



# Barracuda Swim Team Parent Orientation

Summer 2013

# Barracuda Coaches

Caitlyn  
Hentenaar

**Assistant Coach**  
Team Administrator



**Head Coach**  
Senior Programs Director

Kari  
Murphy

**Assistant Coach**  
Pool Manager



# Information Locations

## Red Table

- Located outside Meredith's office
- Time Standards, Hard Copies of emails, Website Cards, Sign-In book

## Bulletin Board

- Meet Schedules, News Articles, Extra Copies of Meet Commitment forms, Directions, etc.

## Email Communications

- Most important form of communication for our team
  - Please provide most-checked email address

## Facebook Page

- Great for parents to communicate
- Great for last minute updates
- [www.facebook.com/groups/BAYBarracudas](http://www.facebook.com/groups/BAYBarracudas)

## Barracudas Website

- All information you could possibly need
- Announcements, Meets, Results, Times, Coaches, New to Barracudas
- [www.ymcabarracudas.weebly.com](http://www.ymcabarracudas.weebly.com)





# Registration

- \$ for Members/\$ for Non-Members
  - Scholarship
- 
- USS Long Course Option\*

# Summer Practice Schedule

## 10 & Under

May 6 <sup>th</sup> – May 16 <sup>th</sup>	4:30 – 5:30 PM	M/T/Th/F  No Wed.
May 17 <sup>th</sup> – End of Season	9:00 – 10:00 AM	All Weekdays

## 11 & Up

May 6 <sup>th</sup> – May 16 <sup>th</sup>	5:30 – 7:30 PM	M/T/Th/F  No Wed.
May 17 <sup>th</sup> – End of Season	7:00 – 8:45 AM	All Weekdays

Outdoor practices begin May 17<sup>th</sup>, after the last day for Barrow County  
Schools.



# Practice Expectations

- Be on time!
  - Early is on time, on time is late.
- Bring:
  - Suit
  - Goggles (a MUST)
  - Water bottle
  - Towel
  - Cap
- Only swimmers in the water, only coaches and parents on deck





# Meets

- Sanctioned Meets
  - Pentathlon
  - Splash
  - Invitational
  - District
  - NGSL Championship
  - State
- Dual Meets
  - Ocone
  - Dacula
  - Commerce
  - Stingrays
- Long Course\*
  - 50 Meter Pool
  - Longer Distances
  - USS



# Meet Expectations

- Be on time!
- Warm Up is not optional
- Talk to your coaches before and after every race
- Eat and drink healthily
- Pay attention to events

## PARENTS:

- Be on time!
- VOLUNTEER
- Purchase a heat sheet and help mark your swimmer





# Pentathlon

- June 8<sup>th</sup>
- Iron Man of Summer League
  - 5 events: IM, Fly, Back, Breast, Free
- Experienced Swimmers



# SPLASH!

- June 3<sup>rd</sup>
- The NGSL Splash Meet is a fun meet for swimmers of all ability levels to compete together.
- Mixed Gender Relays



# Invitational

- June 22<sup>nd</sup>
- A novice meet for less advanced swimmers.
  - Swimmers with All Star times are discouraged to swim this meet.





# District

- July 6<sup>th</sup>
- State qualifier meet
- Birth certificate required by GRPA

Barrow County	Jackson County*	Gwinnett County*
Can swim with the Barracudas Swim Team at the District Meet	Must get written permission from Jackson County Recreation and Parks Association <u>or</u> have been a part of the Barracudas Year Round program for at least 120 days	May not compete <u>unless</u> a part of the Barracudas Year Round program for at least 120 days

\*New Rule: Swimmers with the Year Round Program for at least 120 days will be allowed to swim with our team for the District and State Meets.



# NGSL Championship Meet

- July 12<sup>th</sup> and July 13<sup>th</sup>
- Frances Meadows/ Habersham
- Any swimmers wishing to swim the NGSL Championship must swim one of the following:
  - Pentathlon
  - Splash
  - Invitational



# State Meet

- July 19<sup>th</sup> and July 20<sup>th</sup>
- Tifton
- Swimmers who made top 3 in their event at District





# Volunteering

## Events

- Timers
- Runners/Place Judges
- Ribbons
- Concessions
- Set-Up/Take-Down
- Bullpen
- Announcer/Starter

## Donations

- Concessions
- Pentathlon Baskets
- Special Needs



# Our Sanctioned Meets

## Pentathlon

- June 8<sup>th</sup>
- Raffle Baskets
  - Every family provides one basket or items towards a team basket
  - \$15 to \$20
  - No repeat baskets
    - Only 35 baskets
    - \*see list on board
- LOTS OF VOLUNTEERS!!!

## District

- July 6<sup>th</sup>
- The biggest NGSL meet of the entire summer
  - Every team from the 7<sup>th</sup> District, huge in GA
  - Qualifier for State
    - Need to be super official and impressive
- LOTS OF VOLUNTEERS!!!



# Fundraising

## Swim – A – Thon

- Last week of June
- Swimmers collect pledges through June
- Can donate on a per-lap basis or with a flat-fee donation

## Home Meets

- Dual Meets
  - Concessions, extra sales – t-shirts, caps, etc.
- Pentathlon
- District

## Raffle Baskets

- Pentathlon, after meet but before awards
- Can buy tickets and place in buckets throughout the meet
- Each family donates one basket





# Suit Fitting and Team Pictures

## Suit Fitting

- First day of morning practice (17<sup>th</sup>)
- 9:00 am
- Must be dry to try on suits
  - Younger kids must try suits on before entering water
  - Older kids will get out early to dry off if they need to try on suits
- Must wear undergarments to try on suits

## Team Pictures

- June 25<sup>th</sup>
- Individual Pictures
  - Family pictures also ok
  - Will be taken before the team picture
  - 8:00 am
- Team Picture @ 8:15 am
  - Wear your team suit!
- Order envelopes will be available



# Awards Banquet

- Beginning of August
- End of season potluck banquet
  - Each family should plan to bring something to contribute
- Awards after dinner
  - Bought with money raised by booster club