

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

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.

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).

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.

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

Seniors: (ages 13 - 18) Swimmers train with more intensity. Swimmers set goals and are challenged to improve stroke skills, endurance and conditioning. This group allows swimmers who do other activities to swim competitively.

Elite Prep: (ages 13 - 18) Our younger dedicated swimmers and serious competitors that put swimming before any other sport/activity. Intensive training includes dry land. Goals are set towards Junior Olympic times. This group is set up to prepare swimmers for Elite.

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

Training Locations

The Bergen Barracudas' home pool is Ramapo College's premier 6-lane 25 yard Bradley

Recreation Center pool in Mahwah, and has done so since its formation over 30 years ago. We have a separate pool for Long Course training, the Saddle River Pool in Monsey New York. We also practice Short Course Meters at the Ramsey Municipal Pool on East Oak Street in Ramsey, NJ.

As part of membership with the Bergen Barracudas a parent will automatically become a "Friend of Ramapo" which entitles members to a discounted membership to the Bradley Center along with other privileges as stated in our handbook.

Ramapo College is conveniently located on Route 202 in Mahwah, NJ directly off of Route 17.

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

How to Join

Tryouts for the 2016-2017 season will be held on:

- **July 23, 2016 at 8am-10am** at Ramsey Municipal Pool, East Oak Street, Ramsey NJ
 - **Raindate- July 24, 2016 8am-10am**
- **July 21, 2016 at 6pm-8pm at Ramapo College**
- **September 8-9, 2016 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, with over 20 years of swimming and 15 years of coaching experience. Nicky is a Lifetime ASCA member and is Level 3 certified. Nicky is very in tune with the college swimming world and has extensive experience with the college process.

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

Chris Farrell – Over 20 years of swimming experience. Chris was a Sectional Qualifier and Top in State. Chris is ASCA Level 2 certified.

Gary Bach –Over 15 years swimming experience. He has been coaching at Northern Highlands for the last 7 years.

Philip Umbrino – Over 15 years of swimming experience. Phil is ASCA Level 2 certified and a certified Stroke Technician.

Courtney Way – Over 5 years of coaching experience. Courtney is ASCA Level 2 certified and a certified Stroke Technician. She also has Division 1 swimming experience.

Erin Kelly – Over 5 years coaching experience. Erin is ASCA Level 2 certified.

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.
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BERGEN BARRACUDAS SWIM TEAM



PRIDE IN EVERYTHING WE DO."

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(at Ramapo College)

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

Nicky DeCaro - Head Coach

nicole@bbswim.org - 845.721.1786

Visit us at: www.bbswim.org

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

- Unique among local swim teams, the Bergen Barracudas is a non-profit organization run by a

