

PARENT HANDBOOK

www.BoulderBarracudas.org



2010

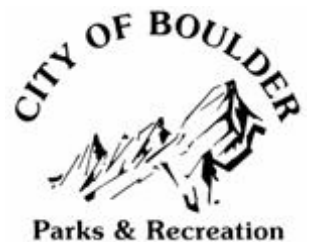


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Team Rules

1. 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.
2. 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.
3. 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.
4. 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. Please only email one week per email.
5. 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 Thursday 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.
6. 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.
7. Respect our facility. Spruce pool has been recently re furbished. Please help us to maintain a clean and safe environment by treating the facility with respect and cleaning up after yourself.

8. Please check the website for updates and changes. All information will be posted on the website as soon as it is made available. Contact information is also available.

Practice Times

No practice May 31st or July 5th

June 4th is a mock meet. Please plan on being at this practice!

South Rec Center 5/17-5/21	
Age-group	Time (M-F)
8 and Under	3:30 – 4:15 pm
9 and 10	3:45 – 4:30 pm
11 and Up	4:35 – 5:30 pm
Spruce Pool 5/24-6/4	
8 and Under	3:30 – 4:15 pm
9 and 10	3:45 – 4:30 pm
11 and Up	4:35 – 5:30 pm
Spruce Pool 6/7-7/23	
8 & Under	9:15 – 10:15 am
9 & 10	9:00 – 10:00 am
11 & 12	7:45 – 9:00 am
13 & 14	7:30 – 9:00 am
15-18	7:30 – 9:00 am

Meet Schedule

Dual Meets:

June 5 th	@ Ranch Country Club
June 12 th	@ Meadow Glen
June 19 th	Home vs. Fox Hill Country Club
June 26 th	@ Boulder Country Club
July 3 rd	BYE WEEK – No meet
July 10 th	Home vs. Rally Sport
July 17 st	Home vs. Lafayette

Additional Meets: (do not count towards requirement for prelims)

June 28 th	Fox Hill Pentathlon
July 8 th	Hot Shots

Please see the website for more information about these meets

Directions to Pools

Ranch Country Club

11887 Tejon Street
Westminster, CO
303-441-3426

Directions: 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

Meadow Glen

8158 Everett Street
Arvada, CO
303-420-6150

Directions: Take US-36 East (toward Denver)
Take the CO-121 exit toward US-287/Broomfield/Arvada

Keep right at the fork, follow signs for Broomfield/Event
Center and merge onto CO-121 S/Interlocken Loop

Turn right at W Pomona Dr
Turn right at W 81st Pl
Take the 1st left onto Everett St

Boulder Country Club

7350 Clubhouse Rd.
Boulder, CO 80301
303-530-4600

Directions: East on Arapahoe Road to 75th Street
North on 75th to Clubhouse Road
West on Clubhouse Road
BCC is approx. ¼ mile on the left

Rock Creek

1650 S. Indiana St.
Superior, CO
303-554-5658

Directions: 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

801 Grant Avenue
Louisville, CO
303.666.7909

Directions: East on South Boulder Road
Turn Right on Garfield
Continue onto Lincoln
Turn Left on Spruce st.

George Meyers Pool

7900 Carr Drive
Westminster, CO 80005
303-467-7111

Directions: Take US-36 East (toward Denver)
Take the CO-121 exit toward US-287/Broomfield/Arvada
Turn Right onto CO-121 S/Wadsworth Pkwy
Continue to follow CO-121 S
Turn Right onto W. 80th Ave
Turn Left onto Carr Drive
George Meyers Pool is on the left

Meadows

5555 Racquet Lane
Boulder, CO

303-494-5069

Directions: North on 55th from Arapahoe
Turn left on Racquet lanes

How Meets Run

Meet overview

- Set up - usually coaches do a little the night before a home meet but most of the work 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

Social Gatherings

***Times and place are subject to change – See website for updates or Coaches**

Pot-Luck and Talent Show

1. Time: 5.00pm – Following Practice (Practice will be a Fun Friday and will end early for the kids who would like to play in the water)
2. Place: Spruce Pool
3. Date: May 28th
4. Information: (Please see what to bring below by last name):
 - i. Main dish or hearty side dish: A-M
 - ii. Dessert: N-Z
 - iii. Drinks: Please Bring your own
 - iv. Plate ware and Flat ware: Provided by Team
5. Talent Show Information to come.....

Water World

1. Time: We will meet outside the gates of Water World at 10am. Hope to see you there! For Directions: www.waterworldcolorado.com
2. Date: Monday July 12th
3. Please RVSP by June 15th to get a good deal. At practice there will be a sign up sheet and money will be collected.
4. July 12th is an optional practice will be held from 8am-9am.
5. Kids 10 and under need a designated chaperone.
6. Coaches are not chaperones.

Age Group Parties

1. 8 and under:
 - a. Time: 2pm
 - b. Place: Scott Carpenter Pool (play and swim in the pool with coaches and ice-cream eating too!!!)
 - c. Date: June 11th
2. 9 and 10 years old
 - a. Time: 2pm
 - b. Place: Scott Carpenter Pool (play and swim in the pool with coaches and ice-cream eating too!!!)
 - c. Date: June 18th
3. 11 and 12 years old
 - a. Time: 2pm
 - b. Place: Boulder Reservoir (BBQ and sand volleyball time-if it's super hot we'll race you to the raft !!!)
 - c. Date: June 25th
4. 13 through 18
 - a. Time: TBD
 - b. Place: Boulder Res
 - c. Date: TBD

End of Year Party

1. July 25th at Spruce Pool
2. Coaches will be giving out more information as the date nears