

**2019 - 2020 Season**

**Introduction to the Herndon Aquatics Club Commanders**

The objective of the Herndon Parks and Recreation Department's USA Swim Team, the Herndon Aquatic Club Commanders is to provide a quality competitive swim program to the residents of Herndon and surrounding areas. Herndon Aquatic Club is dedicated to providing opportunities for swimmers to achieve their personal goals in an encouraging environment. The team strives to achieve prominence at the local, state, and national level. Former members of the Commanders have qualified for Sectionals, Junior Nationals, U.S. Open, Senior Nationals, and Olympic Trials. The Commanders are committed to excellence in swimming and having fun while doing it. Individuals joining the team are expected to make a commitment for the entire season and to participate in swim meets as recommended by the coaching staff.  
  
Richard Romero begins his second season as the Head Coach of the Herndon Aquatic Club. He was born in Puerto Rico and started swimming at the age of 5. Coach Romero has coached both swimming and water polo for over 28 years. He has worked with Scarlett Elite, Hamilton Aquatic Club, and Peddie Aquatic. Coach Romero has also worked as aquatics director and aquatics manager at the JCC, British Swim School and Salvation Army. His coaching philosophy emphasizes technique and teaching the fundamentals of each stroke in order to bring out the best in each swimmer.

HAC assistant coaches have experience as competitive swimmers themselves, followed by years of coaching high school swimming, USA Swimming, and summer league swimming. The staff brings together over 40 years of coaching experience.

**Purpose**

The purpose of the Herndon Aquatics Club Commanders is to reinforce proper stroke and competitive racing technique. HAC strives to expose swimmers to different training opportunities as well as a variety of different levels of competition. The coaching staff encourages hard work, dedication and goal setting to achieve the best possible results from each swimmer.

**Expectations of Swimmers**

The general expectations for a member of the Herndon Aquatic Club is to attend practice regularly. Swimmers are expected to be on time and prepared with the equipment needed for each practice. They are encouraged to attend meets and competitions as regularly as possible. With the help of their coaches, swimmers are also expected to accept responsibility for their training and success. This includes memorizing their personal best times and becoming familiar with qualifying times for meets such as Junior Olympics, Zones and other championship meets. Swimmers should also become familiar with IMR and IMX Scores.

**Stroke Evaluations**

Stroke Evaluations for placement on the 2019-2020 team will be scheduled for:  
Mondays from 6-8pm - July 8, July 15, July 22, July 29

Tuesdays from 6-8pm – July 9, July 16, July 23   
Thursdays from 6-8pm - July 18, July 25

Appointments can be made online at www.swimhacc.org or by contacting Head Coach Richard Romero at richard.romero@herndon-va.gov.   
Swimmers should come prepared, with a swimsuit and goggles, to participate in a 15-20-minute try-out.

**Fees**

The program fees for the 2019-2020 Season are required in full. The membership fees listed in this brochure do not include meet fees, equipment requirements, and other team activities that will be held throughout the year. Family accounts may be billed if additional fees are needed during the season. If a change in practice group is required, at any point in the season, a cost adjustment will be provided. The breakdown of the fee structure for membership and other subsequent costs can be found on swimhacc.org.  
  
In addition to the registration fees, all swimmers (except Pee Wee) are required to pay two non-refundable fees before registration will be completed. A payment of a $200 deposit for registration, payable by credit card or check made out to the **Town of Herndon.**

A payment of $280 is payable to by check only to HAC Boosters. This payment includes the following:

* HAC Booster Fee ($90) – this fee helps to cover the cost of coaches safety training, coaches’ travel, team social events, and incentives
* Meet Entry Deposit ($100) – this deposit covers approximately two meets worth of entries. *This will need to be replenished throughout the season depending on the number of meets in which a swimmer participates.*
* USA Swimming and Potomac Valley Swimming Registration Fee ($90) – this fee is required to cover competition and insurance requirements

All HAC swimmers are also required to purchase team suit and swim cap; other team apparel or spirit wear will be available for purchase.

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| **Non-Refundable Payment due at Registration** |
| Payable to the Town of Herndon |
| Check or Credit Card Accepted |
| Purpose is Deposit for Registration |
| Total = $200 |
| **Non-Refundable Payment due at Registration** |
| Payable to HAC Booster |
| Check Only |
| Purpose is for Booster Fee, Meet Entry Fee Deposit, and USA Swimming/PVS Swimming Registrations |
| Total = $280 |







Senior Elite

