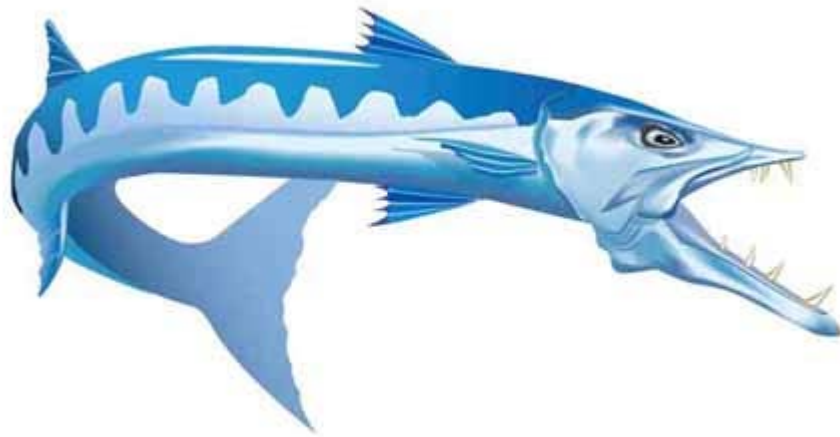


# Barracuda



## Swim Team

2010 - 2011

PARENT/SWIMMER  
HANDBOOK

# Congratulations and Welcome to the North Providence Barracuda Swim Team

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## ABOUT THE TEAM

### **The North Providence Barracudas**

The North Providence Barracudas Swim Team is an organization formed to promote competitive swimming for all qualified swimmers from 6 to 18 years of age. It is the goal of the North Providence Barracudas to:

1. Provide safe, healthful exercise and an opportunity to practice social skills in a positive environment.
2. Help each swimmer realize their potential as an aquatic athlete through instruction in stroke technique, starts, turns and endurance.
3. Develop the qualities of good sportsmanship by becoming an "ELM Tree Winner."
4. Teach self-discipline, endurance, teamwork and doing one's best.

Remember, on the North Providence Barracudas Swim Team, each and every swimmer is a winner.

*The North Providence Barracuda Swim Team competes in the RIMA Swim League.*

### **Team Organization**

Megan Giammarco, the North Providence Pool & Fitness Aquatics Director, is responsible for pool administration, safety as well as hiring and supervising Coaches.

### **Coaching Staff**

Ron Lamothe - Head Coach: rlamothe1@cox.net

Nate Dell - Assistant Coach: swimmer2768@hotmail.com

### **Barracuda Swim Team Parent's Committee**

<u>Name</u>	<u>Position</u>	<u>Email</u>
John & Laurie Walsh	Treasurer	lamw611@verizon.net
Danielle Erickson	Secretary	jdbcerickson@msn.com
Jackie Weidinger	Volunteer Coordinator	danjackiew@verizon.net
Diane Good	Telephone	goodceiling@aim.com
Julie Galleshaw	Photography	julesg11@aol.com
Juan Santamaria	Fundraising	jucashi@verizon.net
Tony Azevedo	Statistician	azevedotony@aol.com
Maria Azevedo	Media	azevedotony@aol.com

The Barracudas Swim Team Parents Committee is a vital part of our organization. The responsibilities of the Swim Team Parents Committee are to maintain records, purchase supplies, ribbons, plan fundraising events and organize volunteers to run home swim meets. If you have any questions regarding the Swim Team Parents Committee, please contact a board member.

The goal of the Parents Committee is to have volunteer support from 100% of our team families.

## Practice Information

### **Practice Schedule**

Age groups will be mixed during training, with each practice session having swimmers of several age groups present at one time. This will give swimmers a better environment in which to train by combining more team members of similar abilities. Swimmers will be more comfortable training with and being challenged by swimmers who train at the same speed and level. Although swimmers compete in their own age group, there may be times during practice when they may be asked to train with either older or younger swimmers.

It is not uncommon for coaches to move swimmers up or down a level in order to both observe and test the swimmers ability.

### **Practice Times**

Practices are held Monday, Tuesday, Wednesday, Thursday and Friday from 4:30–5:30 pm. Swimmers need to make a commitment to attend the specific number of practice times per week as outlined below:

10 years old and under:	Minimum 3 plus days per week with Tuesday required
11 years old and older:	Minimum 4 plus days per week with Tuesday required

Practice attendance will be taken. If a swimmer is unable to attend a practice he/she is required to let the coach know in ADVANCE, or call the North Providence Pool & Fitness Center and leave a message for the coach. It is important to do this as each swimmer's attendance has an effect on the other swimmers. It is also important to keep the coach informed of any reason you may not be able to attend practice to avoid being eliminated from the next swim meet due to not attending the minimum practice requirements. *All Friday practices before swim meets are mandatory.*

**North Providence Pool & Fitness Center (401-353-7007)**

**Email: Coach Ron: [rlamothe1@cox.net](mailto:rlamothe1@cox.net)**

**Coach Nate: [swimmer2768@hotmail.com](mailto:swimmer2768@hotmail.com)**

**\*\* Attendance will also be the deciding factor in meet events and relays. Please feel free to talk with a coach about any scheduling conflicts you may have.\*\***

*Swimmers who swim on a high school team will not attend Barracuda practice sessions during their high school swim season. However, high school swimmers are required to participate in all Barracuda dual meets and specialty meets if there is no conflict with their high school schedule. High school swimmers are required to provide the coach with a schedule of their meets. High school swimmers are required to return to all Barracuda swim practices once their season has ended.*

### **Practice Arrival Time**

It is important that all swimmers arrive on deck on time ready to swim, dressed in suit, cap, and goggles, at the beginning of each practice session. A stretching/warm-up routine is required before practice time as it is crucial to preventing injury and promoting good stroke technique.

**Swimmers who are consistently late will not be allowed to enter practice. A swimmer who arrives late may be asked to sit practice out and their parents will be notified.**

**During the North Providence High School Swim Season, there will be times when Barracuda practice will be cancelled due to a high school home swim meet. Parents will be notified through e-mails and bulletin board notices.**

# Swim Meet Information

## Competition Requirements

Swimmers who have met the minimum number of required practice sessions for a period of three weeks prior to the scheduled meet will be eligible for competition. Exceptions may be made for medical reasons or extenuating circumstances, but will be made at the coach's discretion. **All eligible swimmers are expected to attend all dual meets.**

## Dual Meets

Dual meets are meets occurring between two teams. Dual meets are scheduled during the season on Saturday afternoons. Individual swimmers will be signed up for specific events the week prior to each meet. Everyone is expected to participate. If you are unable to make a swim meet you must notify the **COACH**, 24 hours prior to the meet, otherwise you will be expected to swim. **Do not leave a message; you must speak with the Head Coach.** **All swim meet line-ups will be determined by the coaching staff.**

## Specialty Meets

Specialty meets are those, which may have entry time requirements or are of a nature different from regular dual meets. Specialty meets require an additional entry fee.

## Prior to Meets

- ✓ It is expected and assumed that all swimmers will attend all dual meets unless otherwise notified. With this understanding meet line-ups will be planned.
- ✓ If a swimmer cannot participate in a meet, the coach must be notified at least 24 hours before the day of the meet. It is extremely difficult, and sometimes impossible, for the coach to make changes to the line-up on the day of the meet. There is a lot of preparation by many people to have a smooth running meet. If the swimmer becomes sick and unable to compete on the day of the meet, you must call the coach (Ron's cell number: 401-578-3171 or Nate's cell number: 401-297-6207) as soon as possible. The sooner you notify the coach, the greater the possibility that the necessary adjustments to the lineup may be made. **Remember, this may be an "individual sport," but your coach and teammates rely on you!**
- ✓ Leave all valuables at home and keep your things in your equipment bag/locker when not in use at a meet.
- ✓ Good nutrition, regularly scheduled meals, a proper sleep schedule, and consistent school study habits are an essential part of all swimmers training and preparation for competition.
- ✓ There should be no sleep-overs or late night activities planned the night before meets. Swimmers are to go to bed at a reasonable hour! A swimmer's own bed is their best bet for getting a great night's sleep.

## During Meets

Meets are great fun, but because there are so many people in attendance and so many different events, good organization is essential.

- ✓ All swimmers are expected to arrive on deck, suited up, ready to stretch and swim for their scheduled warm-up time prior to the meet.
- ✓ Swimmers should arrive 15 – 20 minutes prior to their warm-up time in order to review their events and prepare their spot on deck.
- ✓ All swimmers are expected to demonstrate the values of Caring, Respect, Responsibility, and Honesty during all swim meets.
- ✓ Swimmers are expected to show sportsmanship towards their teammates, opponents, and coaches. If swimmers need to briefly leave the pool area they are to first ask the coach before leaving.
- ✓ **EACH TEAM MEMBER IS EXPECTED TO STAY AT THE MEET FROM THE BEGINNING OF THE WARM-UP TO THE END OF THE LAST EVENT.** Anyone with a special request to leave early must clear it with the coach prior to the meet. Coaches are responsible for all swimmers during the meet; anyone leaving early must tell one of the coaches that they are leaving before they leave the pool deck.
- ✓ All snacks and drinks should be brought with the swimmer at the beginning of the meet and kept with their towel and sweats; glass is never allowed on the pool deck. **Food is not allowed on the pool deck.**
- ✓ All swimmers should wear flip-flops or sneakers while not on the pool deck.
- ✓ Sweats or extra shirts and pants on deck are not required but are recommended.

# Parent's Commitment

## **Parent Responsibilities**

Parents, this is your opportunity to shine and help out your team. We will be relying on you to help run our home meets efficiently, smoothly, and in an organized manner. It is crucial that parents sign up for the different volunteer positions, which are posted on the Barracuda Bulletin Board prior to the day of the meet or we are not able to function as a team.

## **Volunteer**

Volunteer staffing for all home meets is a must. All parents are expected to volunteer at meets throughout the swim season. There are many ways to volunteer and contribute to the team. Volunteering should not be considered a chore, it is fun and rewarding to help your child's team and get to know the Barracuda families. A volunteer list will be posted on the Barracuda Bulletin Board located in the lobby or you can contact Jackie Weidinger, our Barracuda Team volunteer coordinator.

## **Fundraising**

Fundraising is a very important part of the success of the Barracuda Swim Team program. Money raised by our fundraising efforts pay for all coach training's, ribbons, trophies and awards, our end of season Team Banquet and to replace team equipment (pull buoys, kickboards, etc.). In the past our fund raising events have included a car wash, a swim-a-thon and running a concession stand (food supplied by swim families and staffed by swim parents) at all home meets.

## **Communication**

Good communication is vital to any organization; therefore, we have established numerous channels for the flow of relevant information. It is the responsibility of the swimmer and parent(s) to utilize the following information centers available to you:

**Team Bulletin Board** - The team bulletin board is located in the main hallway outside the pool area. It is the responsibility of the parents and swimmers to check the board for team announcements.

**E-mail** – E-mail is our primary method of communication. It is the parent's responsibility to provide an updated email address to our Team Secretary, Danielle Erickson, [jdbcerickson@msn.com](mailto:jdbcerickson@msn.com), as she will be sending out various emails throughout the season.

**Swimmer's Folder** - Each Barracuda swimmer has a file folder in which award ribbons and important team information is placed. It is the responsibility of both the swimmer and parent to periodically check their individual folder, which is located on the pool deck.

**Direct Contact with Coach** - If you need to communicate with the coach, please address him after practice. You can also communicate your message in writing if you prefer and leave it at the front desk or send an email to [rlamothe1@cox.net](mailto:rlamothe1@cox.net).

## **Transportation**

Transportation to and from practice and competitions is solely the responsibility of the parent. Car-pooling is encouraged for those who would like to arrange it. If, at any time, a swimmer needs to be transported to/from practice or competition, please contact a member of the Parent Committee.

## **Fees and Money**

A Monthly Barracuda Swim Team fee is due BEFORE the first of every month. Swimmers who are not paid in full will not be allowed to practice. (*Athletes that participate in high school swim during our swim season will receive a prorated swim team fee.*) Swim Team fees can be paid by cash or check. All checks will be made out to the Barracuda Swim Team. All Barracuda Swim Team members must be a member of the North Providence Pool & Fitness Center. (Please check the Pool & Fitness Center brochure for rates.)

## **Team Bathing Suits and Swim Equipment**

Team bathing suits and fins are required by everyone – returning swimmers need not purchase these items if theirs is in good shape. Team bathing suits, fins, mesh equipment bags, goggles, team sweatshirts, team t-shirts and extra team swim caps can be purchased through our team secretary.

## Strokes Used In Competition

**Freestyle:** By definition, a freestyle swimmer can use any stroke. But the fastest is the “Australian crawl” (also known as the “front crawl”), which is characterized by an alternating overhand motion of the arms and a flutter kick. The arm movement has four distinct segments, entry, catch, pull, and recovery. Breathing patterns vary depending on the distance of an event and a competitor’s preferred style.

**Backstroke:** The backstroke is an alternating motion of the arms – much like the freestyle in reverse – with a flutter kick. Backstroke swimmers must stay on their backs, except during the turns.

**Breaststroke:** The slowest of the four strokes, the breaststroke is highly technical and therefore difficult to master. The arms must move in the same horizontal plane simultaneously; the hands propel forward from the chest (on, under or over the water) and are brought back on or under the water surface but not beyond the hip line. The only exception to this is during the first stroke after the start and turns. The elbows remain underwater except on the stroke before turns or the final touch. The kick is a simultaneous thrust of the legs called a “frog” or breaststroke kick. No flutter or dolphin kicking is allowed.

**Butterfly:** This is the most powerful and physically demanding stroke. The butterfly involves simultaneous overhead stroking of the arms combined with a dolphin kick. The dolphin kick features both legs moving up and down together. No flutter kicking is allowed.

**Individual Medley** (commonly abbreviated as IM): The swimmer swims a combination of the strokes in ¼ equal lengths of the total length of the event in this order: butterfly, backstroke, breaststroke and freestyle. The freestyle must be the front crawl and cannot be any form of the other strokes. The swimmer must comply with the rules of each stroke. Transition turns between the strokes shall conform, before the touch, to the finish rules for the stroke being completed and, after the touch, to the turn rules for the stroke about to be swum.

**Freestyle Relay:** Four swimmers, each swimming freestyle for ¼ equal lengths of the total length of the event. No person shall swim more than one leg (1/4) of the relay race. Each swimmer must end their leg of the race before the next swimmer is allowed to start their leg.

**Medley Relay:** Four swimmers, each swimming ¼ equal lengths of the total length, except each swimmer swims a different stroke in the following order: Backstroke, breaststroke, butterfly and freestyle (alphabetical order, different than IM order).

## Time Standards

Swimmers (and their parents) frequently wonder how their times compare to those of other swimmers. A variety of time standards have been developed for comparison and classification purposes, all of which can be found below in the Time Standards section below. The most often set of standards that is used is referred to as the Top 16 Motivational Time Standards.

These standards are based on the sixteenth fastest time ever swum in that age group in USA Swimming competition. The standards in order of increasingly fast times are: C, B, BB, A, AA, AAA, AAAA. Most swimmers starting out in an age group will have times in the C to B range. As they gain experience, their times will frequently fall into the B-A range. Exceptionally fast swimmers have times that fall in the AA-AAAA range.

Many meets have time entry requirements that are based on the Top 16 Motivational Time Standards. Qualifying standards for three typical meets would be:

- B/C: generally a meet for novice swimmers
- A/BB: swimmers at these meets are faster than novice swimmers, but are not fast enough to compete at the top levels of competition
- A+: these meets involve an extremely fast level of competition.

While just about everyone is curious to know how well they swim relative to the competition, it is important to remember that the best indicator of success for the vast majority of swimmers is swimming a personal best time. Remember, not everyone can be a AAAA swimmer by definition, but equally important, everyone can improve on their own times with hard work and dedication!

# Barracuda Swim Team

## Registration Form - 2010/2011 Swim Season

**FORM MUST BE PRINTED COMPLETELY AND ACURATELY.**

*If at any time the information provided changes, it is your responsibility to update this form with the Team Secretary.*

### Swimmer Information

Swimmer #1			Pool Membership Exp. Date:
First Name	MI	Last Name	DOB / /

Swimmer #2			Pool Membership Exp. Date:
First Name	MI	Last Name	DOB / /

Swimmer #3			Pool Membership Exp. Date:
First Name	MI	Last Name	DOB / /

### Parent Information

Name(s)		
Street Address / Town / ZIP		
Home Phone	Work Phone	Cell Phone
Main Email		
Secondary Email		

### Barracuda Tuition Payment Information

A \$40 per family Escrow Account Fee is due upon registration. This one time fee is to defray the costs of ribbons, trophies, coaches' certifications and league registration fees.

Payment Options(circle one):      Full Payment (\$350\*)      Monthly Payments (\$50/month\*)

**\*Prices are per swimmer**

Checks should be made out to *Barracuda Swim Team*

Monthly Barracuda Swim Team Dues **MUST** be paid **ON TIME**.

*Swimmers who show a balance at the start of any month will not be allowed to participate in practice until dues are paid, thus possibly affecting his/her swim meet eligibility.*

### Disclaimer

By signing this, I understand that I have committed to the Barracuda Swim Team for the entire 2010/2011 swim season at a total expense of \$350\*. I am responsible for paying the **full amount** of what is owed and will make all scheduled payments on time. I also understand that it is my responsibility to maintain a current North Providence Pool & Fitness

# Barracuda Swim Team

## Emergency Medical Release Form - 2010/2011 Swim Season

*(Form Must Be Completed for Each Individual Swimmer)*

**FORM MUST BE PRINTED COMPLETELY AND ACURATELY.**

*If at any time the information provided changes, it is your responsibility to update this form with the Team Secretary.*

Swimmer's Name \_\_\_\_\_ D.O.B. \_\_\_\_\_

### Parent/Guardian Information

Name(s): \_\_\_\_\_  
\_\_\_\_\_

Street  
Address: \_\_\_\_\_  
\_\_\_\_\_

City/Town: \_\_\_\_\_  
\_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell  
Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Other  
Phone: \_\_\_\_\_

### Emergency Contact(s) – To be used if parent(s) cannot be reached

Name: \_\_\_\_\_  
\_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell  
Phone: \_\_\_\_\_

Name: \_\_\_\_\_  
\_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell  
Phone: \_\_\_\_\_

### Medical Information – Please list any medical conditions that the BST staff should be aware of:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I, \_\_\_\_\_, hereby release all claims against the Town of North Providence, the Recreation Department, the Pool & Fitness Center, North Providence Barracuda Swim Team, and the staff members in the unlikely event that an injury should occur during any team practice or swim meets that cannot be proved to be the result of negligence. Also, my child has a medical condition that should be noted and cared for during team practice or swim meets.

Signature of Parent/Legal Guardian

Date

## Barracuda Swim Team

### Volunteer Form – 2010/2011 Swim Season

The Barracuda Swim Team includes the swimmer's families. Parents/guardians are VERY IMPORTANT to our team's success. Without volunteers our swimmers cannot compete in official swim meets. It is impossible for just a few volunteers to cover all "jobs" during a meet. **YOUR HELP IS NEEDED!!!!**

Volunteers are needed to help with the following positions:

**Official Timers** - Three (3) timers are needed per lane. A total of 12 timers needed per meet. You will be "on deck" timing your assigned lane. Everyone should sign up to time at least a few of our meets.

**Lane Official** - Volunteers will need training for this job. Training will require a few hours commitment. Lane Officials need to be impartial and not afraid or too "soft" to disqualify a swimmer.

**Starter** – Would require a strong, confident voice, and the ability to "take charge" of meet races. Individuals interested should consult a BST coach for details regarding this position.

**Bull Pen Organizer** - Volunteers need to be organized themselves and be able to work as a team to ready the swimmers for their individual swim meet events.

**Concession Stand Attendeeds** - This is a big fundraiser for the Barracudas. Our snack bar will be set up during meets and will need at least two attendants at all times.

**Concession Stand Donations** - If you do not have the time to volunteer please consider making a food or drink donation to our concession stand. Suggested donations are given at least one week prior to all home meets.

**Clean Up** - Help is needed after all home swim meets to clean both the pool and concession area.

**Emergency Phone Call** - Volunteers would be responsible for letting our swimmers know "emergency" information or cancellations.

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### Volunteer Information

Name(s): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell

Phone: \_\_\_\_\_

Primary E-mail: \_\_\_\_\_

## **Barracuda Swim Team**

### **Photography Permission Slip – 2010/2011 Swim Season**

From time to time we will take pictures during Barracuda practices, meets, team meetings, and team social events. We would like your permission to use these pictures on our website link and on our team bulletin board. We will never reference your child by name or provide any specific information regarding your child. We also will never sell these pictures; we will use them exclusively for Barracuda Swim Team purposes.

Video taping your child while he/she is swimming is method used to provide instant feedback on stroke technique to a swimmer. We will only use the video to show your child those areas of technique improvement that are needed.

*Please take a moment to let us know your preferences regarding our use of photos/videos of your children:*

#### **Please Check One**

\_\_\_\_\_ **YES**, I grant you permission to use photos/videos of my child on the Barracuda Swim Team website link and team bulletin board.

-OR-

\_\_\_\_\_ **NO**, Please do NOT take or use any photos/videos of my child

#### **Swimmer Information**

(Please Print Clearly)

Child(ren)'s Name(s):

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## **Barracuda Swim Team**

### Payment Record – 2010/2011 Swim Season

Family Name: \_\_\_\_\_

Monthly Payments Made for \_\_\_\_\_ Swimmer(s) NOT on a H.S.

Swim Month	Date of Payment	Payment Amount	Payment Method	Received By
September				
October				
November				
December				
January				
February				
March				

Monthly Payments Made for \_\_\_\_\_ Swimmer(s) on a H.S. Team.

Swim Month	Date of Payment	Payment Amount	Payment Method	Received By
September				
February				
March				

**Payment for ENTIRE 2010/2011 Swim Season**

## Barracuda Swim Team

### Swimmer's Contract – 2010/2011 Swim Season

I, \_\_\_\_\_, am a member of the North Providence Barracuda Swim Team. I completely understand that the Barracudas are a competitive swim team and I need to train like a competitive swimmer.

\_\_\_\_ I am under 10 years old. I will commit to practicing my technique on Tuesdays and work on my speed and endurance at least two other practices during the week (for a total of 3 or more practices per week).

\_\_\_\_ I am 10 years old or older. I will commit to practice at least four times per week. One of these practices will include a technique practice on Tuesday. I understand that I should make every effort to practice at least 4 or 5 times per week, to remain competitive.

Most weeks I will be practicing on these days: (Please circle)

**Monday – Tuesday – Wednesday – Thursday – Friday**

If for some reason I cannot practice on the above days I will notify Coach Ron by calling the [pp; at 353-7007, as soon as possible.

**I am signing this contract with the understanding that if I do not fulfill my commitment to the Barracuda Swim Team I will not be able to compete in our swim meets.**

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Barracuda Signature

Date

I, \_\_\_\_\_, am a parent/guardian of a Barracuda Swim Team member; understand that it is MY responsibility to check my emails for Barracuda News so that I will remain informed of upcoming news and events.

I will make every effort to ensure the Barracuda swimmer under my care will have safe, reliable transportation to/from practice