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## 2020-2021 Fall/Winter Season

Session 3: 1/31-3/25 (Sun-Thurs)

### ABOUT US

With the uncertainty created by the COVID-19 crisis, we have opted to break up our Fall/Winter season into three smaller sessions with Session 1 running from September-November, Session 2 from November-January, and Session 3 from January-March. Due to COVID-19 mitigations, time and space are limited during this session. Please review all info contained here thoroughly.

The North Jersey Barracudas are a year-round, competitive swim club in Northwest New Jersey. Our mission is to provide our athlete participants the skills to be successful in and out of the pool. Our training philosophy is technique driven; giving every swimmer, from novice to champion, the skills needed to reach their goals and full potential.

- The age of our swimmers is 5-18 years old with different practice groups for age and ability levels.
- Member of USA Swimming. We are not a YMCA affiliated team.
- Our coaches are ASCA and USA Swimming certified and are accomplished and dedicated to the sport.
- Our season runs from early September to approximately early April (depending on age and what championship meets your child qualifies for).
- Parents are required to volunteer at a few meets as timers, etc. No experience necessary for most jobs.
- We offer a Long Course Season in the Spring/Summer.
- We offer a Learn-To-Swim program

Additional information including news, coach biographies, and more can be found at [www.NJBarracudas.com](http://www.NJBarracudas.com) or by emailing us at [njbarracudas@gmail.com](mailto:njbarracudas@gmail.com).

### OUR LOCATIONS

**Tranquility Valley Retreat Center**, 1 Campus Drive, Andover, NJ 07821  
**Kittatinny Regional High School**, 77 Halsey Rd, Newton, NJ 07860 (Pending)  
**Blair Academy**, 2 Park St, Blirstown, NJ 07825 (Pending)

## SWIMMING LESSONS: LEARN TO SWIM!

Swimming is a sport for folks in every age group, ethnicity and background. It's a sport for life. There are countless benefits of swimming including staying safe around water, getting fit, getting fast, meeting friends and having fun. We also feel it makes you smarter, as swim team kids tend to perform better in school! Get your young one started off on the right fin...

### Swimming Lessons (ages 5-18)

For the novice swimmer who needs an introduction to the basics like water acclimation, finding their 'balance' in the water, and learning the fundamentals of the four competitive strokes. Semi-Private group sizes (2 per instructor) allow for individualized instruction and COVID-19 mitigation.



### **Pre-Team** (ages 7-18)

Want to get ready for Summer Rec Swimming in the Spring? Get ready for high school swimming in the Fall? Get a taste for what a swim team is like? This program is catered to the less experienced swimmer\* who has a basic understanding of the four strokes, can swim 25 yards unassisted, and the desire to learn proper mechanics for all four competitive strokes, starts, and turns. No competitions.

## **SWIM TEAM**

\*\*\*Swimmers may attend their scheduled practices only\*\*\*

### **Junior** (approx. ages 7-12)

Our entry-level group for our younger competitive swimmers. This group ranges from learning the four strokes, starts, and turns to those who are fairly proficient in them but require technical guidance. Swimmers must already be acclimated to the water and have some swimming experience/competency.

### **Intermediate** (approx. ages 11-15)

Predominantly a technique driven group for our Pre-teens. This group also exposes the swimmer to training for the first time and offering a more intensive experience for those ready to put in the extra work. Participants may be split into different groups based upon ability and age.

### **Senior** (approx. ages 14-18)

Athletes entering this group must display a desire to begin training on a more committed basis. Training takes an equal role to technique work for the first time in the athlete's development. Athletes entering the Senior group must display a strong desire to perform at the highest level they are capable of. Training is geared towards individual talents and developing a strong aerobic endurance base. Strength conditioning through dryland training is included. Participants may be split into different groups based upon ability and age.

## **MEETS**

*Due to COVID-19, the meet schedule for this season is uncertain. As we do not have info for the Fall/Winter Competition Schedule at this time, here are some general guidelines for our new folks.*

Most competitions are on the weekends at venues like Rutgers University (Piscataway), Berkeley Aquatic Center (New Providence), Princeton University (Princeton), Raritan Valley Community College (Branchburg), Seton Hall University (South Orange), and more.



**Dual Meets** are competitions where one team goes head-to-head with another. These meets are uncommon.

**NJ Swimming Invitationals** There are a myriad of invitational meets (with multiple teams attending) which offers swimmers the options of swimming additional events for times, which they can choose. We compete against other teams throughout New Jersey. Some of these will be catered to our more elite swimmers where swimmers will have to make times qualify, while other meets will be open to the entire team.

**NJ Swimming/ USA Swimming Championship Meets** Swimmers must make qualifying times to be eligible for a series of Championship meets, which begin in February and run through the beginning of April.



### SESSION 2 SCHEDULE (11/8/20-1/7/21)

Group	Sun	Mon	Tues	Wed	Thurs
	9:00-11:30 am and 5:30-8:00 pm	5:30-8:00 pm	5:30-8:00 pm	5:30-8:00 pm	5:30-8:00 pm
<b>Lessons</b> (Once a week, 30 mins/week)	9- 9:30 am (1 lane) 9:30-10 am (1 lane) 10-10:30 am (1 lane)				
<b>Pre-Team 1&amp;2</b> (Once a week, 60 mins/week)	10:30-11:30 am (5 Lanes)				
<b>Junior 1</b> (Twice a week, 2.5 hours/week)		5:30-6:30 (2 Lanes) 6:30-6:45 (Dryland)		5:30-6:30 (2 Lanes) 6:30-6:45 (Dryland)	
<b>Junior 2</b> (Twice a week, 2.5 hours/week)		6:45-7:00 (Dryland) 7:00-8:00 (5 Lanes)		6:45-7:00 (Dryland) 7:00-8:00 (5 Lanes)	
<b>Intermediate</b> (3 times a week, 4.5 hours/week)	9-10:30 am (4 Lanes)	5:30-6:30 (3 Lanes) 6:30-7:00 (Dryland)		5:30-6:30 (3 Lanes) 6:30-7:00 (Dryland)	
<b>Senior (Group A) *</b> (3 times a week, 6.5 hours/week)	5:30-7:15 pm (5 Lanes)  7:15-8:00 pm (Dryland)		5:30-6:45 (5 Lanes) 6:45-7:30 (Dryland)		5:30-6:45 (5 Lanes) 6:45-7:30 (Dryland)
<b>Senior (Group B) *</b> (3 times a week, 6.5 hours/week)	6:30-7:15 pm (Dryland)  7:15- 9 pm (5 Lanes)		6:00-6:45 (Dryland) 6:45- 8:00 (5 Lanes)		6:00-6:45 (Dryland) 6:45- 8:00 (5 Lanes)

*Disclaimer: Practice Schedule subject to change to best meet the needs of team membership, and are subject to weather closings, and other facility conflicts. There are no refunds for schedule changes.*

*\*Senior swimmers will be assigned to one of these groups prior to the first practice and may attend their assigned time only.*

### REGISTRATION INFO & FEES

**Dates:**

Session 1: 9/13/20-11/5/20 @ Tranquility Valley Retreat Center

Session 2: 11/8/20-1/7/21 @ Tranquility Valley Retreat Center

Session 3: 1/31/21-3/25/21 @ Tranquility Valley Retreat Center

**USA Swimming Registration** (good for all three sessions): \$72.00

This required one-time annual fee covers the cost of USA Swimming registration (with commensurate insurance) and more. It is good for the entire 2020-2021 season. Participants must be registered with USA Swimming regardless of when they begin during the season (this is not prorated). We collect this fee then remit it to USA Swimming. **Swimmers from Session 1 & 2 should have already paid this fee.** If you didn't, please contact us so we can make sure your USA Swimming registration is current.



**USA Swimming Transfer Fee:** This required one-time fee of \$5.00 is for any swimmer who is transferring from one USA Swimming club to another. Swimmers must also fill out a Transfer Form. We collect this fee then remit the fee and form to USA Swimming.

### Program Fees

Covers facility rental, staffing for the session, and more. Full fee due at registration.

<b>Lessons</b>	\$120.00
<b>Pre-Team</b>	\$120.00
<b>Junior</b>	\$230.00
<b>Intermediate</b>	\$405.00
<b>Senior</b>	\$660.00



**To Register:** go to our website [www.njbarracudas.com](http://www.njbarracudas.com) and click on the **REGISTER** button on the right. Must have a valid credit card. All swimmers in the program become members of USA Swimming; America's Swim Team!

**Space is limited (especially with our COVID restrictions); first-come, first served.**

**Returning Swimmers** (from Session 1): Please register for the group you were last in. Coaches will be evaluating groups prior to the first practice to see if anyone should be moved. If a move is recommended you will be contacted. **Priority registration opens 1/19/21.**

**New Swimmers:** Please email us your swimmers' times in lieu of a tryout, and we will get your swimmer placed in an appropriate group providing space exists. **Registration opens 1/24/21.**

**A note regarding Training Groups:** We go to great lengths to make sure our training groups are as compatible as possible. Having a swimmer who is not compatible with the rest of a group can not only impact the entire group but can affect that swimmer and their self-confidence. We are always assessing our swimmers' progress, attendance, and work ethic and will recommend 'moving up' a swimmer (always preferred over 'moving down') at any point in the season if we feel the swimmer is ready for it. Swimmers in a compatible group can be challenged far more than a swimmer who's been moved up prematurely and is struggling to keep up. For these reasons, we do not consider factors like family schedules, siblings or friends, what coach a swimmer wants, etc. Swimmers should gauge their progress by their times and improvement, and not by 'advancing' to the next group. Our swimmers' progress over the last few seasons have exceeded averages of teams in our LSC (per USA Swimming analytics). We are proud of that!

*Please note, due to the current pandemic we are fortunate to be able to offer this season. While we've gone to great lengths to plan for everything to affect a safe and worthwhile experience for our participants, we ask everyone for their patience should issues arise as we navigate this crisis together.*

**SEE YOU IN THE POOL!**

## RETURN TO SWIM: COVID-19 MITIGATION PLAN

(COVID-19 Liaison: George Soutter)

### General Notes:

- Everyone must wear a face covering when entering/exiting the facility.
- All swimmers must be registered through our online registration portal. Important waivers are contained therein that must be acknowledged.
- We will attempt to place swimmers in “pods” or the same small group of swimmers for the duration of the 4-week training session and minimize moving swimmers between lanes.
- No parents nor guests in the building.
- We will limit 3-4 kids per lane (see diagrams).
- Athletes/coaches who begin to cough/sneeze for any reason, must move away from others until coughing/sneezing dissipates.
- Parents are required to review these rules point-by-point with their swimmers for their safety and the safety of others.
- Coaches will release group in water 10 minutes early to prevent congregating.
- Pool disinfectant to be maintained by the facility per CDC guidelines.
- Dryland (for seniors) will be conducted outside and socially distanced.

### Lockerrooms:

- Swimmers will arrive and leave with their suits on. No lockerroom use. Swimmers should keep their belongings in their swim bags on deck. A designated space will be established and spaced appropriately.
- Only 1 person at a time to use the bathroom if necessary.
- Extra cleaning will be done by the facility.

### Swimmers:

- Any swimmers feeling symptomatic (mild to severe respiratory illness with

fever, cough and difficulty breathing, or other [symptoms identified by the CDC](#)), or have an immediate family member who is exhibiting these signs, should not come to practice.

- Swimmers must arrive at their designated time to be checked-in, assessed for any visible symptoms, have their temperatures recorded. Late swimmers will not be allowed in. Any swimmer who appears symptomatic will be required to leave and get evaluated by a physician. A doctor's note is required to return to swim.
- Enter through outside pool doors and report to pod on deck.
- Swimmers will exit the building through hallway doors. Footwear is required.

### *Before Swimming*

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the pool.
- Do not share equipment.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to when activity begins.
- Avoid touching gates, fences, benches, etc. if you can.
- Do not attend practice if you, or a member of your household does not feel well.

### *When Swimming*

- Follow directions for spacing and stay at least six feet apart from others.
- Do not make physical contact with others, such as shaking hands or giving a high five.

- Avoid touching your face.
- Avoid sharing food, drinks, or towels.
- Maintain appropriate social distancing from other athletes when taking a break.

- Do not use the locker room or changing area (shower at home, wear your suit to and from practice)
- No extra-curricular or social activity should take place (no congregating after swimming).

*After Swimming*

- Leave the facility as soon as reasonably possible after practice.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.

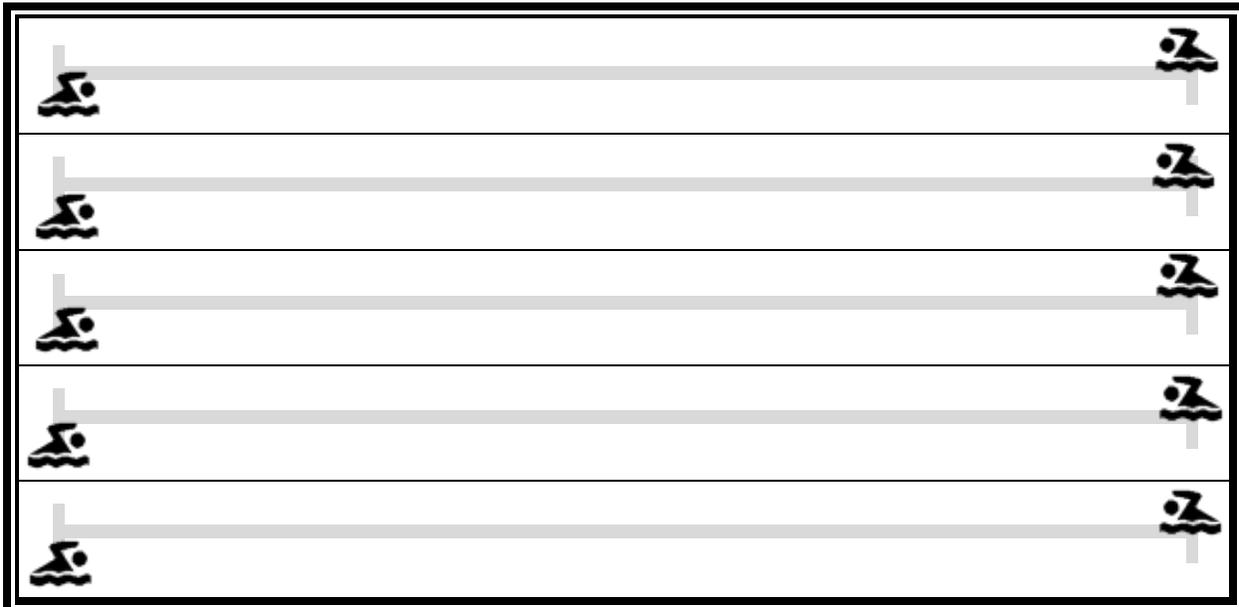
Coaches

- Staff must have their temperatures recorded upon arriving.
- Coaches should wear face covering and maintain social distancing with other coaches, staff, and swimmers.

**PRACTICE PLAN DIAGRAMS**

**Practice Plan #1**

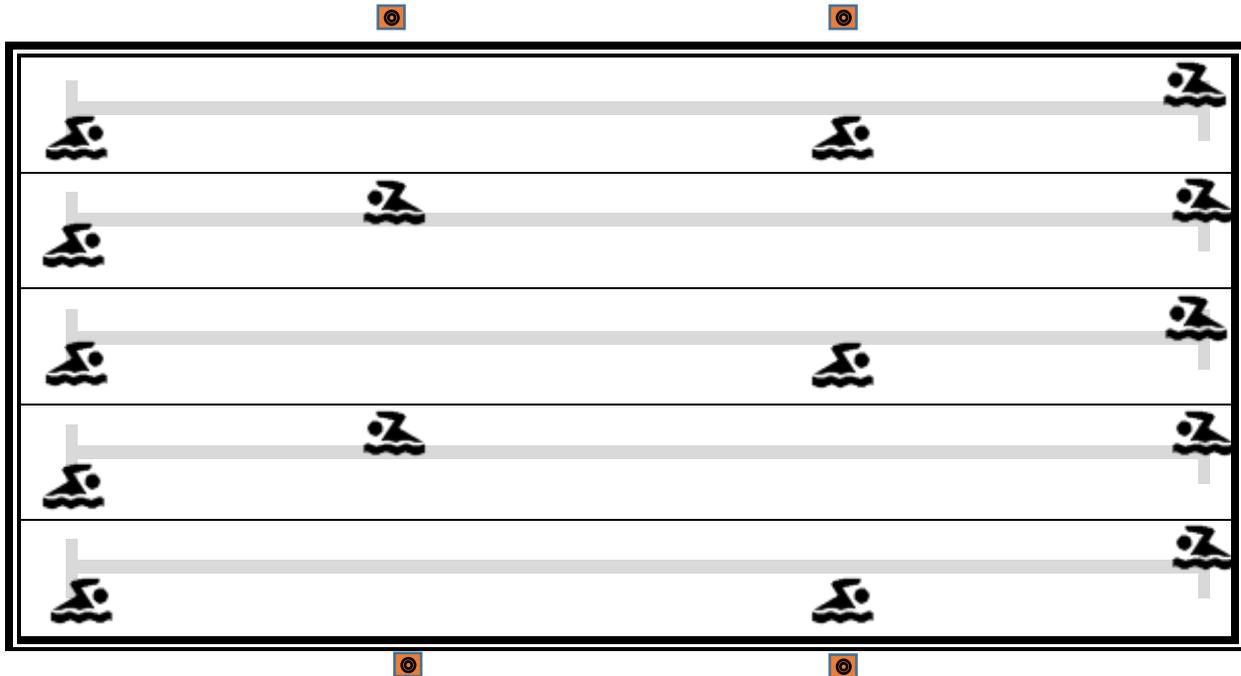
5 lanes, 7 ft wide lanes. 2 swimmers per lane, one at either end. Max swimmers 10 per pool slot.



(continued)

**Practice Plan #2**

5 lanes, 7 ft wide lanes. 3 swimmers per lane, one at either end and at the 15 meter mark (alternating lanes). Max swimmers 15 per pool slot.



**Practice Plan #3**

5 lanes, 7 ft wide lanes. 4 swimmers per lane, one at either end and at each of the 15 meter marks (alternating lanes). Max swimmers 20 per pool slot.

