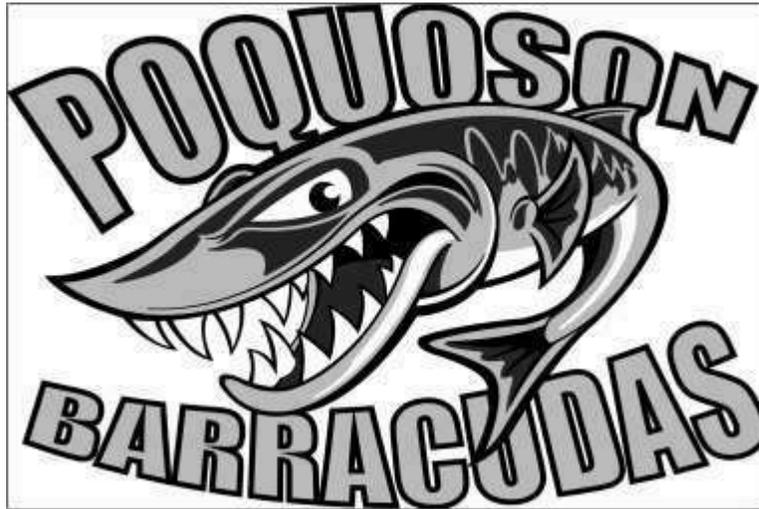


Poquoson Barracuda Swim Team Swimmer/Parent Handbook



2021

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 you look over its contents, remember your time and your dedication to our children makes *YOU an essential part of 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 “Red” Division for 2021. 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. Evaluations are an integral part of determining if your child is ready for 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, ribbons, 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, ribbons for home meets, season awards, caps, fun team events, and supplies for operation.

2021 Practice Times:

Ages 10 and under will practice daily 6-7pm

Ages 11 and under will practice daily 7-8pm

Your age group is determined by your birthday as of June 1, 2021.

If there are any Executive Order on lane numbers for group size, swimmers must be prepared to have dry land option and bring tennis shoes and socks for each practice. If this is the case we will work in rotations so everyone has pool time.

Practices: When your swimmer arrives at the pool we ask that as a parent you please come to the tent and answer the **health check in sheet questions** for your respective swimmer, and have their temperature scanned. Once your child is checked for practices please encourage them to go straight to their assigned deck areas. Children need to come to practice ready to get in with suit, goggles, and caps on and ready to go. We will attempt to move the daily check in as quickly as possible with staff working the gate area prior to the start of practice. Please be on time. We will have rubber buckets for items to be placed in for safe keeping. Parents are not required to stay for practice once the health screen is complete. If parents wish to stay at practice they will need to bring a chair to sit on the deck, and spread out (safer 10 feet apart). Once you are finished with your rubber bucket we will ask you to put it in the dirty pile so that we can clean and disinfect it for the next user. If Coaching staff uses kickboards, in accordance with operational practice, any and all equipment will all receive cleaning prior to use and after use.

2. Eligibility and Registration and **Team Size VERY IMPORTANT:**

Membership is open to any child that meets the swimming requirement and is not yet age 19 by June 1, 2021

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 with \$10 more each additional child.
- D) And once the child is deemed proficient to swim as a result of evaluation.

All swimmers must be registered before attending their first Barracuda Practice/Activity. The deadline for team membership is June 7, 2021.

New Non-resident swimmers will not be allowed to register starting May 19, in an effort to allow Poquoson Residents first option for registration. Returning 2020 non-residents are also eligible through May 19 to register as well.

OTHERWISE with the above exceptions it should be noted that:

All registration is on a first come first serve basis. We know we can accommodate 80 swimmers at this time. A wait list will be started after 80. We do not guarantee space if you delay in registering or we have surpassed our 80.

There will be no refunds for swim team or from the Booster Club after June 6, 2021

Registering any time after this date, if it is possible, does not make the fee pro-rated.

*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 pool 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. 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.

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 some sort**

of stroke. Stroke should be continuous 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. These strokes do not need to be high quality.

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. We can learn as we go, but need a sign that some prior instruction has taken place for either of these two strokes.

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.

Not all swimmers are eligible to attend the Strive for 25 program. We will only recommend the strive for 25 program if the coach feels that this program will assist with endurance and reaching the end goal of being team ready.

Swimmer Evaluation Times for 2021 will be posted on the Poquoson Parks and Recreation website. You must sign up with the link at this location: <https://www.ci.poquoson.va.us/236/Parks-Recreation>

Evaluation: Dates are May 26m 27 and 28 in the evenings.

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 and if registration is not yet full. 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

Cost for participation is \$40 residents. \$50.00 Non-residents.

Pay prior to participation. Upon completion of the needed skills this money will be put towards your swim team fee of \$180.00

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 and paid their \$40. Once deemed ready at the end of the 4 sessions the fee will be applied to the Total Swim Team fee, if swimmer does not join Barracudas PPR keeps the \$40 for the instruction.

Strive for 25 is a swim training opportunity for young swimmers to build better stroke 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.

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.

Once completing the 4 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 4 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 \$40.00/\$50.00

Strive for 25 Date: (total of 4 sessions)

Monday thru Thursday 5:00-5:45pm Tuesday-Friday June 1-4,

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. You must register for swim team **by June 7** to be on the team and to be eligible to swim in the first meet.

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 8 at the Municipal Building- Parks and Recreation At 6:00pm.**

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, 2021.

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:

Mr. Ben Zasimowich: Head Coach, a former Barracuda and seasoned swimmer, is a graduate of Virginia Commonwealth University in 2018. Ben is returning for his fifth summer with the Barracudas. Ben swam competitively for Coast Guard Blue Dolphins and Poquoson High School as a youth. While in college, Ben began coaching US Masters Swim Team at VCU and has coached the Grafton High School Boys Team in winter of 2018/19. He looks forward to a great season with our great swimmers for 2021. Ben is currently a coach for the Coast Guard Blue Dolphins which is a year round club swimming team here on the Virginia Peninsula.

Zach Bennett is a current rising junior at Lynchburg University and swims for the swim team at Lynchburg. Zac graduated from PHS in 2019. As a swimmer, Zach swam PHS, and SEVA throughout his career. Zach was a state VHSL qualifier all 4 years. Zach was a lifetime Barracuda since age 8. Now that Zach is a part of the Lynchburg Hornet swim team, his events are typically the breast stroke and the IM. He usually swims the 100 and 200 breast, and the 100 and 400 IM. Zac is excited to join us on the Coaching Staff. We hope to use his technology talents for some summer fun projects to make swimming even more fun. Welcome back Zach!!!

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

COVID-19 PROTOCOLS- as of time of Publication 5/12/2021 The protocols in place will reflect the requirements by the Current Executive Orders in place at that time. This applies for screening, group gatherings, and swim meets. Protocols to mitigate COVID-19 will include watching your swimmer on the deck, operating swim meets, and social distancing as well as even concession precautions. Meet workers will be required to wear masks. If the mask order is not released by the Governor all meet workers will be expected to follow this requirement.

If you are sick or feeling unwell stay home, and do not attend practices. If your child has not been fever free for at least 48 hours do not attend any swim activity.

If you or your child is considered high risk for COVID-19, it is not recommended that you or your child participate in this program with Community Recreation.

If you your or your child has been exposed to COVID-19 in the past 14 days do not attend activities.

If you cannot answer yes to the screening questions prior to any swim team activity you will not be allowed to attend.

During screening for entry all swim team participants to include parents must wear a mask.

If your swimmer is in quarantine from another activity do not attend any swim activity and wait the required amount of time for your quarantine.

Covid-19 Exposures: If there has been a covid-19 exposure to your swimmer or someone who has been at swimming activities it is your duty to report this information to your coach, as well as the Office of Community Recreation immediately. The Office of Community Recreation will then proceed with proper notification and contact tracing to minimize spread.

Additionally, any player or family that is in quarantine as a result of school or work contacts may also not participate in swim activities as well to further protect others. Remember; if you are sick please stay home. You need to be fever free for 48 hours prior to return to attend activities. Also, Community Recreation will proceed with the necessary reporting and quarantine protocols provided by the CDC and the VDH as appropriate. It is essentially important that you notify people quickly and as necessary in an effort to protect everyone participating in the sports activities.

Additionally if another team exposes our team we will contact trace this incident and further isolate those necessary or suspend activities for those in conjunction with VDH and CDC protocols as required.

There is no refund to swimmers if put in quarantine due exposures. The program will resume when it is deemed safe to do so.

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. Communicate with the coach about practice attendance. Make an effort to attend 3 practices a week and that includes Fridays.
3. 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.
4. All existing posted pool rules must be observed.
5. Follow the direction of lifeguard staff, coaches, meet/pool officials at all times.
6. Horseplay, inappropriate language by swimmers and/or parents, and unsafe behavior will not be tolerated and can be reason for dismissal from the team.
7. 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.
8. All swimmers must report any injury immediately to coaches/ or lifeguard staff.
9. Bicycles, scooters, skateboards, or other like articles are not permitted inside the pool area. Please use the bike rack outside the pool
10. No dogs/pets are allowed within the pool gate due to health codes.
11. No smoking within the pool areas.
12. 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.
13. 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 8-10 shifts. per family during the 2021 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 **8-10 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 8-10 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 *Attend training*

Head Timer

Scorekeeper *Needs some training-
shadow before*

volunteering to score.

Concessions (options will be limited this season due to Covid-19 Restrictions)

Clerk of course

Runners

Starter *needs training*

Referee *needs training*

Sweeps Judges

GPSA Representative

The Officials Clinics for 2021 are as follows:

*Officials Training Clinics: VIA ZOOM

June 9 7pm - Stroke and Turn Training

June 9 7pm Training For the Positions of Referee, Starters VIA Zoom
We will send out links.

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. **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. This commitment is DUE JUNE 14.**
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 Head Coach	www.gpsaswimming.org Ben Zsिमowich Benzsimowich@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 2021 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 \$50 + tax
Female suits: Prices approx \$68 + tax

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**

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. If you are unable to attend 3 practices a week, please communicate to the coach. 3 is not required but recommended.
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. Generally if your child is sick and/or vacation and will not be in attendance for greater than a **2 day stretch** it is recommended that you kindly drop an email to Coach Ben to communicate to coaching staff so they are able to plan accordingly with kids in and out throughout the summer.

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: 6:00-7:00pm

Ages 11 and Up: 7:00-8:00pm

*As a reminder during Practice on June 16 we will host a **MOCK MEET/TIME TRIAL**. More details to come.*

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. Also if we have an required Governor Restrictions for capacity dry land will be part of the operations as well.

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 sign-up genius 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 26, 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: Limited this season TBD

Clerk of the Course: Help Line up kids for events.

Deck Marshall: Keep kids and parents where needed.

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!

Swim Meets

City Championship Meet and Mini Meet

At the end of the regular swim season on July 31, the league, GPSA, sponsors the City Championship Meet. This meet begins usually at 8am and ends late in the day. The 2021 location is TBD. 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.

GPSA CHAMPIONSHIP MEET 2020

Qualifying
Times

BOYS EV#	QUAL TM	EVENT	GIRLS EV#	QUAL TM
1	1:50.50	9-10 100 IM	2	1:51.50
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	32.00	6&U 25 FREE	10	32.00
11	22.00	7-8 25 FREE	12	22.00
13	41.00	9-10 50 FREE	14	43.00
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	30.00	8&U 25 BREAST	22	30.00
23	56.00	9-10 50 BREAST	24	56.50
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	28.00	7-8 25 BACK	34	28.00
35	53.00	9-10 50 BACK	36	53.00
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	28.00	8&U 25 FLY	44	28.00
45	55.00	9-10 50 FLY	46	55.00
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