

Our Mission

"Our mission is to provide a competitive program that employs intentional coaching to develop well rounded athletes who are physically fit, have proficient strokes, possess high self esteem and who strive to be outstanding members of society."

Intentional coaching constantly reflects on practices and makes instruction decisions based on a clear understanding of how these practices affect our swimmers.

We provide a positive atmosphere where swimmers can attain their goals through the guidance of our experienced and progressive coaching staff.

Together with our families we encourage team spirit, sportsmanship and personal empowerment.

Why Should My Child Swim?

- Swimming promotes physical development.
- Swimming is one of the most beneficial forms of cardiovascular exercise.
- Swimming develops superior coordination.
- Swimming is the most injury free of all children's sports.
- Swimming offers the chance to compete individually and as part of a team.
- Swimming promotes time management.
- Swimming is one of the top academically achieving sports.
- Swimming is a sport for a lifetime



Training Groups

Elite: (ages 13 - 18) Our most dedicated swimmers putting swimming before any other sport. Intensive training includes dry land and weights. Goals are set towards sectional and national times.

Senior 1: (ages 15 - 18) Training and intensity for the advanced high school swimmer without the commitment of the Elite level.

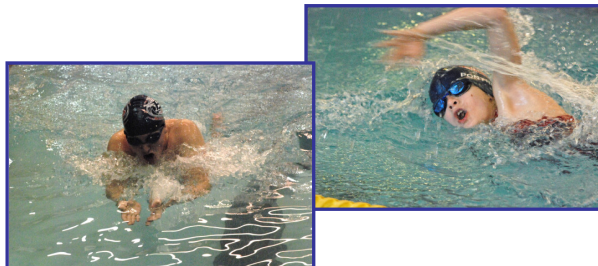
Senior 2: (ages 13 - 14) Swimmers begin to train with more intensity. Swimmers set goals and are challenged to improve stroke skills, endurance and conditioning.

Blue: Top age-group swimmers who have demonstrated proficiency in various areas. Distance endurance, Goal setting and stroke techniques are emphasized here.

Red: Swimmers have their first contact with competitive swim training and larger swim meets. Coaches introduce goal setting, stress proper stroke techniques and use fun drills.

White: Fun-filled training to develop stroke techniques and physical conditioning. Swimmers compete in mini-meets. Swimmers need to be able to swim freestyle and backstroke for two laps (non-stop).

Pre-Comp: Fun-filled training while providing basics of stroke techniques and physical conditioning. Swimmers may compete in mini-meets. Swimmers need to be able to swim freestyle and beginning backstroke.



Training Locations

The Bergen Barracudas train only at Ramapo College's 6-lane 25 yard Bradley Recreation Center pool in Mahwah and have done so since its formation over 30 years ago.



Parents may also avail themselves of the "Friends of Ramapo" to use the Ramapo College Bradley Center's athletic facilities! Ramapo College is conveniently located on Route 202 in Mahwah, NJ directly off of Route 17.

During the summer, the team trains in the 50 meter outdoor Ramsey Municipal Pool on East Oak Street in Ramsey, NJ.

Parents will be happy to know our practices are held at the same location and generally at the same time every day for both short and long course seasons.

Both of our training locations are within 15 minutes of most neighborhoods in Northwest Bergen, Passaic and Rockland Counties.

How to Join

Tryouts for the 2011-2012 season will be held on:

- **August 2, 2011 at 8am-10am** at Ramsey Municipal Pool, East Oak Street, Ramsey NJ
- **September 8-9, 2011 at 5pm-7pm** at Ramapo College of NJ Bradley Sports Center, 505 Ramapo Valley Road, Mahwah NJ

For more information please contact:

Head Coach Nicky DeCaro

nicole@bbswim.org - 845.721.1786

Coaching Team

Our highly qualified, experienced and caring coaching staff provides a structured learning environment to enable competitive swimmers to achieve their goals and highest potential.

Nicky DeCaro - Head Coach, lesson manager, senior and masters group coach, with over 20 years of swimming and 10 years of coaching experience. Nicky is a Lifetime ASCA member and is Level 3 certified.

Dennis Schlereth - Elite Group coach with over 15 years swimming and 10 years of coaching experience. Dennis was a National and NCAA qualifier.

George Eversmann – Assistant Senior Group coach with over 20 years experience. George was a National and NCAA A-10 qualifier. He has coached all ages ranging from 8 years to 22 years old.

Ed Ruthberg – Blue Group coach with over 35 years of coaching experience. He has coached for the Barracudas for over 35 years during that time he has produced Top 16 and Olympic trial swimmers.

Darnell Pinckney – Red Group coach, Darnell has been coaching for over six years. He was a National Qualifier and achieved Top 10 Standing. Darnell is ASCA Level 2 certified and a certified Stroke Technician.

Alice Sroga – Assistant Red Group coach. Alice has over ten years swimming experience. Alice was a competitive swimmer and a NCAA Qualifier.

Caroline Pilkington – White Group coach. Caroline has over 20 years of swimming experience and is a certified Stroke Technician.

Chris Farrell – Pre Comp Group Coach. Chris has over ten years of swimming experience. Chris was a Sectional Qualifier and Top in State.

About Our Organization

Our organization was chartered in 1980 for the sole purpose of running the Bergen Barracudas Swim Team.

- We are a premier **USA Swimming Recognition Level 1** competitive team with swimmers from across Bergen, Passaic and Rockland Counties.
- Unique among local swim teams, the Bergen Barracudas is a non-profit organization run by a Board of Directors consisting of parents of swimmers.
- We are self-supported through membership dues and revenues from team-sponsored USA Swimming swim meets.
- We run our program under the rules of the New Jersey chapter of the United States Swimming Association.
- Parent participation in team-sponsored swim meets is required.



BERGEN BARRACUDAS SWIM TEAM



"PRIDE IN EVERYTHING WE DO."

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Bergen Barracudas Swim Team is a USA Swimming
Parent-Run Non-profit Organization

Nicky DeCaro - Head Coach
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Visit us at: www.bbswim.org