

Parent Handbook



2011

www.BoulderBarracudas.org



Letter from the Head Coach

Dear Swimmers and Parents,

Welcome to the Boulder Barracudas Swim Season! We would like to thank each of you for choosing the Barracudas. Swimming is not only a great sport for physical exercise and development, but as in any team sport it helps build each swimmers self confidence, motivational skills and teaches each child what team work can achieve. Learning about oneself, while enjoying the sport is the most important part of the swimming experience. The Barracudas compete in the Boulder Valley Summer Swim League (BVSSL). The League promotes positive learning experiences, developing new skills while having fun, fair play and sportsmanship.

The coaching staff includes a range of experience and specialties. We are committed to providing an environment where each child can develop each of the four competitive strokes while having fun and achieving their long and short term goals. We are confident that with hard work, commitment and a dedicated coaching staff that each child will excel this season.

The four competitive strokes are freestyle, backstroke, breaststroke and butterfly. We understand that not all swimmers are currently able to swim each. However, it is our job to assist every child in doing so. Swimmers will be grouped based on their abilities and will practice with swimmers of similar skill and age. Practices will be spent training for swim meets while continually developing each swimmer's stroke technique, efficiency and perfecting each swimmer's starts, turns and finishes. Each swimmer comes to the Barracudas with different skills and goals. All that we hope for is that each swimmer tries their best during practice and during any given race, but most importantly has fun. A parent's guide to swimming is included on the website for additional information.

Looking forward to a fun season,

Whitney Dahms

Meet the Coaches



Whitney Dahms: Head Coach

Gearing up for my third season with the Barracudas, I am very excited for another fun season ahead. I graduated from the University of Northern Colorado, where I swam for four years and have found swimming to be my passion. I have grown up in the water and love sharing my passion through coaching and teaching. Hopefully we can make the 2011 summer as fun as ever. Go Cudas!



Carley Miller: Assistant Coach

I'm a Connecticut native, brought to Colorado for school. I quickly fell in love with the state and could not leave post graduation. I've been a year-round swimmer the majority of my life. Naturally it seemed right to begin teaching and coaching swimming in order to share my knowledge and love of the sport. I have been teaching swim lessons for the City of Boulder as well as coaching the Boulder High School girls swim team. I am very excited to become a part of the Barracudas family, and am looking forward to a fantastic summer season!



Kara Wolley: Assistant Coach

Back in action and ready for summer! I recently finished my junior year at the University of Colorado. As a native Coloradoan, I have been around the swimming world since I can remember and coaching has always been my favorite part. I fell in love with the Barracudas last summer and am excited to continue our adventures. See you all soon!

Our Team's Core Values

The City of Boulder Barracudas Swim Team's core values of caring, honesty, respect and responsibility parallel Boulder's SPIRIT. We strive to incorporate these values into all of our programs.

All **coaches** have a responsibility to create a caring atmosphere that provides honest, constructive coaching and respectful dialogue.

All **swimmers** have a responsibility to be honest with teammates, coaches and themselves; to care about their individual progress; as well as to respect the rules of YMCA swimming and the feelings of their other teammates.

All **parents** have a responsibility to care about their swimmer's times and progress, to support their children no matter the results, and to respect the authority of the coaching staff while being honest about any concerns.

General Information

Swimmer Behavior & Expectations

The coaches would like to set ground rules for the season to maintain a POSITIVE environment for all swimmers.

Rules include, but are not limited to:

- Swimmers will respect and be supportive of each other. There will be no talking back to coaches, swearing, fighting, endangering the safety of others, or physically or verbally teasing others.
- Swimmers will respect all property. There will be no vandalism or misuse of Spruce Pool, South Boulder Pool, away meet pools and locker rooms.
- Swimmers will respect and follow the instruction of the coaches the first time directions are given.
- Swimmers will be quiet and attentive to the coach when instructions are being given. If you do not understand how a drill is done, do not be afraid to ask for clarification.
- Swimmers will conduct themselves as responsible competitors and demonstrate good sportsmanship both in practice and in competitive swim meets. There will be no name calling, swearing, booing, or fighting.
- No horseplay during practice.
- Have equipment available and adjusted before every practice. Always have an extra set of goggles with you at every practice.
- Through out the summer we will be having many social events. Kids wishing to participate in these events must be participating in meets. Non-participation in meets will disqualify swimmers from joining in the social events.
- Disruptive behavior at practices or meets may result in swimmers being asked to leave the pool. Disciplinary matters will not be discussed during meets or practices. If there is an issue it will be addressed outside of these times so as to be far to the other swimmers and not take away from their practice time.

Management of Inappropriate Behaviors

To ensure the safety of all swimmers, the following progressive discipline steps will be taken for those swimmers who disregard pool/safety rules, and/or display disrespect for the coaches, teammates, and/or lifeguards.

The management of inappropriate behaviors shall include, but not be limited to:

- Verbal warning to the swimmer.
- Coach(es) will have a conversation with the swimmer after practice.
- Swimmer will be asked to leave the activity or event for the day. Parents will be notified and an incident report will be filed.
- If the behavior continues, parental attendance will be required at practice until the Water Safety and Operations Coordinator deems the situation under control.
- Coach may request a conference with the Water Safety and Operations Coordinator and parent(s) if inappropriate behaviors continue and/or if they interfere with the effectiveness of the program.

Parent Expectations

- Recreational swimming while the entire pool is programmed is not allowed. Please check current pool schedules to see when lap swim for the public is available
- Parents will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
- Parents will not encourage my child, or any other person, to engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
- Parents will not engage in any behavior which would endanger the health, safety or well being of any coach, parent, player, participant, official or any other attendee.
- Parents will not engage in the use of profanity.
- Parents will not engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
- Parents will not encourage their child, or any other person, to engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
- Parents will not initiate a fight or scuffle with any coach, parent, player, participant, official or any other attendee.
- Parents will not encourage their child, or any other person, to initiate a fight or scuffle with any coach, parent, player, participant, official or any other attendee.
- Parents must volunteer. The team does not run without parent help. During each home meet, each family is asked to supply a volunteer for 1/2 the meet. Please see the website for information on volunteering positions and to contact the parent coordinator.
- Parents are expected to assist in the management of their swimmer's behavior. Parents should recognize their swimmers' efforts and encourage the development of a positive attitude toward the program.
- Parents are requested to assist all swimmers in following the rules during practice and swim meets. Supervision in the locker rooms is requested during practice and swim meets.
- All parents are responsible for encouraging their swimmers to support individual and team achievement. By understanding the expectations of all swimmers and following the rules, the City of Boulder Barracudas Swim Team will continue to be a positive and rewarding learning experience for its participants.

Communication

Practice and Meets

- If a swimmer will be missing a meet an email must be sent to their coach by the Tuesday prior to the meet. In the subject of the email place the swimmers name, "missing meet", and the date of the meet they are missing.
- If a swimmer is unable to give their event preferences to their coach due to missing practice you may email the preferences instead. The email must be received by the Wednesday before the meet. In the subject line include the swimmers name, "event preferences", and the date of the meet. List the preferences in the body of the email.

Barracudas Website – www.BoulderBarracudas.org

This site will provide parents with meet information, calendars, practice schedule, coach contact information and announcements.

Email

This is the most used form of communication. The head coach sends e-mails regarding practice schedules, upcoming meets and more. This is one of the mediums a parent can use to notify coached of missed practice and meets or address any concerns.

File Folder System

The team has file boxes, containing a file folder for each family and coach. All file boxes will be placed by the swim team bulletin board during practice. We use this system to deliver notes, flyers, ribbons, newsletters, etc.

Bulletin Board

The bulletin board is both a way to inform and to honor our swimmers. The bulletin board also holds team handouts regarding swim suit orders, calendars and meet information.

Coaches

Direct communication with the coaches is encouraged; however, we ask that you do not engage the coaches in conversation during practice sessions. Please ask your coach as to when would be the best time to communicate – usually before or after practice works. If you have an issue you can directly talk to a coach. If you feel an issue has not been addressed please see the head coach to further examine and address the issue.

Inclement Weather

In the event of practice being canceled due to weather, the head coach will email all parents by 7:00 am that morning. If an email is not sent, assume that there is practice. Please email the head coach to ensure that they have your email. Contact info is on the website.

Practice Times

Swim Team Age Group	May 16th – June 3rd Day	South Boulder Pool Time
8 and Under	Monday - Friday	3:30 – 4:15 pm
9 and 10	Monday - Friday	3:45 – 4:30 pm
11 and Up	Monday - Friday	4:35 – 5:30 pm

Swim Team Age Group	June 6th – July 22nd Day	Spruce Pool Time
8 and Under	Monday - Friday	9:15 – 10:15 am
9 and 10	Monday - Friday	9:00 – 10:00 am
11 and 12	Monday - Friday	7:45 – 9:00 am
13 and 14	Monday - Friday	7:30 – 9:00 am
15, 16, 17 and 18	Monday - Friday	7:30 – 9:00 am

Pre-Team Age Group	June 6th – July 22nd Day	Spruce Pool Time
5, 6, 7, 8 and 9	Monday - Friday	10:30 - 11:00 am

Swim Meets

Meet Schedule

Dual Meets

June 6th @ Ranch Country Club
June 11th vs. Boulder Country Club
June 18th vs. Lafayette
June 25th @ Rally Sport
July 2nd BYE WEEK – No Swim Meet
July 10th vs. Meadow Glen
July 16th @ Broomfield Swim & Tennis

Additional Meets

June 20th Fox Hill Pentathlon
June 29th Hot Shots

Notes:

- Do not count towards requirements for prelims.
- Please see coaches for more information

Prelims & Championships

July 18th 8 & Under Prelims
July 19th 9 and 10 Prelims
July 20th 11 and 12 Prelims
July 21st 13/14 & 15-18 Prelims
July 22nd Rain Dates
July 23rd Championships

Directions to Pools

Ranch Country Club

Meet: June 6th

11887 Tejon St
Westminster, CO

- Take US-36 East (toward Denver)
- Take the CO-121 exit toward US-287/Broomfield/Arvada
- Turn Left onto CO-121 N/Wadsworth Pkwy/ CO-128 E.
- Continue to follow CO-121 N/CO-128 E
- Turn a slight left to take US-287 S. ramp
- Merge onto CO-128 E.
- Turn Right on Tejon St.
- Turn Right into Ranch Country Club's parking lot

Rally Sport

Meet: June 25th

2727 29th Street
Boulder, CO

- South on 28th St. from Canyon
- Turn right on to Bluff St.
- Take first right on to 29th St.

Broomfield Swim and Tennis

Meet: July 16th

250 Main St.
Broomfield, CO

- Take US-36 East (toward Denver)
- Take the CO-121 exit toward US 287/Broomfield
- Turn left onto CO-121 N/Interlocken Loop
- Continue to follow CO-121 N
- Take the 1st right onto W Midway Blvd
- Turn right onto Main St

Meadows

Meet: July 18th (8 & Under Prelims) July 20th (rain date)

5555 Racquet Lane
Boulder, CO

- North on 55th from Arapahoe
- Turn left on Racquet lanes

Rock Creek

Meet: July 19th (9 & 10 Prelims)

1650 S. Indiana St.
Superior, CO

- Take US-36 East (towards Denver)
- Take McCaslin Blvd Exit toward CO-119 N/CO-7 S
- Turn Right onto McCaslin Blvd
- Turn Left onto S. Rock Creek Pkwy
- Turn Right onto S. Indiana St.
- Turn Left into Rock Creek Swimming Pool parking lot

Louisville

Meet: July 20th (11 & 12 Prelims)

801 Grant Avenue
Louisville, CO

- East on South Boulder Road
- Turn Right on Garfield
- Continue onto Lincoln
- Turn Left on Spruce St.

Swim Meet Overview

- Set up - is done the morning of the meet
- Snack bar tables, grills, coolers, and food
- Tents for the starter, snack bar, heating area, and for our team
- Tables for the ribbons and for the starter
- Rope off sides of pool with cement blocks and rope
- Clip boards and watches for the timers
- Computer and printers
- Heating area table and chairs
- Chairs behind each block for timers and swimmers

Pre-Meet

- Swimmers must arrive 10 minutes before warm up so we can get in as a team
- Warm up is split into age groups - first half is 11-18 and second half is 10 and under
- Coaches need to be helping swimmers so that's why it's important to have lots of parents helping set up
- Warm up usually lasts 30-45 minutes total
- After warm up we have a team meeting to go over anything important or get the swimmers excited
- We pass out pinks and blues to 11 and older but hold on to 10 and unders and get them when they are up to swim
- There is usually a timers and officials meeting

During the Meet

- Swimmers sit under our tents so they are easy to find if we need them First event is medley relay so we work to get all the little kid relays together and over to heating
- Coaches help bring little guys over to heating and get them into the right lane
- The first event, relay, is always hectic and disorganized but it gets much better after that
- There is a first call/last call sign that tells what events are being heated at the moment
- Older swimmers go over to heating on their own but coaches are still involved to make sure they're there
- Coaches with pinks and blues come over to tent area and get all the kids for a certain event and send them over to the heating area
- The heating parent will call out names of swimmers and put them in their correct lane
- The swimmers will move up in line until they are at the blocks and ready to swim
- Meets usually go until 12-1 PM but we then must clean up the pool area
- After the last race we can do a cheer for the other team to say thanks

Post-Meet

- Clean up begins
- Most families will stay and help clean up any trash that was left from either team
- Clean up snack bar area and return grills
- Take down all the tents and tables and chairs
- Take down rope and cement blocks
- Ribbons are made and put into separate team bags
- We organize and pass out our ribbons on Monday or later in the week but we need to give the other team theirs before they leave
- We must give the other team a copy of the printed results before they leave
- Coaches make speeding tickets for any swimmers who gets a best time in an event

Event Order

Boys will swim first, and then girls will swim their event

8 & under 100m medley relay
 9-10 200m medley relay
 11-12 200m medley relay
 13-14 200m medley relay
 15-18 200m medley relay
 8 & under 100m freestyle
 9-10 200m freestyle
 11-12 200m freestyle
 13-14 200m freestyle
 15-18 200m freestyle
 8 & under 25m freestyle
 9-10 50m freestyle →

11-12 50m freestyle
 13-14 50m freestyle
 15-18 50m freestyle
 8 & under 25m butterfly
 9-10 50m butterfly
 11-12 50m butterfly
 13-14 100m butterfly
 15-18 100m butterfly
 8 & under 25m backstroke
 9-10 50m backstroke
 11-12 50m backstroke
 13-14 100m backstroke →

15-18 100m backstroke
 8 & under 50m freestyle
 9-10 100m freestyle
 11-12 100m freestyle
 13-14 100m freestyle
 15-18 100m freestyle
 8 & under 25m breast
 9-10 50m breaststroke
 11-12 50m breaststroke
 13-14 100m breaststroke
 15-18 100m breaststroke
 8 & under 100m IM →

9-10 100m IM
 11-12 100m IM
 13-14 200m IM
 15-18 200m IM
 8 & u 100m freestyle relay
 9-10 200m freestyle relay
 11-12 200m freestyle relay
 13-14 200m freestyle relay
 15-18 200m freestyle relay

What to Bring to Swim Meets

- Team Swim Suit
- Goggles (2 pairs in case one breaks)
- Towels (more than one is good)
- Sunscreen
- Healthy Snacks
- Water Bottle
- NO Junk Food
- Swim Cap
- Extra Clothes
- Deck Shoes (like flip flops)
- Dress appropriately or bring a blanket – mornings can be chilly
- Deck of cards or small game to pass time between events

Parent Volunteer Positions


We are often looking for parent volunteers. Your help makes things run smoothly and makes our meets and social events a great success. Please plan on volunteering for swim meets and social events. If everyone participates and helps, it will make for a great summer and no one parent will feel over worked. Without parents, we wouldn't have a successful program.

Coaches will have sign up information.

Please see website (www.boulderbarracudas.org) for a complete list of volunteer positions

Events



May

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 Parent Meeting 4pm @ the North Rec. Center	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Early Season Practice Begins **See Practice Schedule**	17	18	19	20	21
22	23	24	25	26	27 	28

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Team Potluck 5:30pm @ the South Rec. Center (Pool Sun Deck)	2	3 Mock Meet For new swimmers @ the South Rec. Center	4 MEET @ Ranch CC 11887 Tejon St. Westminster, CO
5	6 Regular Season Practice Begins **See Practice Schedule**	7	8	9 8 & Under Party 2-4pm @ Scott Carpenter Pool	10	11 MEET vs. Boulder CC 2102 Spruce St Boulder, CO
12	13	14	15	16 9&10 Party 2-4pm @ Scott Carpenter Pool	17	18 MEET vs. Lafayette 2102 Spruce St Boulder, CO
19	20 FHCC Pentathlon **See coaches for more info.**	21	22	23 11&12 Party 2-4pm @ Boulder Reservoir	24	25 MEET @ Rally Sport 2727 29th Street Boulder, CO
26	27	28	29 MEET: HOT SHOTS @ Rock Creek 1650 S. Indiana Superior, CO **No Pre-Team Practice**	30		

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 NO MEET THIS WEEK!
3 	4 HAPPY 4 th of JULY No Practice	5 Water World Optional Practice **No Pre-Team Practice**	6	7	8	9 MEET vs. Meadow Glen 2102 Spruce St Boulder, CO
10	11	12 Team Dinner 2-6pm @ Boulder Res (Concession Deck)	13	14	15	16 MEET @ Brmfld Swim 250 Main St Broomfield, CO
17 July 18 – 22 Practice week for those competing in prelims and have qualified for finals	18 8 & Under Prelims @ Meadows 5555 Racquet Boulder, CO	19 9&10 Prelims @ Rock Creek 1650 S. Indiana Superior, CO	20 11&12 Prelims @ Louisville 801 Grant Ave Louisville, CO	21 13 & 14 / 15 -18 Prelims @ TBA	22	23 

Social Gatherings

Times and place are subject to change
Coaches will have the most up-to-date information

Pot-Luck

Wednesday, June 1st

Time: 5:00pm – Following Practice

Information: (Please see what to bring below by last name):

- Main dish or hearty side dish: A-M
- Dessert: N-Z
- Drinks: Please Bring your own
- Plate ware and Flat ware: Provided by Team

Water World

Tuesday, July 5th

Time: We will meet outside the gates of Water World at 10am. Hope to see you there!

www.waterworldcolorado.com

- Please RVSP by June 8th to get a good deal. At practice there will be a sign up sheet and money will be collected.
- July 5th is an optional practice will be held from 8am-9am.
- Kids 10 and under need a designated chaperone.
- Coaches are not chaperones.

Age Group Parties

- Please see calendar for date, time and location
- Coaches will have more information for swimmers

End of Year Party

Sunday, July 24th

Time: 2:00 – 6:30pm @ Spruce Pool

- Coaches will be giving out more information as the date nears

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