

Welcome Back!



Barracuda Families,

It's that time of the year again, and I cannot wait for this upcoming swim season! We have a fabulous group of Assistant and Junior Coaches, as well as some great new swimmers/families joining our team. Here are a few important reminders and announcements for upcoming events.

Practices will begin **Tuesday May 26th**

Practice Times from May 26th-June 1st

Ages 6 and under 4:00-4:30pm

Ages 7-8 4:30-5:15pm

Ages 9-10 5:15-6:00pm

Ages 11 and older 6:00-6:45pm

*There will be no practice on June 2nd or June 3rd.

The morning practice schedule will begin on **Thursday June 4th**.

Morning Practice Schedule begins June 4th

Ages 13 and Up 6:30-7:30am

Ages 11-12 7:30-8:30am

Ages 9-10 8:30-9:30am

Ages 7-8 9:30- 10:15am

Ages 6 and Under 10:15-10:45am

Team Event: Remember Friday, June 5th will be our team get together. It is a potluck and will begin at 6pm. We will have dinner, do a few team cheers, and have fun at the pool! Hope everyone can make it.

Time Trials: Time trials will be held on Saturday, June 6th. The check in time is at 7:30am and the meet will begin at 8:30am. This is a great opportunity for all of the swimmers to practice how a swim meet will be run. The swimmers will **only** be entered in freestyle and backstroke, and the meet will give them a starting point of their times. **Please sign up for the meet on our team's website.**

WACKY WEDNESDAYS: We will not begin Wacky Wednesday practice until the week of June 10th. Remember each practice time will stay the same **except** for the 6 and unders who will practice from 9:30-10:15am with the 7-8 age group.

During our WACKY WEDNESDAY practices, half of the time will be spent making a sign/card for your child's Barracuda Buddy for the upcoming meet, and the other half will be spent in the pool.

2015 Summer Coaches

Coach Stephanie- Ages 13 and up and 5-6 (All other age groups as well)

Email: steph.missak@gmail.com

Assistant Coach Meredith Conway- Ages 11-12 and 5-6

Email: mercon6@gmail.com

Assistant Coach Sean Dorsey- Ages 9-10 and 5-6

Email: spdorsey@comcast.net

Assistant Coach Sydney Lobdell- Ages 7-8 and 5-6

Email: sydneykaryn@gmail.com

*If you need to contact one of the coaches please wait until the end of practice. You can find their email address above or on the team's website.

Volunteer Junior Coaches Include:

Caitlyn Komar	Jake Allen
Jessica Komar	Grace Condie
Kaitlyn Wincup	Wagner Osbourne
Meghan Miller	Charlie Lobdell
Austin Glass	Sasha Dresbach
Thomas Rancich	

Barracuda Buddies: Each swimmer will be given a Barracuda Buddy for the swim season. The purpose of a Barracuda Buddy to build team bonding, get to know other swimmers on the team, and cheer for one another. Barracuda Buddies will make a sign or card at the Wacky Wednesday practice for the upcoming HOME MEET. The difference from last year is that **NO** gifts will be exchanged at the meets, only the sign/card. The swimmers will take their card/sign home from practice on Wednesday and will bring it to the following home meet.

*Please inform your child's age group coach if you know your child will not be at the upcoming home meet. This way we have a sign/card made for his/her Barracuda Buddy for the meet.

Swim Meets: Please make sure to sign up for the swim meets on our team's website. If your swimmer is able to attend a meet make sure to commit them. If they are unable to attend, please hit decline.

Important side notes:

- Please let us know 1 week in advance if your child is unable to attend a meet.
- Once the deadline closes for a meet, we will not be allowed to enter your swimmer back into the meet.
- If something were to change with your swimmer attending/not attending a meet, please let a coach know ASAP.
- You can always enter your swimmer in a meet, and then in the notes section write uncertain and we can make changes as the meet gets closer.

It is also important to arrive on time for each meet. Swimmer check in begins an hour before the meet starts and warm-ups begin soon after that. It is important to attend warm-ups so the swimmers can become familiar with the pool and can warm up their body before the meet begins.

Private Swim Lessons: Information regarding private swim lesson will be sent out within the next week.

If you have any questions, please let us know! We are all looking forward to a fun swim season.

Coach Stephanie

