Breaststroke	36
37	8 and Under 25M Butterfly	38
39	9–10 25M Butterfly	40
41	11–12 50M Butterfly	42
43	13–14 50M Butterfly	44
45	15–18 100M Butterfly	46

Checklist for the Meet

*Swimsuit (note: suits with other teams' logos or names are **NOT PERMITTED** at meets due to MCSL rules)

*Goggles

*Towels (bring multiple towels if your swimmer gets cold easily)

*Swim cap (optional but recommended. Caps with other teams' logos or names are **NOT PERMITTED** at meets due to MCSL rules)

*Water

*Snacks



*Something fun for between events – swim meets are long, so having a book or small activity can help pass the downtime

*Folding chairs (optional but recommended, seating can be sparse)

Bring backups if you have them, especially for goggles and swim caps!



DIVISIONALS

Get ready for excitement! The divisional championship, or divisionals, pits all six teams in our division against each other. Whichever team gets the most points wins the shiny division championship trophy.

Divisionals is run like an A meet, with one big difference: the top **two** swimmers in each event swim for the team. The same event restrictions are in place: maximum of three individual events with a total maximum of five events (including IM and relay). Also, the top three finishers in each event and the top relay team in each event get medals.

This meet starts earlier than the typical A meet, so if your swimmer is selected, be prepared for an early warmup (possibly as early as 6:30 a.m.).

Coach Tommy will select swimmers for Divisionals the Monday after our last A meet. **It is imperative that you declare your swimmer's availability by the weekend of our last A meet in order to facilitate selection.** Divisionals swimmers are required to attend practice the week before the meet.

Even if your swimmer isn't participating in the meet, we hope they'll come out to cheer their teammates on to victory. The evening of Divisionals is also our West Hillandale banquet, where we celebrate all of our swimmers and their achievements throughout the season, so it's an action-packed and exciting day.

The order of events is identical to an A meet.

Checklist for the Meet

- *Swimsuit (note: suits with other teams' logos or names are **NOT PERMITTED** at meets due to MCSL rules)
- *Goggles
- *Towels (bring multiple towels if your swimmer gets cold easily)
- *Swim cap (optional but recommended. Caps with other teams' logos or names are **NOT PERMITTED** at meets due to MCSL rules)
- *Water
- *Snacks
- *Something fun for between events – swim meets are long, so having a book or small activity can help pass the downtime
- *Folding chairs (optional but recommended, seating can be sparse)

Bring backups if you have them, especially for goggles and swim caps!



RELAY CARNIVAL

This is a meet unlike any other meet in the summer. Taking place on either the second, third, or fourth Sunday of the season (Monday night is the rain date), it consists only of relays. It's also the only other meet to incorporate all six division teams. Each team gets one entry per event.

And there's one more cool thing: the winning team in most of the relays gets automatically entered into the All-Star relay meet at the end of the season! The exceptions are the 175M graduated freestyle relays and the 200M Open Age Medley relays; to make it in these events, the team needs to post the fastest time **all season** (in A meets, Relay Carnival, or Divisionals). First-place relay teams also get medals.

Here's the order of events:

Event Number	Event Title
1	Boys 175M Graduated Freestyle (event 49 in A meets)
2	Girls 175M Graduated Freestyle (event 50 in A meets)
3	Mixed 15-18 200M Freestyle
4	Mixed 13-14 200M Freestyle
5	Mixed 8 & Under 100M Freestyle
6	Mixed 9-10 200M Freestyle
7	Mixed 11-12 200M Freestyle
8	Boys 200M Open Age Medley (event 27 in A meets)
9	Girls 200M Open Age Medley (event 28 in A meets)
10	Boys 14 & Under Graduated Medley (One swimmer from each of the age groups, 8&U, 9-10, 11-12, 13-14, swims one 25M length of back, breast, fly, or free. Any age group can swim any leg, but all 4 have to be represented.)
11	Girls 14 & Under Graduated Medley (One swimmer from each of the age groups, 8&U, 9-10, 11-12, 13-14, swims one 25M length of back, breast, fly, or free. Any age group can swim any leg, but all 4 have to be represented.)



	Ten-Minute Break
12	Boys 8 & Under 100M Medley
13	Girls 8 & Under 100M Medley
14	Boys 9-10 100M Medley
15	Girls 9-10 100M Medley
16	Mixed 15-18 200M Medley
17	Boys 11-12 200M Medley
18	Girls 11-12 200M Medley
19	Boys 13-14 200M Medley
20	Girls 13-14 200M Medley
	Ten-Minute Break
21	Boys 250M Freestyle Crescendo (1 length 8&U, 2 lengths 11-12, 4 lengths 15-18, 2 lengths 13-14, 1 length 9-10)
22	Girls 250M Freestyle Crescendo (1 length 8&U, 2 lengths 11-12, 4 lengths 15-18, 2 lengths 13-14, 1 length 9-10)

This is a **long** meet. Make sure your swimmer has adequate water, snacks, and downtime activities.

Checklist for the Meet

- *Swimsuit (note: suits with other teams' logos or names are **NOT PERMITTED** at meets due to MCSL rules)
- *Goggles
- *Towels (bring multiple towels if your swimmer gets cold easily)
- *Swim cap (optional but recommended. Caps with other teams' logos or names are **NOT PERMITTED** at meets due to MCSL rules)
- *Water
- *Snacks
- *Something fun for between events – swim meets are long, so having a book or small activity can help pass the downtime
- *Folding chairs (optional but recommended, seating can be sparse)

Points are calculated as follows, and the winning team is the team with the most points:

- 1st place – 10 points
- 2nd place – 8 points
- 3rd place – 6 points



4th place – 4 points

5th place – 2 points

6th place – 0 points

LEAGUE-WIDE MEETS

In addition to the dual and divisional meets, swimmers can qualify for special, MCSL-wide meets. Coach Tommy will inform a swimmer if and when they qualify!

- 1) **COACHES' LONG COURSE INVITATIONAL:** This meet is generally held the fourth Tuesday of the season. Eight MCSL swimmers plus two alternates will be invited to swim in each event. Invitations are based on the swimmer's best time achieved in the corresponding short course meter event in the first three A meets of the current season. Swimmers may compete in a maximum of **2** events. No relays are swum. This meet takes place in Rockville's long course (50M) pool. Even if your swimmer is 10 and under and swimming 25Ms at A meets, they will swim 50M at this meet if selected. Medals are given for 1st-8th place.
- 2) **MCSL ALL-STAR RELAYS:** Takes place the Saturday after Divisionals. This meet's order of events is identical to Relay Carnival. West Hillandale currently swims in Tier 2 (Divisions I through O; the meet is divided due to the size of the league). **Each relay team is allowed one substitution due to absence, so it's imperative that you keep this weekend clear if your swimmer's team qualifies. We would hate to scratch a relay due to unavailability.** Plaques are given to the event winners, medals to 2nd and 3rd place, and ribbons to 4th through 8th place. Two alternates are also invited to the meet in case of no shows. Relay teams qualify in one of two ways:
 - a. Gaining first place at Relay Carnival in one of the events swim **only** at Relay Carnival
 - b. Posting the fastest time of the season in the relays also swum at A meets and Divisionals
- 3) **MCSL ALL-STARS:** Takes place the Sunday after Divisionals. Run identically to an A meet, minus relays. Sixteen swimmers plus three alternates will be invited to swim in each event. Invitations are based on the swimmer's best time achieved in the event in dual meets and the Division Championship (divisional) meet during the current season. Swimmers may compete in a maximum of **2** events. Although more than 16 swimmers may achieve the All-Star time qualification standard, MCSL will select the top 16 (plus three alternates) to compete. Plaques are given for 1st through 3rd place and ribbons for 4th through 16th place.



All-Star Qualification (Nominating) Times for 2022 were as follows:

Boys' Nominating Time	Event	Girls' Nominating Time
1:20.00	12U 100M Individual Medley	1:21.00
1:12.60	13-14 100M Individual Medley	1:17.60
1:07.00	15-18 100M Individual Medley	1:14.00
20.25	8U 25M Freestyle	20.55
35.80	9-10 50M Freestyle	36.35
31.40	11-12 50M Freestyle	32.70
28.40	13-14 50M Freestyle	31.00
58.00	15-18 100M Freestyle	1:04.60
26.55	8U 25M Backstroke	25.45
20.10	9-10 25M Backstroke	20.40
38.10	11-12 50M Backstroke	39.00
34.30	13-14 50M Backstroke	36.30
1:08.00	15-18 100M Backstroke	1:15.00
29.60	8U 25M Breaststroke	29.40
22.25	9-10 25M Breaststroke	22.25
43.30	11-12 50M Breaststroke	43.40
38.20	13-14 50M Breaststroke	41.20
1:16.25	15-18 100M Breaststroke	1:25.00
26.85	8U 25M Butterfly	25.20
18.70	9-10 25M Butterfly	18.60
36.30	11-12 50M Butterfly	37.20
32.00	13-14 50M Butterfly	34.10
29.20	15-18 50M Butterfly	33.00

WE CAN'T DO THIS WITHOUT PARENTS: A GUIDE TO VOLUNTEERING

If swim meets had a motto (besides “swim fast and have fun”), it would be “all hands on deck.” We depend on your participation to make our swim season a success.

Just like the pool itself, the West Hillandale Hammerheads Swim Team is a member-run organization. It is only with the active and full support of ALL Hammerhead parents, our many events, such as meet, social events and pep rallies can be successful. **Particularly, without parent volunteer support our meets cannot take place** – a home swim meet requires *at least* 20 parent volunteers, while an away meet requires at least 15 volunteers.

In order to ensure all families are fulfilling their commitment to the team, we use a point system to track which families are meeting their volunteer support requirements.

- All points will be tracked electronically in Swimtopia.
- Points are given a value based on the estimated time it takes for that volunteer role (two hours of photography at a meet = 2 points, timing/judging for a three-hour meet = 3 points, etc.)
- In most cases, the opportunity to sign up for jobs will open one week prior to the event. Students looking to earn SSL hours CANNOT sign up for jobs until 24 hours prior to the event start to give all families an opportunity to sign up for roles that fit their schedule.

If your schedule or health precludes you from volunteering during meets, please speak with one of the reps to determine how you can support the team behind the scenes.

2025 Swim Team Support System

# Swimmers	Service Points
1 Swimmer	10 Points
2 Swimmers	12 Points
3+ Swimmers	14 Points

There are so many ways to support the team (SSL hours, timing, concessions, sales, etc.), as detailed below. *Time Trials is a great place to learn about volunteer positions – we will need*



more volunteers than typical due to the number of kids that participate at that event. We thank you in advance for your support in making West Hillandale's swim team great.

Positions eligible for SSL credit are noted below.

Non-Certified Positions

Setup and Teardown (Home Meets Only)

For A meet setup, volunteers meet Friday night to arrange team areas, chairs, tables, seat covers, and the automation area. (If the weather or an event prevents Friday night setup, volunteers will meet at the pool at 7 a.m. on Saturday morning). B meet setup follows the same principles, and volunteers meet as close to 4:45 p.m. as possible. **SSL ELIGIBLE**

Cleanup involves resetting the pool for community use. **SSL ELIGIBLE**

Concessions (Home Meets Only)

The best – or, at least, the yummiest – part of each meet.

Staffer / Cook:

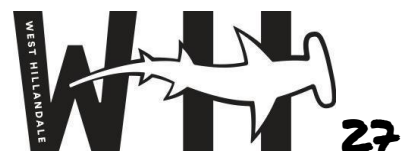
A staffer helps set up the concessions, keeps supplies stocked, and sells food/drinks/swag during the meet. You can leave to watch your child swim in his/her race (this is why we have two people staffing the booth). Time required: approximately 2-3 hours. Ideally, we will be able to staff two shifts per meet: the first half and the second half. **STAFFER POSITION IS SSL ELIGIBLE**

The cook starts the grills and grills food during the meet. Start grills before B meets on Wednesday nights and A meets on Saturday mornings.

On Deck

Announcer: We are lucky to have Osta Nazir returning in 2025 as our amazing announcer/DJ/music maestro. Osta announces events, records being broken, and whatever else needs to be broadcasted to the swimmers and spectators. Feel free to request songs in advance of the meets!

Clerk of Course: Your primary responsibility will be to check in swimmers before their events and ensure that they are organized and know where they need to be. The shepherd will walk the younger kids (12 and unders) to the lane staging area. This position can be utterly chaotic,



so you'll need to be multitasking. Some knowledge of the flow of an MCSL meet is helpful, but not required.

Head Timer: Work closely with the referee to coordinate and execute an efficient meet. You'll be the go-to person for any questions or concerns from our lane timers, and you'll provide invaluable support to ensure that everything runs smoothly. You may lead the timers' briefing before the start of each meet and go over any special instructions or nuances. You'll also be responsible for running two watches for each heat just in case a backup time is needed. At the end of each race, you'll collect the time sheets to be given to the runner. This position requires half a season of experience as a timer, though no certifications are needed.

Runner: Runners collect time sheets from timers at the end of each event and run them over to the automation table. Get your steps in while helping the Hammerheads! **SSL ELIGIBLE**

Shepherd: Lead swimmers from their check-in point to the waiting area before their races. Guaranteed to involve chasing down at least one absconder. Always check the snack bar first! **SSL ELIGIBLE**

Timer: Timers operate stopwatches (3 per lane, two to time and one to record times) to record swimmers' times, from the starter light to the touch at the end. A tutorial on what is expected takes place before every meet. **B MEETS ARE ALWAYS SSL ELIGIBLE; A MEETS WILL BE OPENED TO HIGH SCHOOL STUDENTS IF ADULTS DO NOT FILL ALL OF THE POSITIONS**

Certification Required

These are positions that require attendance at an MCSL leadership-led seminar in order to learn the necessary skills. You will shadow more experienced officials before starting on your own. **Please note: you must have two years of experience in Stroke and Turn before seeking a Referee certification.**

For any of these positions, you can get the swanky white MCSL official polo (on sale at Capital Sport & Swim!). Navy shorts, skort, pants, or skirt are required. If you choose not to purchase the polo, please wear a white top. (Automation does not require a uniform.)

Automation: Our true behind-the-scenes warrior team. The automation team uploads all the times for every event into Meet Manager *while the meet is happening*. They also check all the time sheets and DQ cards for inconsistencies. Those results posted on the wall of the clubhouse? They wouldn't exist without the team. This year, you'll be on standby to sub in: you're lucky enough to have Alli Breen, supported by Naomi Taransky, to train you up for future seasons. Automation requires attendance at a seminar, but an official certification is not provided.



Stroke and Turn Judge: Have you always wondered *why* there are so many disqualifications in breaststroke and butterfly? Do you enjoy analyzing one- vs two-hand touches? Want the best seat in the house? Then this is right job for you! You'll watch multiple lanes of swimmers to ensure that strokes, turns, and touches are executed legally. Stroke and Turn judges can also act as takeoff judges during relays.

Starter: The person of the hour, everyone will be watching you at least 50 times during the meet. You'll start each race using vocal cues ("Take your marks") and the starting light/horn.

Referee: For the Type As among us – the ref is the adjudicating official, responsible for making sure all MCSL rules and procedures are followed. The ref has final say on virtually all on-deck decisions at the meet.

Advanced Referee: This is a designation that allows experienced referees to recertify in all three positions with one seminar.

***Chief Judge (*Relay Carnival and Divisionals only*):** This is typically an experienced referee who oversees all aspects of judging at the larger meets.

APPENDIX A: I DON'T KNOW WHAT THAT MEANS: A SHORT DICTIONARY OF SWIM TERMS

Age: For MCSL purposes, a swimmer competes at his or her age on June 1st.

All-Star Time: As stated in the meet section, there is a benchmark time for each event required to be eligible to participate in the MCSL Individual All-Star Meet. Achieving an All-Star time is amazing and worth celebrating! The top 16 swimmers in each age group and event compete in the Individual All-Star Meet the weekend after Divisionals. (This doesn't apply to relays; see below.)

DQ or DQed: This is shorthand for "disqualification" or "disqualified." DQs occur when a swimmer doesn't swim the stroke correctly or fails to follow all the rules of a particular stroke. MCSL generally follows USA Swimming rules for starts, strokes, and turns, and our coaches know these rules and can communicate them to the swimmers. It's important to remember that DQs happen to everyone, and it's an experience from which to learn and improve. There's always another race on the horizon (yes, even if it's the last race of the season).

Individual Medley or IM: Events in which the swimmers do each of the four strokes in the following order: butterfly, backstroke, breaststroke, freestyle. A rhyme to help swimmers remember:

"Butterfly, backstroke, breaststroke, free / The IM is the race for me!"

Open Events: Events that are open to swimmers of all ages.

Pep Rally: An event that takes place after Friday practice. We'll cheer, have a snack, and do crafts. Stick around afterward for Food Truck Friday and informal bonding time with teammates!

Scratch: When a swimmer does not compete in an event in which he or she is scheduled to swim.

Seed Time: This is a swimmer's best time—and his or her time to beat!—in a particular event. Each summer, swimmers establish new seed times at Time Trials or the first time they swim an event at the beginning of the season. When this time is beaten by the swimmer, the seed time changes.

Swim-ups: On rare occasions, swimmers may compete in an older age group (e.g. a 12-year-old may compete in the 13-14 age group). This is only permitted when there are an insufficient number of swimmers in a given age group.



Team Records: Team records are the fastest times ever achieved by Hammerhead swimmers; team records may be achieved in any pool.



A LONGER LOOK AT RELAYS

Relay: An event swum by four (sometimes five) swimmers, each with their own specific task. The combined fastest time from all of the swimmers wins. Each part of the relay – the part that each individual swimmer swims – is called a *leg*, and the time on each leg is called a *split*.

There are two relays swum at every A meet, with separate events for boys and girls. To qualify for the All-Star Relay meet, a team must put up the fastest time **all season** (not just at Relay Carnival). One team per event competes at Relay Carnival and Divisionals; at A meets, two teams compete per event.

200M Medley Relay: Each of four swimmers does a different stroke for 50M in the following order: backstroke, breaststroke, butterfly, and freestyle. (This one's alphabetical and different from the IM order – trust us, you don't want someone doing a backstroke start when a butterfly is coming into the wall.) This is an open event but is typically swum by our oldest swimmers.

175M Graduated Freestyle Relay: Four swimmers of different age groups complete the following freestyle lengths in this order: 50M each for a 9–10, 1112, and 1314 swimmer; 25M for an 8 and Under swimmer.

At Relay Carnival, the following special relays take place. Unless noted as **mixed** (with two boys and two girls), there are separate events for boys and girls. One team competes per event, with the fastest team qualifying for Relay Carnival (there's a chance, however, of being chosen as an alternate even without winning).

200M Mixed 15–18 Freestyle Relay: 50M each of freestyle

200M Mixed 13–14 Freestyle Relay: 50M each of freestyle

100M Mixed 8 and Under Freestyle Relay: 25M each of freestyle

200M Mixed 9–10 Freestyle Relay: 50M each of freestyle

200M Mixed 11–12 Freestyle Relay: 50M each of freestyle

100M Graduated Medley Relay: one swimmer from each of the following age groups (8 and Under, 9–10, 11–12, and 13–14) swims 25M of backstroke, breaststroke, butterfly, or freestyle. Any age group member can swim any stroke, but all four age groups must be represented.

100M 8 and Under Medley Relay: Each of four swimmers does a different stroke for 25M in the following order: backstroke, breaststroke, butterfly, and freestyle.



100M 9–10 Medley Relay: Each of four swimmers does a different stroke for 25M in the following order: backstroke, breaststroke, butterfly, and freestyle.

200M Mixed 15–18 Medley Relay: Each of four swimmers does a different stroke for 50M in the following order: backstroke, breaststroke, butterfly, and freestyle.

200M 11–12 Medley Relay: Each of four swimmers does a different stroke for 50M in the following order: backstroke, breaststroke, butterfly, and freestyle.

200M 13–14 Medley Relay: Each of four swimmers does a different stroke for 50M in the following order: backstroke, breaststroke, butterfly, and freestyle.

250M Crescendo Freestyle Relay (requires 5 swimmers to represent all age groups): Occurs in this order – 25M for the 8 and Under swimmer, 50M for the 11–12 swimmer, 100M for the 15–18 swimmer, 50M for the 13–14 swimmer, and 25M for the 9–10 swimmer



APPENDIX B: I LOVE SWIMMING! A GUIDE TO YEAR-ROUND PROGRAMS

At West Hillandale, we welcome both summer swimmers and year-round swimmers. Many of our year-round swimmers started as summer-only swimmers with the Hammerheads!

Below is a list of year-round programs, their instructional and team options, their locations, contact information, and tryout requirements (if applicable).

ASA (All Star Aquatics)

ASA is a privately run team.

Instructional option? Yes (Rising Stars)

Team option? Yes

Location: Stone Ridge Aquatic Center, 9101 Rockville Pike – Bethesda, MD 20814

Contact: Head Age Group Coach Christopher Schlegel, christopher.schlegel@hotmail.com

Tryouts: Yes, for all ages. Parents should fill out this Google Form --
<https://forms.gle/SSgkofWuas4BPfq9>

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DCPR (DC Wave)

Operated by DC Parks & Rec.

Instructional option? Yes; requires some proficiency

Team option? Yes

Locations: Multiple

Wilson Aquatic Center: 4551 Fort Drive NW – Washington, DC 20016

William H. Rumsey Aquatic Center: 635 North Carolina Avenue SE – Washington, DC 20003

Barry Farm Aquatic Center: 1230 Sumner Road SE – Washington, DC 20020

Contact: Head Coach Rob Green, robert.green@dc.gov



Tryouts: Yes, for all ages. More information can be found on the Web site:

<https://www.gomotionapp.com/team/pvdcpr/page/home>

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Exercise Network Swim and Aquatics

Instructional option? Yes

Team option? Yes

Location: Multiple

University of Maryland, College Park – Eppley Recreation Center: 4128 Valley Dr, College Park, Maryland 20742

Takoma Aquatic Center: 300 Van Buren St NW, Washington, DC 20012

Twin Farms Club (Outdoor Pool): 1200 Fairland Rd, Silver Spring, MD 20904

Contact: <https://ensaclub.net/contact-us/>

Tryouts: <https://ensaclub.net/registration/>

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FAST (Fairland Aquatics Swim Team)

Instructional option? Yes

Team option? Yes

Location: Fairland Aquatic Center, 139500 Old Gunpowder Road – Laurel, MD 20707

Contact: (301) 526-6597

Tryouts: No. Swimmers placed according to ability

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FINS Swimming

Instructional option? Yes



Team option? No, but kids are able to swim in FINS-only meets

Location: Multiple

Georgetown Prep School: 10900 Rockville Pike – N. Bethesda, MD 20852

Contact: <https://finsswimming.com/contact-us/>

Old Farm Pool (outdoor, heated): 1 Swim Club Way – Rockville, MD 20852

Contact: <https://finsswimming.com/contact-us/>

Tryouts: No

[Goldfish Swim School](#)

Instructional option? Yes

Team option? Team preparatory option (Swim Force)

Location: Multiple

Goldfish Silver Spring: 11800 Tech Road – Silver Spring, MD 20904

Contact: (240) 621-1305

Goldfish Rockville: 1701 Rockville Pike – Rockville, MD 20852

Contact: (301) 640-5592

[LIFE \(Lifetime Swim Mid-Atlantic\)](#)

Instructional option? No

Team option? Yes

Location: Multiple

Lifetime: 7220 Lee Deforest Drive – Columbia, MD 21046

Contact: (443) 430-2123

Lifetime: 10121 Washingtonian Boulevard – Gaithersburg, MD 20878

Contact: (301) 569-5100



Tryouts: TBD

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MACH (Machine Aquatics)

Instructional option? No

Team option? Yes

Location: Multiple

Fairland Aquatic Center, 139500 Old Gunpowder Road – Laurel, MD 20707

Contact: becky@machineaquatics.com
(301) 377-3116

UMD – Eppley Recreation Center: 4128 Valley Drive, College Park, MD 20742

Contact: becky@machineaquatics.com
(301) 377-3116

Tryouts: Yes. Fill out this form to schedule an evaluation:

<https://www.machineaquatics.com/register-now>

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Montgomery County Stroke & Turn Clinic

Instructional option? Yes

Team option? No

Location: Multiple

Argyle Pool (summer only): 14600 Argyle Club Road —Silver Spring, MD 20906

Gaithersburg Aquatic Center: 2 Teachers Way – Gaithersburg, MD 20877

Contact: <https://www.mstcswim.com/contact-us-1.html>

Germantown Indoor Center: 18000 Central Park Circle – Boyds, MD 20841

Contact: <https://www.mstcswim.com/contact-us-1.html>

Kennedy Shriver Aquatic Center: 5900 Executive Boulevard – N. Bethesda, MD 20852

Contact: <https://www.mstcswim.com/contact-us-1.html>



MLK Jr. Swim Center: 1201 Jackson Road – Silver Spring, MD 20902

Contact: <https://www.mstcswim.com/contact-us-1.html>

Olney Swim Center: 16605 Georgia Avenue – Olney, MD 20832

Contact: <https://www.mstcswim.com/contact-us-1.html>

Rockville Swim & Fitness Center: 355 Martins Lane – Rockville, MD 20850

Contact: <https://www.mstcswim.com/contact-us-1.html>

Registration Information: <https://www.mstcswim.com/indoor-programs---registration.html>

***Note*:** This program fills up **fast**, so monitor the site.

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Montgomery County Swim (aka SwimMontgomery)

Instructional option? Yes

Team option? Yes (RMSC; see applicable entry)

Location: Multiple

Gaithersburg Aquatic Center: 2 Teachers Way – Gaithersburg, MD 20877

Contact: (240) 777-6840

Germantown Indoor Center: 18000 Central Park Circle – Boyds, MD 20841

Contact: (240) 777-6840

Kennedy Shriver Aquatic Center: 5900 Executive Boulevard – N. Bethesda, MD 20852

Contact: (240) 777-6840

MLK Jr. Swim Center: 1201 Jackson Road – Silver Spring, MD 20902

Contact: (240) 777-6840

Olney Swim Center: 16605 Georgia Avenue – Olney, MD 20832

Contact: (240) 777-6840

Rockville Swim & Fitness Center: 355 Martins Lane – Rockville, MD 20850

Contact: (240) 777-6840

Registration: Active Montgomery --

<https://web1.myvscloud.com/wbwsc/mdmontgomeryctywt.wsc/splash.html>



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NCAP (Nation's Capital Swim Club)

Instructional option? Yes (at some sites)

Team option? Yes

Location: Multiple

American University: 4400 Massachusetts Avenue – Washington, DC 20016

Contact: Andy Rosenthal, arosenthal@nationscapitalswimming.com

Georgetown Prep: 10900 Rockville Pike – N. Bethesda, MD 20852

Contact: Bruce Gemmell, coachgimmell@comcast.net

Holton-Arms: 7303 River Road – Bethesda, MD 20817

Contact: Mary Dowling, mdowling@nationscapitalswimming.com

Tryouts: Yes. More information here (choose the applicable location):

<https://www.nationscapitalswimming.com/tryouts>

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PAC (Patuxent Aquatic Club)

Instructional option? Yes (there is a level for those improving strokes)

Team option? Yes

Location: Fairland Aquatic Center, 139500 Old Gunpowder Road – Laurel, MD 20707

Contact: John Venit, dpws@aol.com

Tryouts: Click here to request evaluation:

<https://www.signupgenius.com/go/5080b4facab28a31-patuxent8#/>

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PGPR (Prince George's County Sharks Swim Team)

This team is operated by Prince George's County

Instructional option? No (however, lessons are offered through PG County)



Team option? Yes

Location: Prince's George's Sports & Learning Complex: 8001 Sheriff Rd – Landover, MD 20785

Contact: <http://www.teamunify.com/ContactMe.do?act=new&team=mdpgp>

Tryouts: Yes

RMSC (Rockville-Montgomery Swim Club)

RMSC is the Montgomery County–run swim team. (One site is operated by the City of Rockville)

Instructional option? No

Team option? Yes

Location: Multiple

MLK Jr. Swim Center: 1201 Jackson Road – Silver Spring, MD 20902

Contact: (240) 777-8060

Olney Swim Center: 16605 Georgia Avenue – Olney, MD 20832

Contact: (240) 777-4995

Kennedy Shriver Aquatic Center: 5900 Executive Boulevard – N. Bethesda, MD 20852

Contact: (240) 777-8070 ****currently under renovation and at alternate locations****

Rockville Swim & Fitness Center: 355 Martins Lane – Rockville, MD 20850

Contact: (240) 314-8750

Germantown Indoor Center: 18000 Central Park Circle – Boyds, MD 20841

Contact: (240) 777-6830

Tryouts: Yes. Information can be found on the RMSC Web site: <http://rmscswimming.com>

SDS (Capitol Sea Devils)

Instructional option? No (does have developmental levels)

Team option? Yes

Location: Multiple



Bender JCC of Greater Washington: 6125 Montrose Road – Rockville, MD 20852

Contact: admin@seadevils.org

Holton-Arms: 7303 River Road – Bethesda, MD 20817

Contact: admin@seadevils.org

St. Albans: 3101 Wisconsin Avenue NW – Washington, DC 20016

Contact: admin@seadevils.org

Tryouts: <https://seadevils.org/registration>

Suburban Aquatics

Instructional option? Yes (Stroke Clinic and Preteam)

Team option? Yes

Location: Fairland Aquatic Center, 139500 Old Gunpowder Road – Laurel, MD 20707

Contact: <https://www.gomotionapp.com/team/pvmssc/page/system/contactus>

Tryouts: Evaluation information can be found here:

<https://www.gomotionapp.com/team/pvmssc/page/all-about-mssc/looking-to-join-click-here>

TIBU (Hydro-Sonic Tiburones)

Instructional option? No

Team option? Yes

Location: Multiple

Montgomery College - GER: 20200 Observation Drive – Germantown, MD 20876

Contact: Head Coach Jorge Silva, jds@swimtibu.com

Montgomery College - ROCK: 1172 N Campus Drive – Rockville, MD 20850

Contact: Head Coach Jorge Silva, jds@swimtibu.com

Quince Orchard Swim & Tennis: 16601 Roundabout Drive – Gaithersburg, MD 20878

Contact: Head Coach Jorge Silva, jds@swimtibu.com

Tryouts: Not currently available; check the home link (above) for updated information



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TOLL (Tollefson Swimming)

Instructional option? Yes

Team option? Yes

Location: Multiple

Georgetown Prep: 10900 Rockville Pike – N. Bethesda, MD 20852

Contact: Henry Tollefson, henry@tollefsonswimming.com

St. Albans: 3551 Garfield Street NW – Washington, DC 20007

Contact: Henry Tollefson, henry@tollefsonswimming.com

Tryouts: Yes. Email Head Coach Henry Tollefson, henry@tollefsonswimming.com

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TRA (Team Rally Aquatics)

Instructional option? Yes

Team option? Yes

Location: Fairland Aquatic Center, 139500 Old Gunpowder Road – Laurel, MD 20707

Contact: support@traquatics.com

Tryouts: <https://www.gomotionapp.com/team/pvtra/page/about-us/team-program>

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WEA (WEAquatics)

Instructional option? Yes

Team option? No (swim team location is in VA)

Locations: Multiple

Embassy Suites by Hilton: 6711 Democracy Boulevard – Bethesda, MD 20817



LA Fitness: Lanham: 9450 Ruby Lockhart Boulevard – Lanham, MD 20706

LA Fitness: Silver Spring: 8616 Cameron Street – Silver Spring, MD 20910

Prince George’s Community College: 301 Largo Road– Largo, MD 20774

Trinity Washington Univ. Center: 125 Michigan Avenue NE – Washington, DC 20017

Waterside Swim & Fitness Club: 901 6th Street SW – Washington, DC 20024

Signup Form:

<https://app.iclasspro.com/portal/weaquatics/locations?next=weaquatics%2Flocations&nextQueryParams=%7B%22next%22:%22weaquatics%2Flocations%22%7D>

Contact: info@WeAquatics.com

(202) 656-8423

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[YBCC \(YMCA Bethesda-Chevy Chase\)](#)

Instructional option? Yes

Team option? Yes

Location: 9401 Old Georgetown Road – Bethesda, MD 20814

Contact: (301) 530-3725

Tryouts: TBD

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[YSS \(YMCA of Silver Spring\)](#)

Instructional option? Yes

Team option? Yes

Location: 9800 Hastings Drive – Silver Spring, MD 20910

Contact: Head Coach Myles Flood Myles.Flood@ymcadc.org



Tryouts: <https://www.gomotionapp.com/team/pvssty/page/newsletter>

