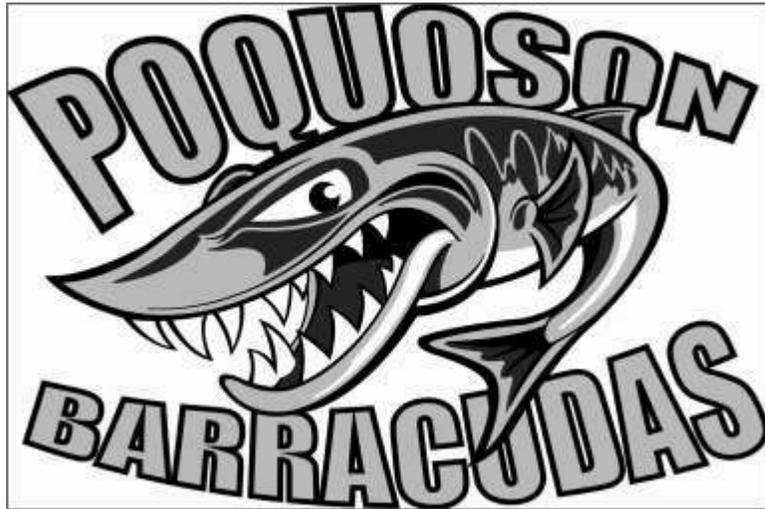


Poquoson Barracuda Swim Team Swimmer/Parent Handbook



2017

One Per Family

Introduction

Welcome to the Poquoson Barracuda Swim Team. This handbook was designed through a partnership of Barracuda Swim Parents, Coaches, and Poquoson Parks and Recreation Staff (Community Recreation).

The goal of this handbook is to inform, communicate, and serve as a comprehensive resource for the team and its participants. The book includes policies, day to day operations information, and important details that will help make your experience as fun and successful as possible. As you look over its contents, remember your time and your dedication to our children makes *YOU* key to this program. Parents are asked to review this handbook in its entirety and discuss its contents with their child to ensure a full understanding of the responsibilities of both the swimmer and the swim team family.

The Poquoson Barracuda Swim Team, a program of Poquoson Parks and Recreation-Community Recreation is a member of the Greater Peninsula Swimming Association (GPSA), whose purpose is “to promote competitive swimming on the Peninsula.” The Association is comprised of teams located in Hampton, Newport News, and York County. We will compete in the “White” Division for 2017. The competition in this division is traditionally very strong.

The Poquoson Barracuda Swim Team is a competitive swim team program. This makes this swim team program unlike any other sport that you may be used to participating in through Poquoson Community Recreation. How the team is managed, and run also is part of this competitive designation as it plays a role in the experience for all swimmers. We provide the opportunity for qualified swimmers to participate on the team, but it should be noted that not everyone is able to swim in competition (meets) equally or at every meet. There is no minimum “playing time” or swim in every meet requirement for this program.”

Please note that the Poquoson Barracudas is a swim team, and not designed for children who are in need of further swim lessons. This is discussed further under “**Eligibility**” within this handbook. If your child is just learning to swim, more lessons may be necessary prior to swimming on the swim team.

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1. Organization

The Poquoson Barracuda Swim Team is a competitive swimming, team oriented program offered through Poquoson Office of Community Recreation. This team represents the City as a whole, and not one particular neighborhood or homeowner's association. *The team was created originally in 1987.* All meet staffing and fundraising originated with the Booster Club. Together Community Recreation and parents worked to build the program as we know it today.

The team joined GPSA in 2007, and has enjoyed much success to include a league championship.

The Parent Booster Club was created to support the needs of the team. This parent group is the manpower support system for the team to run meets, and to handle fundraising for meet entry costs, awards, and expenses for social activities.

Together the club and the City's Office of Community Recreation is also the communication link for the team to get information to members regarding all team business. It has a simple officer structure with a President, Vice President, Secretary, and Treasurer. A representative from Community Recreation serves as an advisor to this group. The booster club also chooses a volunteer to serve as the Representative to the League along with the staff person from Community Recreation. These two individuals serve as GPSA Representatives and attend meetings for the league but also work out scheduling, rule interpretations and other problems that may arise as teams compete together.

Fees Paid to the Office of Community Recreation cover the usage of the pool for meets and practices, pool passes for swimmers, and lifeguard staff, coaching salaries, program administration, insurance, equipment as needed. The Booster club raises funds to support meet entry fees for city meet and mini meet, ribbons for home meets, season awards, caps, an end of the season banquet, fun team events and supplies.

2. Eligibility

Membership is open to any child that meets the swimming requirement and is not 19 by June 1, 2017

Membership to the team is granted when:

- A) all fees to Community Recreation are paid in full (This includes a pool pass)*
- B) the \$150 deposit for supplying workers for meets is paid to the PBBC.***
- C) The PBBC Club dues of \$30.00 per family is paid.
- D) And once the child is deemed proficient to swim as a result of evaluation.

All swimmers (includes kids in STRIVE for 25) must be registered before attending their first Barracuda Practice, and the deadline for team membership is June 9, 2017.

There will be no refunds for swim team or from the Booster Club after June 9, 2017.

*Within the registration fee from Poquoson Office of Community Recreation, a pool pass is provided for all swimmers, giving them unlimited "membership and usage" privileges at the pool during regular hours open swim hours for the season. Families are not required to join in addition. Pool Pass privileges are not extended to Swim Team parents by having a child on the swim team.

***Parent/Guardian participation- working meets and assisting the team is required for any swimmer to participate and remain eligible for team membership. (See Parent Volunteer Agreement in Registration Packet)

Note: Swimmers not abiding by Swimmer/Family Code of Conduct will & can lose eligibility as related to behavior for meets, practices and ultimately the season.

Pre-requisite Swimming Requirement: Please do not let this deter you from giving swimming a try for your child! This is an important part of the process!

If you are NEW to the Barracuda Swim Team, your swimmer must be evaluated.

Exceptions: Those not required for evaluation are:

- 1) they are an active USA Swim Team member
- 2) have swum on the high school team,
- 3) Were a past Barracuda or Riptide Team Member.

If you are new to any swim team experience you are required to attend an evaluation time. This is primarily for safety.

Swimmer Requirements:

- 1) All swimmers must be able to swim easily and comfortably in deep water.
- 2) All children ages 8 and under **should** be able to successfully swim **at least 25 meters in the freestyle and backstroke strokes**, continuously and with adequate rhythmic breathing. (face must be in the water for the freestyle stroke) Freestyle stroke is like front crawl. Dog paddling is not a swim stroke and is a sign that more lessons are needed.
- 3) Children ages 9 and up should be able to swim a minimum of 50 meters in both freestyle and backstroke, and at a technical level that is appropriate for their age. Additionally, children in this group should begin to also show familiarity with both breaststroke or butterfly as well.

The coaching staff will make this final determination for all swimmers.

Be advised that following evaluation, swimmers may be accepted but may be required to practice With a younger age group or time in order to gain more proficiency. Swimmers may also be recommended to participate in the Strive for 25 programs as an added option.

Swimmer Evaluation Times for 2017

Tuesday May 23rd, Wednesday May 24th, or Thursday, May 25th 6pm-6:30pm at Poquoson Pool

The final evaluation will be on Thursday June 1st at 5:30pm.

You are not required to register until you've completed evaluation.

If you require an alternate time: You must email: Gretchen.Gochenour@poquoson-va.gov

Additional Evaluation times are limited as this takes away from actual practice times.

These will only be scheduled on an as available basis. Please make every effort to attend the designated evaluation times. This really helps everyone to begin the swim team season "on the right foot."

Please do not show up prior to a practice without arrangements if you miss the above evaluation times.

Special Needs: If you or your child has been identified with a disability or special needs plan, please contact us to discuss accommodations that may be needed. It is recommended that a minimum of 2 weeks' advance notice of a special needs accommodation is required. Accommodation requests must be made in writing to the City's Department of Community Recreation

What if during evaluation your child was not deemed ready for swim team:

If your swimmer is not deemed ready for swim team you will be recommended for one of either 2 programs or potentially both:

- 1) "Strive for 25" program" or
- 2) Additional Swimming Lessons.

Not all swimmers are always ready to participate in Strive for 25. – thus lessons may be the better choice.

What is Strive for 25? Details on STRIVE FOR 25!

Strive for 25 Program will be recommended to those swimmers who need to increase their endurance or further refine strokes. Strive for 25 will not be swimming lessons. Once completed Strive for 25 your swimmer will be re-evaluated to be deemed ready for Barracuda Swim Team Membership.

No swimmer may go to Strive for 25 without first being evaluated.

Strive for 25 is a swim training opportunity for young swimmers to build proficiency and endurance. The final goal for Strive for 25 participants is to swim either 25 or 50 meters of freestyle or backstroke without stopping. (Freestyle and backstroke are the only strokes swum by swim team members age 6 and under, at competitive meets.)

Older participants will need proficiency in all four swim strokes: Back, Breast, Free, and Butterfly. But some of all is better than none at all.

Please do not participate in Strive for 25 – with the intention **of not joining** the team once you are deemed worthy for

membership. Coaches are taking their time to work with your child with the anticipation of having another swimmer on the team.

The fee for this extra instruction will be \$60 and \$70 for non-residents.

Once completing the 8 sessions for Strive there is no guarantee that a child will be ready for swim team, however the extra work and skill development will strive to gain progress for your child to swim as a full member of the Barracudas. It is everyone's goal, but you children need to attend all 8 sessions.

Participants must enroll and pay for **Strive for 25 prior to the first class**. The fee is only refundable if a request is made in writing and due to sickness with a doctor's note.

Joining Strive for 25 late does not pro-rate the fee of \$60.00/\$70.00

Strive for 25 Date: (total of 8 sessions)

Monday thru Thursday 5:30-6:15pm Tuesday-Friday May 30th Thru June 2nd

Monday thru Thursday 5:30-6:15pm Monday-Thursday June 5th – 8th . Friday June 9th will be a weather make up only if needed.

Once swimmers are granted Barracuda worthiness, all regular fees to join the team will then be applied and all necessary Barracuda Paperwork will need to be submitted to Community Recreation and the Booster Club. Strive for 25 fees are in addition to the costs of joining the swim team. You must register for swim team by June 9 to be on the team following Strive for 25.

New Swimmers Orientation: In an effort to quickly go over lots of items about a meet, and how things work in the swim world, we hold this special session. At least one parent should attend. It is highly encouraged for Parents who are NEW to a swim team!!!! **This year's Date is: Tuesday June 6 at the Municipal Building- Parks and Recreation At 6:15pm.**

Swimming Ability for Returning Barracudas:

Please note, during the first week of practice the Coaching Staff reserves the right to move children to necessary practice groups and times as needed based on skills. Swimmers can go up or down to age groups. Children are allowed to attend only one practice time per day.

If a child is 11 and up and is not ready to attend this segment of practice, it is highly likely that the coach will ask your child to attend the younger age group practice time to better prepare the swimmer. Swimmers may move practices times at the request of the coach.

Note: Swim Team vs Swim Lessons

In an effort to clarify and help everyone understand where kids should begin with their swimming career, the following definitions have been provided to help you.

Swim Lessons: Fundamental.

This is the process of learning to swim. This is where the most basic water movements are taught and learned. Proper breathing, and fundamental stroke instruction are basic components of swim lessons instruction.

Swim Team:

Members on the swim team already know how to swim and can masterfully perform the basic swimming skills that are appropriate for their age. Swim team takes what a swimmer has learned from swim lessons and builds on those skills, while teaching more advanced techniques to build and endurance ultimately to gain efficiency and competence.

At swim team practices coaches will work on a variety of techniques and drills to not only improve a child's stroke, but to improve endurance and speed. For younger swimmers this is more fundamentally driven practice time. You will likely not see coaches in the water with swimmers every day. Coaching for swim team is done primarily from the deck, so swimmers can see and hear the coaches' directions. The view for the coach is better for correction from the deck as well.

Behavior during swim practices, if your child finds it more fun to spend majority of the time under the water and playing, the swim practice is probably not an activity your child is ready for. We have lots of fun, however water play and games is usually after technical stroke work and lots of swimming. Kids need to be above the water to hear directions and coaching.

Age groups for swimmers:

Boys and Girls swim in separate age specific groups.

A swimmer's age is determined by the age they are as of June 1, 2017.

If your birthday is on June 1, you swim in the older age group.

Groups for competition are as follows:

6 and Under (25m- one lap)	11 and 12 (50m-two laps)
7 and 8 (25m –one lap)	13 and 14 (50m-two laps)
9 and 10 (50m two laps)	15-18 (50m-two laps)

Note: It is acceptable practice for children to swim up an age group for competition. This may be a way for a coach to gain points for the team.

Swimmers may never swim down.

Our Coaching Staff:

**For 2017,
Our Coaching Staff will be:**

Ms. Elizabeth Huggin: Liz will graduate from the College of Charleston, SC this May with a Masters in Education and, has completed an undergraduate degree from Old Dominion prior. Liz was a highly decorated swimmer as a youngster as she received a scholarship to ODU, and was also a Barracuda during her swimming tenure as well. Liz was active on the High School Swim Team, The Poquoson Barracudas, and the Coast Guard Blue Dolphins during her swimming career. Please welcome Liz back to Poquoson. We are excited to have you with us this summer.

Assisting,

Mr. Ben Zasmowich, also a former Barracuda and seasoned swimmer will have completed his junior year at Virginia Commonwealth University. Ben helped out some in the season in 2016 until an internship opportunity; however he will be joining us for the whole season this summer in 2017. Ben swam for the Coast Guard Blue Dolphins in his younger years and is known for his breast stroke. Ben will also be managing the Poquoson Pool this summer, so he looks forward to seeing all of your happy faces on deck this summer.

Callee Cruff, will be returning to Poquoson this summer after completing her freshman year at Carnegie Mellon University, to assist with our younger age groups. Callee has been an active swim instructor both at the YMCA and Poquoson Pool. She was an active High School Swimmer and Poquoson Riptide/Barracuda in her younger days.

Kate Lombardi, will also join our staff as well, starting on June 7. Kate has been a Barracuda and Poquoson Riptide during her swim career and enjoys teaching others and the fun in the sport of swimming. Kate has completed her freshman year at Liberty University this spring.

Swimmers may periodically choose to volunteer to assist our coaching staff, however to do so these volunteers must first sign a pledge of service agreement with the Team and be approved by the Head Coach.

This Service agreement must be completed prior to their service and also is available by emailing to request for it from Gretchen, Aquatics Director. Email at Gretchen.Gochenour@poquoson-va.gov

3. Responsibilities of Team Members/Families while at the Pool and a part of the Team. (Rules)

1. The Team Code of Conduct must be signed and completed for participation. Any swimmer/parent/family member not adhering to the code as signed on the form, the posted pool rules, or those rules established within this handbook can be suspended from the team activities.
2. Swim team members and their families have the responsibility to each other and the Municipal Pool and staff to respect all people and pool property involved with swimming at all times.
3. All existing posted pool rules must be observed.
4. Follow the direction of lifeguard staff, coaches, meet/pool officials at all times.
5. Horseplay, inappropriate language by swimmers and/or parents, and unsafe behavior will not be tolerated and can be reason for dismissal from the team.
6. Only team members will be allowed in the pool during practice times. No one is allowed to swim in the baby pool or on the sides of the pool during practices or meets. Parents may observe practice from the pool deck in the areas where pool patrons usually sit. Parents are not allowed to sit directly adjacent to the pool deck near the white coping directly on top of the swimmers as they practice.
7. All swimmers must report any injury immediately to coaches/ or lifeguard staff.
8. Bicycles, scooters, skateboards, or other like articles are not permitted inside the pool area. Please use the bike rack outside the pool
9. No dogs/pets are allowed within the pool gate due to health codes.
10. No smoking within the pool areas.
11. No unsportsmanlike, harassing behavior will be tolerated, and any behavior deemed unacceptable at any time can be reason for team removal that either occurs at the Poquoson Pool or any other pool that the team visits.
12. Swimmers shall participate with good sportsmanship as well as follow directions of the coach both at meets and practices. Swimmers shall swim the events as directed by the coach. Swimmers exhibiting behavior at practices or meets that is disrespectful or disruptive will be asked to sit out or leave practice. At such time, parents will be notified of this behavior. Coaches reserve the right to remove a swimmer from practices and meets as a result of behavior.

4. Parent Volunteer Responsibilities

1. Parents are the foundation for the success of the team. Coaches coach, but parents have to be involved to make the team function and allow the kids to compete. Swimming as a whole is the most highly involved sport for parents that your child will ever participate in. Every aspect of a swim meet is handled by parents including scoring, timing, refereeing, and judging.
Even if you are new to the sport, your involvement is needed.
2. We encourage all parents to maintain a balanced perspective about competitive swimming. Not all kids are fast swimmers and not all kids can participate all the time at the same levels. Your attitude is vital to the success of your swimmer.
3. **Participation requires parents to staff/work at least 7 shifts per family during the 2017 swim season** A shift will be defined as working a specific job, such as concessions, officiating, ribbon writing, etc... for 1/2 of the meet. If you have planned a vacation during the season and your swimmer will be absent from a meet or several meets, you will still be required to meet your obligation of **7 shifts**. Failure to meet this commitment subjects the swimmer to dismissal from the team or will result in limited meet participation. You also agree to secure a replacement if you are unable to fulfill a commitment for meet duties.
4. **It is the responsibility of the parent/guardian to stay informed about upcoming team events, and needs.** Please check your email. It is your responsibility to provide the team with correct contact information for your swimmer at the time of registration. The team folder will have awards and other correspondence as needed, but email is the primary tool used for correspondence. Weekly Updates will be sent via email.
5. As a parent you also agree, you will utilize the On-line sign form to secure your volunteer commitments. This is www.signupgenius.com. To sign up it will require a valid email. We will email you the link to each meet. Meets will not be posted all at once for the season. At the beginning of the season you will see the first few meets. Meets sign-ups will come out staggered throughout the season.
6. Swim Meet Commitments: each family is required to volunteer their time to help staff at least 7 shifts throughout the season This number could be higher dependent on the number of families and swimmers that are part of the team. The allocation of necessary shifts is dependent on our team size. Barracuda Booster Club reserves the right to adjust this number as needed.

Each home meet requires over 50 volunteers and each away meet requires nearly 30 volunteers. Training is not required for all positions **but highly encouraged** and

success of the team is greatly determined by the number of trained officials we are able to provide.

Meet Staff include:

Timers

Ribbon Writers

Stroke and Turn Judges

Head Timer

Scorekeeper

Concessions

Clerk of course

Runners

Starter

Referee

Finish Judges (Sweeps)

GPSA Representative

5. Parent Coach Communication

1. Regular and open communication is essential to success of the team. The swim booster club is a great resource for information as well as updates through your email. If there is an issue that requires coach attention please make time prior to practice or after to discuss it with the coach. Additionally, email is encouraged. Approaching the coach during practice is only hurting the swimmers that his or her attention is on during that time.
2. **New this year, we will have a sign up genius page for parents to use to let coaches know **NOT to enter your child in a swim meet.** We will not be using a notebook as we have in the past.**
3. Cancellation/Practices/Meets: Weather messages will be posted on the Text INFO Subscriber. Thunder will cancel practice/meets or delay our entry, as will lightening.
TEXT MESSAGE: Please find this option to participate attached to the Barracuda Calendar. This will be a primary use for our office as related to weather, and meet status. Please opt in if you can.
4. **EMAIL:** YOU must provide an email that you check regularly to Barracuda Administration. We will not give it out, and we will only use it for official Barracuda Business. It is your responsibility to stay informed.
5. **Facebook:** We have opened an account to communicate thru Facebook. Please Friend the Poquoson Barracudas. We will still email you an announcement. We will hope that you will keep informed using what is best for you, and only positive information and administration details and info will be posted here. These sites will not be used to degrade others or bully anyone as part of the Barracudas. This is to build team kinship and spirit only.
6. **Swim Meet and inclement weather:** Due to the GPSA rules it is necessary to attend the meet until the meet is called. No meet is allowed to be called off until 6pm.

Sources of Information

Text Message:	Provided with the Barracuda Calendar. Please sign up as many addresses/phone numbers as you need so everyone gets the details.
Your Email:	On the contact information sheet you must provide us a current email.
Family File Box	A file box containing a file for each family will be located at the front table by the pool entrance during practices. Awards and special notes placed here.
GPSA website	www.gpsaswimming.org
Head Coach	Elizabeth Huggin liz.huggin@gmail.com
Parks and Rec.	Gretchen Gochenour 868-3580 Gretchen.Gochenour@poquoson-va.gov (This is best)

Barracuda Spirit- Get in the Spirit

There are a variety of fun things the team does as a group to increase team spirit and fun thru the summer.

All of our spirit activities are designed to promote positive, fun and kinship on the team and with our competitors. As a part of our team we will set an example for sportsmanship in doing so:

At the end of races all swimmers are encouraged to stay in the pool until the last swimmer finishes and shake hands with each swimmer to their right and left even if they are to finish first or last.

SWIM TEAM WEAR

In 2017 Team Swim Caps will be provided to each swimmer.

Swimmers are ***required to wear a team swim cap at meets*** to identify them as part of our team. Please do not wear caps from other teams.

Team Wear (OPTIONAL)

Team suit – Jammers for males: Prices approx \$47
Female suits: Prices approx \$65

This year's suit is solid black with a "Poquoson Barracuda" Embroidery.
All suits can be purchased thru Swim and Sport Stop: Ph. 874-7946.

Tell them you are a Poquoson Barracuda! They carry our team suit.
Swim and Sport Stop is located at 13641 Warwick Boulevard, Suite B,
Newport News, 23602. Hours are 9:30-6 Monday thru Friday and
Saturdays 9:30am-1pm.

Goggles: Your child should have a good set of goggles. These need to be adjusted and fitted before practice. These can be bought most anywhere at a sporting goods store or Swim and Sport Stop.

6. Swimmer Responsibilities- Practices

1. Team Practice: Practice is an essential part of the swim team experience.
2. Practice is highly encouraged for swimmers who expect to be entered into meets. Team members should make every effort to make at least three practices a week. Those swimmers who need more skill to progress should consider going more often than the minimum of three.
3. Attendance is very important and allows our coaching staff to see you and help you improve! **EVEN ON FRIDAYS!**
4. Swimmers who are US swim team members are **highly encouraged and strongly** recommended to attend at least 1 practice per week.
5. Final decisions related to swimming in meets and practice is still at the coach's discretion.
6. Inclement weather for practice: Text option info line. See calendar to sign up.
You may sign up more than one phone.
7. Swimmers are required to attend practice as well as participate in meets.
Swimmers may not participate in practices only, unless there is a documented health issue.
Everyone will race that is on the team.
8. Behavior at practices: Swimmers may be removed from practices at the discretion of coaching staff for unruly, disrespectful or distracting behavior.
9. Morning Practices- occasionally- at the coach's discretion or because of rain-out or meet preparation the Coach will call morning practices. These will run 6-7am and 7-8am. When this occurs email will be distributed to everyone when necessary.

Practice Information

This year's practice schedule is as follows:

Arrive in time to be out of street clothes and ready to get in at your start time: approx. 10 minutes early.

Ages 10 and Under: 6:15-7:15pm May 30th –June 9th.

Ages 11 and Up: 7:15-8:15pm May 30th - thru June 9th

June 12th thru the remainder of summer: practices begin at 6pm and 7pm for the age groups respectively.

*As a reminder during Practice on June 12 we will host a **MOCK MEET/TIME TRIAL**.*

All swimmers should: Bring shoes appropriate for running through the end of June – in case of chilly weather.)- Watch text update in the event that water is too cold to swim. We will do dry land activities.

Swimmer Responsibilities -Attendance

1. Regular attendance to practice is strongly encouraged.
2. **If your child is unable to compete in a meet you must sign the swimmer out on the signupgenius page.** Do this early. It is essential that if your child is unable to attend a meet that this information is up to date. The last thing we want to do as a team is to have an empty slot and not be able to gain points or even win a meet because we did not know to replace your child.

Our coach must have time to adjust our meet entries; this cannot be done on the day of the meet. The coach wants this information while the meet is being organized in his or her office days prior to the meet.

If your child suddenly becomes ill and is unable to make a meet, please email the coach asap, even the night before. SEND AN EMAIL TO THE COACH.

4. Starting July 31st, Practices will run 6-7:00 pm only and will be for those swimmers who have qualified for the City Meet Championship Meet only. Times specifically will be adjusted based on the number of kids qualified.

7. Swim Meets

1. There are two types of swim meets. Dual meets are held with two qualified GPSA swim teams with all scores counted toward the team's standing in the respective GPSA division and within the league. Friendship meets as they are listed on our schedule are additional, "exhibition" meets and are scheduled to allow registered swimmers the opportunity to swim in a competitive meet format. Friendship meets do not count towards team standings in GPSA for the overall team divisional record. Times do count to qualify for championship city meet times.
2. All meets except City Meet and Mini-Meet start at 6pm in the evening.
3. Swimmers should arrive at home meets by 4:45pm;
4. Away meets swimmers need to arrive by 5:00 for warm-ups.
5. Parents serving in a meet volunteer role must be on the deck by 5:30pm and check in with the Volunteer Meet Staffing Coordinator.
6. If a meet is not completed or postponed due to weather the two GPSA representatives work to reschedule the meet as best they can and in accordance with the GPSA rules. Most Dual meets are rescheduled within one week, or the next available day for the facility/teams.
7. Directions to meets can be found at www.gpsaswimming.org
8. It is the responsibility of the parent to ensure the Head Coach at least 1 week in advance if a child cannot attend a meet or sign them out using the signupgenius page.
9. **Swim Meet Schedule**
Please view the TEAM CALENDAR

Swim Meet Order of events

Individual Medley
Freestyle
Breast stroke
Backstroke
Butterfly

Ages 6 and under swim only backstroke and freestyle, in 25m increments -1 lap.

All other age groups compete in one or more of the four swim strokes and the IM.

10. For Dual meets, each team is limited to only two swimmers for purposes of scoring, usually the two top swimmers for each stroke and age group- as determined by the head coach are placed in the meet to swim. The remaining two lanes (where available) may be used for "exhibition" swimmers from either team. Their times will be recorded; however, their place cannot be counted. Exhibition (non-scoring) lanes are typically the two "outside" lanes of the pool.

11. GPSA rules limit any one swimmer to participate in no more than three scored individual events and one relay event per meet.
12. Additional exhibition heats may be added to each age group/stroke. These heats are conducted after the scoring heat, and may use all lanes. Exhibition lanes and additional heats are intended to give those swimmers in non-point lanes, the opportunity to improve their individual stroke times and maximize individual participation in dual meets. Exhibition heats are scheduled at the discretion of the participating teams and are limited by GPSA rules. These are non-scoring heats. The home team is only required to give the visiting team a total of 4 exhibition heats the entire meet.

13. It is not guaranteed that every swimmer will swim in every meet.

It is also not guaranteed that any swimmer will swim in all Dual meets or all Friendship meets.

Because **we are a competitive swim team**, it is neither an option nor a possibility to swim every swimmer in every meet.

A minimum number of events is also not guaranteed. All of these decisions for events and entries are at the discretion of the coaching staff.

We as a league attempt to complete the meet within 2 hours and this has a bearing on what is allowed for exhibition heats between the two teams.

Additionally, we are also in the confines of the team we visit and their facility capacity as well. It is listed in the GPSA rules that the home team only needs to provide the visiting team with up to 4 exhibition heats in total for the whole meet. Friendship meets have been added to provide more opportunities for the entire team to have ample opportunity to swim in meets.

Getting Ready for a meet: On the practice day before the meet, **every attempt** is made to post entries at the pool. This is a good time to go over it with your swimmer. It is the responsibility of the parent to check this posting.

On the day prior to the meets that are HOME MEETS we make every effort to post the swimmer's entries early.- however we also try to disseminate this information on email as well.

Please note that when we go to away meets, our coach has to wait on the OPPONENTS' COACH to make decisions about where to plug in our swimmers' events and to coordinate the exhibition heats. These decisions and event wrangling take up to the very last minute prior to the meet. Often times this is why swimmers' entries come at the **very last minute on the days of away meets**. When we are the visitors we are at the mercy of the home team, the Home team can and does limit the number of exhibition heats and lanes Poquoson is permitted to swim.

Additionally note that Windy Point Pool is only a 5 lane pool and has limited lane space. Exhibition swims this night will be very limited.

Warwick Yacht club is a 4 lane pool and heats are limited this night as well.

14. Ribbons at meets: In accordance with GPSA rules, designated place ribbons will be awarded only for 1,2, 3, and 4 for all individual scoring events, and 1st place only for all participants on winning relay teams. All other finishers and exhibition swimmer will receive participation ribbons without a place designated. All times will count towards qualifying for city meet times, no matter if you swim exhibition or 'for points'. If you get a DQ you will likely not receive a ribbon. Times for DQ's do not count.
15. Even if you are not entered to swim in a meet all team members are encouraged to attend a meet. This is important to cheer on your teammates and get in the spirit of being a Barracuda.
Often someone becomes sick or a substitute is needed at the last minute and so please come, root on your team, and be ready to race as the team will likely need you.
16. Relays: Relays- not everyone is guaranteed to swim a relay. These entries are often not posted until near the end of the meet. This is a coach's strategy to hold out against the opposite team especially when the score is close. You may be asked to swim a relay- as it may not be posted earlier in the meet.
17. Leaving a meet: **DO NOT LEAVE A MEET EARLY!** If you must- check with the coach first, as he/she may have to make a substitution or put you in a relay and you might be needed.

Staffing a Meet: (home meets require about 50 volunteers, away meets require a minimum of 30 volunteers.)

The following is needed to properly staff a meet.

Concessions: 12 workers (including 2 cooks, to work in 2 shifts)

Set up, sell, and clean up.

Clerk of the Course: 1 person each half. Hands out cards for the events to each swimmer throughout the meet.

Timers: 8 total per meet, includes one backup timer (two shifts)

Digital stopwatches are provided. The visiting team also provides timers so we have timers on all six lanes. All you have to do is watch your lane and time the race. One person per lane records the times on the child's card.

Runners: 4 per home meet (2 shifts of 2 each) This person is responsible for picking up cards from each lane and taking them to the scoring table after each event. For 25m events, the cards are first collected from the swimmers behind the starting blocks and taken to the timers at the other end. When the heat is completed, the cards are taken from the timers to the scoring table.

(1) Referee: This is the person in charge of the entire meet. Training is available and required for this position.

(1) Starter: You control the start for each race and ensure there is a legal start for each race. You also assist with keeping the meet on schedule. Training is required and available for this position.

(2-4) Stroke and Turn Judges: This position observes the swimmers in the lanes as they swim the respective event. A disqualification can occur if an illegal stroke is performed, a turn is not proper, etc. GPSA provides training for this position and is required. This position is the position that will disqualify a child for something improper.

Sweeps Judge: Need 1 for each half of the meet

This person is responsible for judging the place of the swimmers for the 1st heat only.

Ribbon Writers: 4 per meet (2 shifts) Fill out the labels on the back of the ribbons -- all you need is legible writing!

The Officials Clinics for 2017 are as follows:

*Officials Training Clinics:

June 7 6:30pm Training For the Positions of Referee, Starters and Stroke and Turn at James River Country Club

June 10 8:30am- Stroke and Turn Training at Kiln Creek

Swim Meets

City Championship Meet and Mini Meet

At the end of the regular swim season on August 5th, the league, GPSA, sponsors the City Championship Meet. This meet begins usually at 8am and ends late in the day. It is held at Fort Eustis Aquatic Center. To be able to swim at this event, swimmers must qualify and meet the minimum GPSA qualifying times for their competitive stroke and during previous meets or at the mini-meet event. Unlike dual meets, swimmers are required to swim in their actual age group, except relays during the City Meet. There is a fee per swimmer, per event, charged to teams once swimmers qualify to swim in city meet. This fee covers the overhead of running this large meet. All the teams from the entire league attend this meet and it is the final event of the season. The parent booster club has covered this fee in the past, but reserves the right to ask parents to cover this small entry fee.

Mini-meet: July 15th at Poquoson: This meet is for any child who has not yet achieved a City Meet qualifying time in any event. Kids are limited to swim in 4 events. If you would like to be entered to swim in this meet, you will be asked to sign up to do so on a commitment form that will be distributed via email in early July. If you do not reply with your form your child will not be entered into mini-meet. The Booster club pays a nominal fee on your child's behalf to enter into this meet per event. That is why it is very important that we know well in advance who will be going to mini-meet. This meet starts usually at 8am and lasts most of the day. This year this will be a meet at the POQUOSON pool due to league changes. Windy Point and Running Pool will be working together with our team to put on this meet for our three teams. It will be a great fun event for all swimmers. Many of our swimmers in the past have been able to use Mini meet as a spring board into qualifying for City Meet.

GPSA CHAMPIONSHIP MEET –FOR 2017.

Qualifying	QUAL TM	EVENT	GIRLS EV#	QUAL TM
Times BOYS EV#				
1	1:48.50	9-10 100 IM	2	1:48.00
3	1:38.00	11-12 100 IM	4	1:35.25
5	1:28.00	13-14 100 IM	6	1:29.00
7	1:19.50	15-18 100 IM	8	1:26.50
9	31.00	6&U 25 FREE	10	31.00
11	20.50	7-8 25 FREE	12	21.50
13	41.00	9-10 50 FREE	14	42.00
15	36.50	11-12 50 FREE	16	36.50
17	33.25	13-14 50 FREE	18	34.75
19	29.50	15-18 50 FREE	20	32.50
21	28.75	8&U 25 BREAST	22	29.00
23	55.00	9-10 50 BREAST	24	54.00
25	50.00	11-12 50 BREAST	26	48.00
27	44.50	13-14 50 BREAST	28	46.00
29	39.00	15-18 50 BREAST	30	45.00
31	38.00	6&U 25 BACK	32	38.00
33	27.00	7-8 25 BACK	34	27.00
35	53.00	9-10 50 BACK	36	52.00
37	49.00	11-12 50 BACK	38	46.25
39	43.00	13-14 50 BACK	40	43.00
41	39.00	15-18 50 BACK	42	39.50
43	27.00	8&U 25 FLY	44	27.00
45	55.00	9-10 50 FLY	46	53.00
47	47.00	11-12 50 FLY	48	44.50
49	41.00	13-14 50 FLY	50	40.00
51	34.25	15-18 50 FLY	52	38.25
53	NT	200 MEDLEY RELAY	54	NT
55	NT	200 FREE RELAY	56	NT

Swim Meets

Concessions requirements at meets

Before each meet in order to provide food and supplies for concessions each family will be designated to provide various supplies.

Each family will be assigned to donate 1 of the following:

This list is usually divided up by the alphabet based on the supplies needed at the time of each meet.

Pasta Salad bring in gallon bags

Fruit Salad bring in gallon bags or

Other supplies for concessions as needed.

The assignments are determined each meet by Concessions chair and you will be notified by email.

Please find the universal Pasta Salad Recipe: Recommended.

1 lb. box of pasta (spirals work best)

1 package cherry or grape tomatoes halved

1 green pepper, chopped

1 cucumber sliced and then quartered

1 bottle Italian dressing

2 tablespoons of Salad Supreme (spice found in your local grocery store) or more to taste

Cook pasta according to package, drain and cool. Prepare vegetables. Mix vegetables and pasta together. Add dressing and then Salad Supreme and mix together, add additional Salad Supreme to your taste.

Chopped onions, pepperoni and/or shredded carrots can be added for additional flavor.

Place salad in gallon Ziploc bag

8. Awards and Celebrations

Annually the Barracudas have an end of the season banquet on the Sunday following City Meet. This year's banquet is scheduled for August 6th at PHS Cafeteria.

Awards at the banquet that are given annually are chosen by the Coaching Staff:

Swimmer of the Year (Boy and Girl)

The Sherri Skinner Award, in memory of a former swimmer. This recipient is not only a great team mate, but a great person and citizen in their community, and is recognized for hard work, participation and sportsmanship.

Other awards are given at the Coaching Staff discretion.

Plaques: during the first year a swimmer is a member of the team, the option to purchase a plaque for the swimmer is given. Each year following, the Swimmer returns to the team, then a year plate is added to this swimmer's plaque.

All City Meet and Mini Meet ribbons are awarded at the banquet.

