

TEAM HANDBOOK 2018

Updated May 8, 2018



www.broadstonebarracudas.org

1.0 ABOUT THE HANDBOOK

The Broadstone Barracudas Swim Team handbook provides general information to swimmers and their parents about the Broadstone Barracudas Swim Team, including information about the organization, team philosophy, responsibilities, swim practices and meets. The Broadstone Barracudas Swim Team Advisory Board has established the rules and guidelines in this handbook. In the event of rule or policy conflict, any rules of the Broadstone Racquet Club or the Suburban Swim League shall supersede the guidelines set forth in this handbook. The bylaws of the Broadstone Barracudas Advisory Board and the Suburban Swim League are available on the web site: www.broadstonebarracudas.org.

2.0 BROADSTONE BARRACUDAS SWIM TEAM

The Broadstone Barracudas Swim Team is a recreational swim team managed by the Broadstone Racquet Club in Folsom, Calif. Team membership consists of swimmers ranging in age from 4 to 18 years.

3.0 TEAM PHILOSOPHY

The goal of the Broadstone Barracudas Swim Team is to provide swimmers with development in competitive swimming skills and a positive learning experience in the sport of swimming. This experience is the foundation for swimmers to achieve their maximum potential through participation in a recreational program that promotes development of physical fitness, sportsmanship, and the spirit of competition.

4.0 PARTICIPATION IN SUBURBAN SWIM LEAGUE

The Broadstone Barracudas Swim Team is a member of the Suburban Swim League (SSL) of Sacramento. The league consists of eight (8) recreational swim teams and includes approximately 2,000 swimmers. The league philosophy places the importance of recreational swimming/participation before the element of competition. While competition is recognized as an important part of a swim meet, it is the league's belief that all swimmers should participate regardless of swimming proficiency, enabling the maximum number of swimmers to enjoy a well-rounded program. Swimmers begin practice in late April at the Broadstone Racquet Club pool. Official league swim meets are held from the middle of May through the end of July. At the end of July, all league teams compete in a three-day championship meet (Champs) at the Sierra College swim complex.

5.0 SWIMMER ELIGIBILITY

Membership of the team shall be open to any girl or boy who is a member of the Broadstone Racquet Club. The girl or boy shall be less than 19 years of age, on the 15th day of June of the current year of membership. He or she must also be an active participant in swim team training and competition. Active participation is defined as participating in at least three (3) swim meets during the regular swim season, one of which shall be an away meet. Total team numbers shall be determined by the Broadstone Barracudas Swim Team Advisory Board in accordance with the interests of the team as a whole, and in compliance with the precepts set forth by the swim league. Registration priority will be given to returning swimmers and to siblings of returning swimmers. Eligibility to participate is based on team and league bylaws. Requirements must be met in the areas of age, recreational status, club membership, parent participation, and minimum ability.

5.1 Age Eligibility Requirements

Swimmers who have not reached their 19th birthday by June 15 are eligible for the team. The age group a swimmer competes in for the entire league season is determined by the participant's age on June 15 of that season.

5.2 Recreational Status Eligibility Requirements

Swimmers must maintain a recreational status to be eligible for team participation. To maintain recreational status, an individual may not (1) swim in USS-sanctioned meets, (2) participate in any stroke and turn clinics or training sessions conducted by a U.S. Swimming Team which trains for the purpose of competing in USS-sanctioned meets, or (3) practice with or compete for any swim team other than the Broadstone Barracudas Swim Team. All three of these conditions must be met for the time period commencing on February 15 and continuing through the end of the

Suburban Swim League swim season. Swimming for a high school team does not affect recreational status.

5.3 Quiet Period

The “quiet period” begins on February 15 and ends on the day of the first official practice of the season. During this period, swimmers are limited to a total of twelve (12) hours of in-water, coached training. Athletes participating on a high school swim team or water polo team are exempt from the quiet period. A swimmer shall be allowed to take private swimming lessons and Red Cross sponsored life-saving courses. The purpose and philosophy of this is not to discourage swimmers from learning and improving their strokes, but to prevent a swimmer from working out during the period of February 15 through the first official practice of the season, if they wish to compete in our recreational swim league.

5.4 Club Membership Eligibility Requirements

Participants must be members, in good standing, of the Broadstone Racquet Club throughout the league swim season.

5.5 Parent Participation/Service Assignment Requirements

Each family is required to have one parent volunteer work a job/shift at all swim meets in which their swimmer competes and/or other equivalent tasks. Equivalent volunteer tasks must be approved by the team’s parent volunteer coordinator. No matter what the volunteer job is during the regular season, all parents must volunteer at Champs if their swimmer is swimming at Champs.

5.6 Minimum Ability Eligibility Requirements

Swimmers must be capable of swimming the 25-yard length of the pool by the end of the second week of practice to maintain eligibility.

6.0 REGISTRATION

Returning swimmers in good standing on the official team roster at the end of the previous season and their siblings will automatically be eligible to register as a returning family by the returning swimmer priority registration deadline. To be considered a swimmer in good standing, a swimmer must be an active participant as described in section 5.0 and the swimmer’s family must have completed parent participation/service responsibilities as described in section 5.5. After this deadline, applications will be on a first-come basis with the online open registration. At the discretion of the advisory board, a wait list may be established if the number of swimmers in a particular age/gender group gets too big. All fees for season participation are due at registration, and no refunds will be given after the first two weeks of practice.

7.0 COACHES

Head coach	Wendy Webster	coachwendy928@gmail.com
Head assistant coach	Amy Suggs	a.suggs@comcast.net
Assistant coach	Doug Smith	dougsmith1962@icloud.com
Assistant coach	Ryan Haynes	
Assistant coach	Sharon Johnson	
Assistant coach	Barbie Suggs	
Assistant coach	Daniel Helm	
Assistant coach	Liz England	
Assistant coach	Jonah Maccoux	
Jr. Barracudas coach	Ryann Langtry	ryannmary@gmail.com

8.0 CLUB STAFF

Swim Director (Club): Roxanne Mefford / 916-983-9180 / roxannemefford@comcast.net
General Manager (Club): Janna / 916-983-9180 / jannab@sparetimeinc.com

9.0 ADVISORY BOARD MEMBERS

The advisory board members are responsible for: interviewing potential coaches for the swim team, filling volunteer positions for Suburban Swim League meets, fundraising activities to support the Broadstone Barracudas Swim Team, coordination of swim team social events, and sale of swim team apparel.

POSITION	NAME	PHONE	EMAIL
President	Meredith Ritchie	916-708-3364	meredith.ritchie@yahoo.com
Communications/ Secretary	Lindsay Fitch	916-402-6721	lindsay.fitch@gmail.com
Computer ops	Dave Jones	916-934-4006	regul8this@gmail.com
Finance manager	Lisa Salas	916-792-4420	salas.lisa@gmail.com
Fundraising	Ronda Chulick	916-764-5663	rchulick@comcast.net
League rep	Sarah Dean	916-379-0995	sarahvdean@yahoo.com
Meet operations	Ryan Tice	916-804-3359	rytice@sbcglobal.net
Parent volunteer coordinator	Jenn Harmon	916-607-2623	jenandpaul@sbcglobal.net
Registrar	Kelly Pitzer	916-817-7954	kelpitz@gmail.com
Social/spirit coordinator	Maria Kurlinski	916-337-9155	mariakurlinski@gmail.com
Special events coordinator	Carrie Miskawi	916-524-4642	cmiskawi@sbcglobal.net
Team store manager	Vacant		

10.0 VOLUNTEER CHAIRS

CHAIR POSITION	NAME	PHONE	EMAIL
Announcer			
Banquet / Awards			
Clerk of the course	Cheryl Dun	916-765-5806	cadun@sbcglobal.net
Hospitality			
Meet referee			
Ready bench	Norah Sheren	916-606-4634	thesherens@yahoo.com
Ribbons	Robyn Gover	916-607-3907	robynjaneg@gmail.com
Sign-in (meets)			
Sno Cones			
Starter	Paul Maccoux	916-984-9244	paul.maccoux@sbcglobal.net
Stroke & turn	Anne Hewitt		4.5hewitts@sbcglobal.net
Team photographer			
Timer	Justin Sanders	916-549-3110	jtlmsanders@sbcglobal.net

11.0 2018 COACHES

Wendy Webster

Coach Wendy started swimming on a team at age 4 and joined the Folsom Sea Otters at age 6. She swam for the Otters and Folsom High School until she went to college. Her favorite events were freestyle and butterfly, but she preferred to keep them short and sweet – the 50 and 100 were her top events. She started teaching swimming when she was 15 and took courses on coaching swimming at Brigham Young University and through ASCA. She continued her love for teaching when she joined the coaching staff of the Folsom Sea Otters in 2001. After living in France for a year, she returned to the Otters in 2003 as their head coach and started with Folsom High School, remaining there until 2007. She joined the Barracudas in 2013 after building a family of four with her husband. Wendy loves swimming and the community that swim teams

build. When she's not at the pool, you can find her hanging out with her family riding bikes around town, playing sports or trying to find some down time reading or cooking (her two passions in this life!).

Amy Suggs

Coach Amy is proud to say she has taught swim lessons and coached swim team at Broadstone for 19 years. She considers the Barracudas her summer home and swim family. Many athletes that began on the team when they were 4 or 5 years old continued to swim for Amy until they were 18 and have gone off to college! Amy also has coached high school swim. Amy grew up in Redding, Calif. and swam competitively in recreation leagues, USS teams and in high school. Her favorite strokes were freestyle and backstroke, and her favorite event was the 200 free. The longer the swim, the better! When Amy was in high school she began teaching swim lessons and lifeguarding. She followed her passion for teaching and love of children and obtained her teaching credential in 2002. She currently teaches middle school English and history, but has taught in grades K-8 for the past 16 years. She continues to teach swim lessons and coach, enjoying every opportunity to share her love of the water with children, teens and adults. Helping swimmers and students become hard workers, respectful citizens, kind people and fast swimmers are her primary goals. When Amy isn't at the pool, you can find her spending time with her husband, Jim, and their three beautiful girls, Katy, Barbie and Molly. She enjoys reading, rowing and playing tennis in her spare time. The Suggs family enjoys boating, camping, hiking and biking the Folsom trails together.

Kelley Bunch

Shane Dennison

Liz England

Daniel Helm

Erin Johnston

Emma Maccoux

Ryann Langtry – Junior Barracudas

12.0 SWIMMER RESPONSIBILITIES

- The rules established by the league the team competes in shall be the rules followed. In case of conflict between the team rules and current league rules, the current league rules shall override the team rules.
- Prior to attending the team practice sessions or participating in a league meet, a swimmer must be registered by the team registrar and have paid their team fees payable to the club.
- For new swim team families, one of the swimmer's parents must attend a mandatory new family orientation meeting (see schedule).
- Team members are required to be at swim meets on time. If a swimmer is not present and checked in at a meet one hour prior to the official starting time, he/she may be scratched from the meet and considered absent. Individual situations will be handled at the discretion of the coaching staff.
- A swimmer must SIGN OUT (declare no) of a meet, indicating that he/she will not compete in a given meet, no later than the Friday the week prior to the meet. The coaches will seed the swimmer in the meet unless she/he is signed out.
- Notify the coach and team at the earliest possible opportunity if you cannot attend a meet you are signed up for.
- Absence from a swim meet without prior notification may disqualify that swimmer from participating in the next scheduled meet.
- All swimmers ages 7 and up who need to leave a meet before the meet ends must check out with a coach.
- Swimmers are to practice and swim in their designated workout groups.
- Respect all team members, opposing teams, meet officials, coaches and parents at all times.
- All members of the team, according to age group and gender, will have the opportunity to swim in at least two events per swim meet. Events constitute individual and/or relay events. Current league rules state that a swimmer may enter three individual events. A swimmer may

- enter a fourth event, only if all swimmers in his or her age group have competed in three events. SSL by-laws will govern this rule. You can review a copy of them on the website.
- The coaching staff's primary responsibility is to instruct the members of the team. Any communication concerning an individual swimmer will be addressed during non-coaching hours. You can send an email to a specific coach.
 - Any member knowingly entering false information on registration forms will be dismissed from the team.
 - Maintain a cooperative and positive attitude at all practices, meets and swimming events.
 - Exhibit good sportsmanship and appropriate behavior at all times.
 - Attend assigned practice sessions on a regular basis.
 - Participate at time trials and all meets and events as assigned unless prior arrangements are made. Swimmers wishing to return to the swim team the following season will be required to participate in a minimum of three regular swim meets during the swim season, one of which must be an away meet.
 - Foul language, horseplay, unauthorized running, and other such conduct will not be permitted at any time.
 - Keep team areas clean and litter free.
 - Team swimsuits and team caps are highly recommended for swimmers at all swim meets.
 - Respect restricted zones at home and away swim meets, including spas and pools.

13.0 PARENT RESPONSIBILITIES

- New families (one member) must attend the pre-season new family orientation meeting.
- Each family is required to actively participate in all meets in which their swimmer(s) swim.
- Each family is required to complete their required service/participation hours to the satisfaction of the committee chairperson to whom they are assigned.
- Failure to meet minimum parent service/participation requirements as outlined in section 5.4 will result in the loss of good standing status for that family.
- Due to the fact that parent service/participation is essential and mandatory, families that do not comply with the assigned service/participation requirements or find suitable replacement will be dealt with in the following manner:
 - First offense: Parent receives a warning from the advisory board.
 - Second offense: Parent's swimmer is scratched from the next meet.
 - Third offense: Suspension from the swim team plus and swimmer in good status revoked.
- Support the coaches and team with a positive attitude.
- Read all team communications including the handbook, the website (www.broadstonebarracudas.org), emails, weekly newsletter, Facebook, and sandwich boards at the pool.
- Take responsibility for the conduct and discipline of your children at practices and meets. Support any disciplinary action necessary by the coaches or the team officials.
- Parents are welcome to observe practice; however, they must refrain from disturbing the swimmers and the coaches during practice. Please respect the "grey gutter rule": during practice, stay behind the grey gutter that surrounds the pool. If for some reason you must communicate with your child, go through the coach.
- Make sure your child SIGNS OUT (declares no) prior to deadlines for meets they will NOT attend. Swimmers who are not signed out of a meet by the Friday the week prior to the meet deadline, and then fail to attend that meet, may not be allowed to swim in the following week's swim meet. The team has adopted an online sign in system – additional information is provided in this handbook and further information will be provided as needed.
- Notify the coach as soon as possible if your child cannot attend a meet he/she is scheduled to swim.
- Make sure that your child is at meet race events on time, or, when applicable at the ready bench on time.
- Respect other parents and coaches who are working at the swim meets!

14.0 COACH RESPONSIBILITIES

Coaches shall abide by all Suburban Swim League, Broadstone Racquet Club and Broadstone Barracudas Swim Team Advisory Board rules and regulations. In addition:

- Coaches shall determine the team workout schedule subject to pool availability.
- On a weekly basis, the coaches will review with the swim director a daily workout plan for the week. The plan shall include time allocation with the strokes and skills to be worked on for the week along with specific assignments for the assistant coaches to follow.
- The coaches shall be at the pool at least 15 minutes prior to start of practice to set up pool and will stay 15 minutes after the end of the last practice.
- The coaches, with his/her staff, will give instructions and practice in the four swim strokes and on the proper techniques for turns, starts and relay team.
- The coaches will teach team sportsmanship and fair play.
- Coaches will conduct practice in a positive and encouraging manner.
- The coaches will provide constructive feedback to all swimmers that were disqualified (DQ) in the last meet, preferably at the first practice after the meet where the DQ occurred. This should include a clear explanation of the violation that caused the DQ.
- The coaches shall contact the opposing coach for a dual meet on Monday of the week of the dual meet to determine the number of heats per stroke and age group.
- The coaches shall abide by the meet preparation procedures of the team and league.
- Coaches shall post swimmers/events of the upcoming Saturday meet by start of practice on Thursday prior to the meet.
- When entering a swimmer in an event, coaches will consider the swimmer's best time in an event and other criteria, including: the swimmer's attitude, effort, and practice attendance, and the number of previous opportunities the swimmer has had to swim an event.
- Coaches will familiarize themselves with each swimmer's ability and assist swimmers with developing individual goals for the swim season.
- Coaches will respond to parent concerns in a timely manner, utilizing the advice and counsel of the swim director.
- The coaches shall be at the pool 15 minutes prior to check-in for all home and away swim meets.
- At swim meets, coaches will conduct a team meeting/cheer prior to the start of the meet.
- A coach meeting shall be conducted after each meet prior to the next practice session to review the team's successes and opportunities for improvement.
- The coaches shall have authority in maintaining discipline during practice and at meets. If additional disciplinary actions are necessary the coach will consult with the team president, swim director and the swimmer's parents or guardians.
- The coaches will be expected to be on the pool deck every assigned day unless one week's prior notice is given to the swim director.
- Coaches will cooperate with the team's advisory board, club personnel, and other parents responsible for the successful operation of the team.
- Coaches are expected to understand and comply with the rules of the Suburban Swim League, Broadstone Racquet Club and the Broadstone Barracudas Advisory Board. Coaches are expected to prepare, deliver and post all league and non-league meet sheets.

15.0 PARENT VOLUNTEER REQUIREMENTS

Parent service/participation is essential at our swim meets. Recreational competitive swimming is a sport that requires extensive parent service/participation. It takes approximately 300 hours of parent volunteer time to run a meet. We have many experienced swim team families that will tell you that working at a meet is more fun than sitting on the sidelines. Without your support, the swim meets cannot happen!

Each family is required to have one parent volunteer work a job/shift at all swim meets in which their swimmer competes and/or other equivalent tasks. Equivalent volunteer tasks must be approved by the parent volunteer coordinator. Once you sign up for a volunteer job, you must complete your job to the satisfaction of the parent volunteer coordinator and/or committee chairperson during swim season. Failure to satisfactorily fulfill your service/participation

commitments will result in the loss of a swimmer's eligibility to participate in competition and/or suspension from the team. The volunteer coordinator keeps track of participation by families.

Detailed volunteer descriptions are provided in the Broadstone Barracudas Volunteer Handbook, posted on our website. Please review these descriptions before signing up for a job/shift.

16.0 SUITS / CAPS / EQUIPMENT / APPAREL

Swimmers are strongly encouraged to wear the team suit and team caps for meets

The **team suit** is available for purchase via our Swim Outlet team store >
<https://www.swimoutlet.com/broadstonebarracudas/>

Team swim caps can be ordered from Alpha Aquatics >
<https://www.alpha-aquatics.com/collections/broadstone-barracudas>

Team apparel, goggles and other equipment can also be ordered from Swim Outlet team store. Coaches may recommend equipment and such information will be communicated to each practice group.

All swimmers ages 10 years and under are not allowed to wear full body swimsuits in league competition (dual meets and league championships). This rule has been established by the Suburban Swim League and complies with United States Swimming (USS) directives.

17.0 PRACTICE SCHEDULE**

Swim practice begins April 23 and continues Monday through Friday through July 19. Note that practices during July 16-19 are only for those swimmers who are registered for the league championships.

SPRING SCHEDULE (April 23 – June 1)

6&U	4–4:30pm
7-8	4:30–5pm > <i>this group is for swimmers who are proficient with all four strokes.</i>
7-10	5–5:30pm > <i>this group is for swimmers who do not know breaststroke and butterfly AND for beginning swimmers who do not have swim team experience.</i>
9-10	5:30–6:15pm > <i>this group is for swimmers who are proficient with all four strokes.</i>
11-12	6:15–7pm
13-18	7–8pm

SUMMER DAY SCHEDULE (June 4 – July 19)

15-18	7:30–8:45am
13-14	8:45–9:45am
11-12	9:45–10:45am
9-10	10:45–11:45am
7-8	11:45am–2:30pm
6&U	12:30–1pm

SUMMER EVENING SCHEDULE (June 4 – July 19)

5-8	5–5:30pm
9-18	5:30–6:30pm

Morning practice is the main practice. Evening practice is for swimmers who are not able to attend the morning practice. Please check with the head coach or assistant coaches about attending the evening practice

18.0 COMMUNICATION

Communication is the cornerstone of a successfully run team. It is vital that swimmers, parents, officials, and club personnel have correct information about swim team functions. There are several locations to access this information. Swim families are responsible for checking these sites for current swim team information regarding upcoming meets, schedule changes, social events, and any other pertinent information.

TEAM WEBSITE	www.broadstonebarracudas.org
CUDA ZONE NEWS	Weekly newsletter via email
E-MAIL BLASTS	
FACEBOOK	
BULLETIN BOARD	Poolside
SANDWICH BOARDS	Poolside
SWIMMER FILE FOLDERS	Poolside under awning
TEAM RECORD BOARD	On outside wall between locker room doors

19.0 SOCIAL AND TEAM EVENTS

During the season, there will be several social events scheduled to promote team camaraderie culminating with an end of the season awards banquet. Contact the social/spirit coordinator with ideas, suggestions and/or to volunteer help. Check the website for the latest information on social events. Note that the some of the dates listed below are subject to change, and any such change will be posted at the pool, updated on the team website, or communicated via Cuda Zone News.

MAY

Thu 5/4 > Kick Off the Swim Season Fiesta

Tue 5/22 > Swim-a-Thon (to be held in place of evening practice)

JUNE

Thu 6/7 > Dive-in Movie Night at BRC

Wed 6/13 > Sac State Aquatic Center team building / 11-18s / 2-5 p.m.

Tue 6/26 > Slip-n-Slide Kick Ball + cool treats / 1-3 p.m. / all ages

TBD > Reward party for Swim-a-Thon

TBD > Picture make-up day

JULY

Tue-Thu 7/10-12 > Coach Appreciation Days

Tue 7/10 > Cudas day at Sunsplash

Mon-Thu 7/16-19 > Pre-Champs Spirit Week!

Thu 7/19 > Cuda Zone Champs Rally & Dinner at BRC

Mon 7/23 > Awards & Appreciation Night at BRC

20.0 TEAM PICTURES

Monday, June 11 at 4 pm. Individual photos followed by team photo. Wear your team suit or dark blue suit.

21.0 TIME TRIALS

Time trials (a mock swim meet) will start at **8 a.m.** Saturday morning, **May 12** at the Broadstone pool. Check-in for time trials will be **6:30 a.m. to 7 a.m.**, just like a standard home meet. Time trials is used to establish seed times for all swimmers, so it is **important** that all swimmers attend this meet. The Barracudas will be the only team participating. Time trials also serves as a chance for parent volunteers to familiarize themselves with meet procedures.

22.0 MEET SCHEDULE FOR 2017

MAY

Sat 5/12 > Time trials @ BB

Sat 5/19 > Park Terrace Penguins @ BB

JUNE

Sat 6/2 > BB @ Sierra Sharks

Sat 6/9 > College Greens Gators @ BB

Fri 6/15 > BB @ Loomis Basin Dolphins — *Friday night meet*

Sat 6/23 > Folsom Sea Otters @ BB

JULY

Sat 7/7 > BB @ Granite Bay Gators

Sat 7/14 > BB @ El Dorado Hills Taz

Fri-Sun 7/20-22 > Championships at Sierra College

23.0 MEET TIMELINE AND SIGN UPS

6:30 – 7:00am**	Swimmer and parents check in
6:50 – 7:10am**	Home team warm-up period
7:10 – 7:30am**	Visiting team warm-up period
7:00 – 7:45am**	Scratch session
8:00 – 1:30pm**	Swim meet (ending time may vary)

** Times and procedures vary for away meets

23.1 Sign In / Sign Out / Sign Up Procedure – Swimmers and Volunteers

SWIMMERS – the procedure for meets includes an online SIGN IN process. You must sign in your swimmer(s) to swim in a meet by the Friday one week prior to the swim meet (8 days in advance).

VOLUNTEERS – the procedure for meets includes an online SIGN UP process. You must sign up one member of your family for a volunteer shift at each meet your swimmer(s) is entered in by the Friday one week prior to the swim meet (8 days in advance).

INSTRUCTIONS

https://www.teamunify.com/SubTabGeneric.jsp?team=recsubb&_stabilid_=164719

Log on to website at <http://www.teamunify.com/Home.jsp?team=recsubb>

Click on the tab at the top marked Events & Sign In.

>FOR SWIMMERS

- Click on Attend/Decline button.**
- Click on the swimmer's name.
- In the declaration --SELECT-- box, choose one of these options:
 - If attending: Yes, please sign [name] up for this event.
 - If not attending: No, thanks, [name] will NOT attend this event.
- If attending, click the box for Day 1/Session 1 (if it appears).
- In the notes section:
 - You can make a *request* for specific individual events. This request will be determined by the coaches, but no guarantees!

- You can write if your swimmer is leaving the meet early, is arriving late, or can't swim specific events.
- Click the Save Changes button. If attending, it will show Committed next to the swimmer's name. If not attending, it will show Declined next to the name.
- You will receive a confirmation email from Broadstone Barracudas Administrator.
- If you need to change your commitment after selecting yes or no, click on the Edit Commitment button.

>FOR VOLUNTEERS

- Click on Job Signup button.**
- Select an available job.

If you have a swimmer swimming, you must sign up for one shift. If you have more than one swimmer, only sign up for one shift. You must include your cell phone number in the contact info section.

NEED HELP with the online system? Email barracuda.swim@gmail.com.

The coaches and computer operations team spend a lot of time setting up the meet and when a swimmer does not show up, it can create problems with how the meet runs as well as jeopardize any relay teams that a swimmer may be on. If you sign up for a swim meet, you are expected to be there. Failure to show up for the meet without prior notification to the coach will make the swimmer ineligible for the following week's meet. Valid excuses for unexcused absence are illness and family emergencies.

Swimmers who do not show up for the meet will be scratched from the meet. The scratch session will take place when check-in is complete. After the scratch session is complete, entries will be made in the computer and a check-in report and/or meet program will be posted. This report will indicate a swimmer's event, heat and lane assignment.

Morning of meet cancellations:

Please notify us before 7 a.m. the morning of the meet if your swimmer will not attend the meet. You can send an email to coach Wendy (coachwendy928@gmail.com), coach Amy (a.suggs@comcast.net) or barracuda.swim@gmail.com.

23.2 Check-In

All swimmers and parents are required to check-in at the Barracudas check-in area prior to the beginning of the swim meet. Swimmer check-in will provide the coaching staff a confirmation of the swimmer availability to compete in assigned events. Parent check-in will confirm the parent is present for the swim meet and available for his/her volunteer assignment.

23.3 Ready Bench

Swim meets at the Broadstone Racquet Club will have a ready bench for the 10 & under age groups. Age group coordinators will assist these swimmers to the ready bench. If an away team does not have a ready bench, it is the responsibility of the swimmer's parents to get their child to the starting blocks and correct lane on time. It is the responsibility of swimmers ages 11 & up to get to their designated lane at the correct time. The swim meet will proceed on time whether the swimmer is there or not. Listen for announcements calling specific events to the ready bench area. A ready bench volunteer will direct the swimmers to their assigned lane after the swimmer has checked in at the ready bench. The swimmer will then wait behind the timers until the starter directs the swimmer to the block. Older swimmers that do not check in at the ready bench should arrive and wait behind the timers in heat order one event prior to their race. Parents may need to assist their younger children in getting to the ready bench or to starting blocks and correct lane on time. Swimmers must exit the pool when instructed by the starter if rolling starts are used, or immediately after the race is complete.

23.4 Parents

Each swimmer participating at the meet must have a parent/guardian on deck or in the immediate pool area throughout the meet. Parents are expected to be to fulfill their volunteer assignments.

Suggested items to bring to a swim meet:

- Team suit
- Team swim cap + backup cap
- Goggles + backup goggles
- Sunscreen
- Towels
- Cooling towels (check Costco and Bed, Bath & Beyond)
- Clothing (be prepared for hot or cold weather)
- Hats
- LOTS of water
- Healthy snacks (salty and sugary foods will dehydrate swimmers)
- Pump bottle mister
- Pop-up tent, tarp, umbrella
- Sleeping bag or blankets
- Lawn chairs
- Baby powder (sprinkle into the cap to prevent sticking)
- Cards, games, toys, books/magazines, electronics, etc.
- Pens and/or Sharpies
- Printout of *preliminary* meet program (emailed day before meet)
- A wagon/cart/dolly to carry all of your stuff!

24.0 DUAL MEETS

- A dual meet is league competition between two teams only.
- A swimmer may enter no more than three individual events and two relay events in a dual meet. The entries are prepared and submitted by the coaches at their discretion.
- Scoring: The league switched to a “top times score points” system in 2012. That means the top three finishers in each event – regardless of heat – will earn points. Previously, only swimmers in heat 1 were eligible to score points.
- Ribbons: All swimmers will receive ribbons depending on their place in a particular heat.
- Swimmers will be placed in events by coaches so as to best help the swimmers and the team.
- Individual races are broken into five categories: freestyle, backstroke, breaststroke, butterfly and individual medley.
- The individual medley (IM) consists of equal lengths of four strokes in this order: butterfly (fly), backstroke (back), breaststroke (breast) and freestyle (free).
- All recognized relay races involve four swimmers on each team.
- The medley relay consists of each member swimming an equal distance in a different stroke in the order back, breast, fly and free.
- The 6 & under coed relay event consists of any combination of girl or boy swimmers.

25.0 OFFICIAL SCORING (points) AT DUAL MEET

Place	Individual Points	Relay Points
1	5	7
2	3	3
3	1	1
4	0	0
5	0	0
6	0	0
7	0	0

8	0	0
9	0	0
10	0	0

26.0 ORDER OF EVENTS AT DUAL MEETS

Event Girls	Age Group	Distance	Stroke	Event Boys
1	9-10	100 yards	IM	2
3	11-12	100 yards	IM	4
5	13-14	100 yards	IM	6
7	15-16	100 yards	IM	8
9	17-18	100 yards	IM	10
11-coed	6 & under	100 yards	Free relay	11-coed
12	7-8	100 yards	Medley relay	13
14	9-10	100 yards	Medley relay	15
16	11-12	200 yards	Medley relay	17
18	13-14	200 yards	Medley relay	19
20	15-18	200 yards	Medley relay	21
22	6 & under	25 yards	Free	23
24	7-8	25 yards	Free	25
26	9-10	25 yards	Free	27
28	11-12	50 yards	Free	29
30	13-14	50 yards	Free	31
32	15-16	50 yards	Free	33
34	17-18	50 yards	Free	35
36	7-8	50 yards	Long free	37
38	9-10	50 yards	Long free	39
40	11-12	100 yards	Long free	41
42	13-14	100 yards	Long free	43
44	15-16	100 yards	Long free	45
46	17-18	100 yards	Long free	47
48	6 & under	25 yards	Back	49
50	7-8	25 yards	Back	51
52	9-10	25 yards	Back	53
54	11-12	50 yards	Back	55
56	13-14	50 yards	Back	57
58	15-16	100 yards	Back	59
60	17-18	100 yards	Back	61
62	7-8	25 yards	Breast	63
64	9-10	25 yards	Breast	65
66	11-12	50 yards	Breast	67
68	13-14	50 yards	Breast	69
70	15-16	100 yards	Breast	71
72	17-18	100 yards	Breast	73
74	7-8	25 yards	Fly	75
76	9-10	25 yards	Fly	77
78	11-12	50 yards	Fly	79
80	13-14	50 yards	Fly	81
82	15-16	100 yards	Fly	83
84	17-18	100 yards	Fly	85
86	7-8	100 yards	Free relay	87
88	9-10	200 yards	Free relay	89
90	11-12	200 yards	Free relay	91
92	13-14	200 yards	Free relay	93
94	15-18	200 yards	Free relay	95

27.0 LEAGUE CHAMPIONSHIP MEET

The championship meet will be held at the end of the league season at a designated swimming facility, typically Sierra College in Rocklin. All eight (8) teams from our league will compete.

- A swimmer must participate in a minimum of three (3) of the league dual meets to be eligible to swim in the championship meet. Sign ups for the league championship meet will be held mid-season and are due in June – the deadline will be announced at a later date.
- Parent volunteer hours are required if your child swims in the championship meet. It does not matter what your job was during the regular season; if your swimmer swims at champs, you must volunteer.
- A swimmer may swim in each individual event for their age group, with the exception of freestyle. For the freestyle events, a swimmer may swim in only one (1) of the two distance freestyle strokes (short free or long free).
- Each team may enter no more than two relay teams per event. Only one (1) relay team is official (scored) at the championship meet. The relay entries are prepared and submitted by the coaches at their discretion.
- On each day of a championship meet, the qualifying heats for that day's events shall be held first, followed after a short break by the finals for each set of events.
- Championships will be held July 20-22 at Sierra College.

28.0 MEET OF CHAMPIONS

Broadstone Barracudas swimmers have the option of competing in the regional Meet of Champions (typically the weekend after Champs). The Meet of Champions is a qualifying meet (time standards must be met for individuals to enter) for some of the fastest recreational swimmers in the Sacramento region.

29.0 AWARDS

The purpose of the Broadstone Barracudas awards program is to recognize swimmer excellence for both personal and team achievement. The awards are given to swimmers who demonstrate excellent swimmer performance, dedication to the sport and good sportsmanship. The Broadstone Barracudas will recognize swimmer excellence with the following awards:

PARENT AWARDS

Rookie of the Year Award: Presented to the first-year swim family that demonstrates the most support to the team's philosophy of providing swimmers with a positive learning and skills development experience in swimming.

Parent Service/Participation Award: For the parent service/participation (board members excluded) who demonstrates the most support to the team's philosophy of providing swimmers with a positive learning and skills development experience in swimming.

SWIMMER AWARDS

High Point: Awarded to the top 3 overall swimmers with the most points, as earned by placing in events during the regular season dual meets and at Champs. Points are awarded for individual events. In addition to the top 3 overall high point swimmers, each age group will award a high point girl and high point boy (top 3 overall excluded). All high point calculations are determined via a standard report generated by Meet Manager software. In the case of a tie, all swimmers achieving the tying points score will be recognized.

100,000 Grand Bars: Awarded to all record breakers throughout the season.

Schaplowsky Award: The Schaplowsky Award is chosen by the Broadstone Barracudas Advisory Board in recognition of a swimmer whose effort best exemplifies the spirit of the Broadstone Barracudas Swim Team through dedication, sportsmanship and camaraderie.

Coaches Award: Awarded to the 12 swimmers who exhibited exemplary participation, good sportsmanship (cheered their teammates on), outstanding attitude (they were doing what they were supposed to be doing when they were supposed to be doing it, without complaints).

Spirit of the Barracudas: Awarded to the swimmer that the coaches feel leads the team in practices, social functions and during meets in a positive, spirited, and motivated path. This award will be given to the 15-18 age group swimmer that the team looks up to, and exhibits exemplary participation.

Coaches Enthusiasm Awards: The coaching staff of the Broadstone Barracudas is authorized and encouraged to create additional awards for the swim season to recognize swimmer excellence.

Participation Award: Requirements for “participation” have changed as of the 2018 season. Swimmers must now swim at least half of our meets (including *at least one away dual meet*) to be deemed to have “participated” and receive an award at the end of season banquet. Each season there are 7 *dual* meets and champs. In 2018, we have 3 home dual meets and 4 away dual meets. These participation award requirements are different than the requirements to attend champs (3 dual meets with at least one away dual meet).

30.0 TEAM AND GENERAL DECK RULES

- All swimmers and spectators are expected to conduct themselves in a sportsmanlike manner.
- No running on the pool deck.
- No misuse of pool facilities or equipment.
- No swimmer is allowed in the water unless a coach is on deck and directs the swimmer into the water.
- No profanity or abusive language.
- No glass containers.
- No smoking or vaping.
- No alcoholic beverages.
- Swimmers are not allowed in the spa during the meets.
- Swimmers are encouraged to stay in the team area during meet.

31.0 LEAGUE POOLS & DRIVING DIRECTIONS

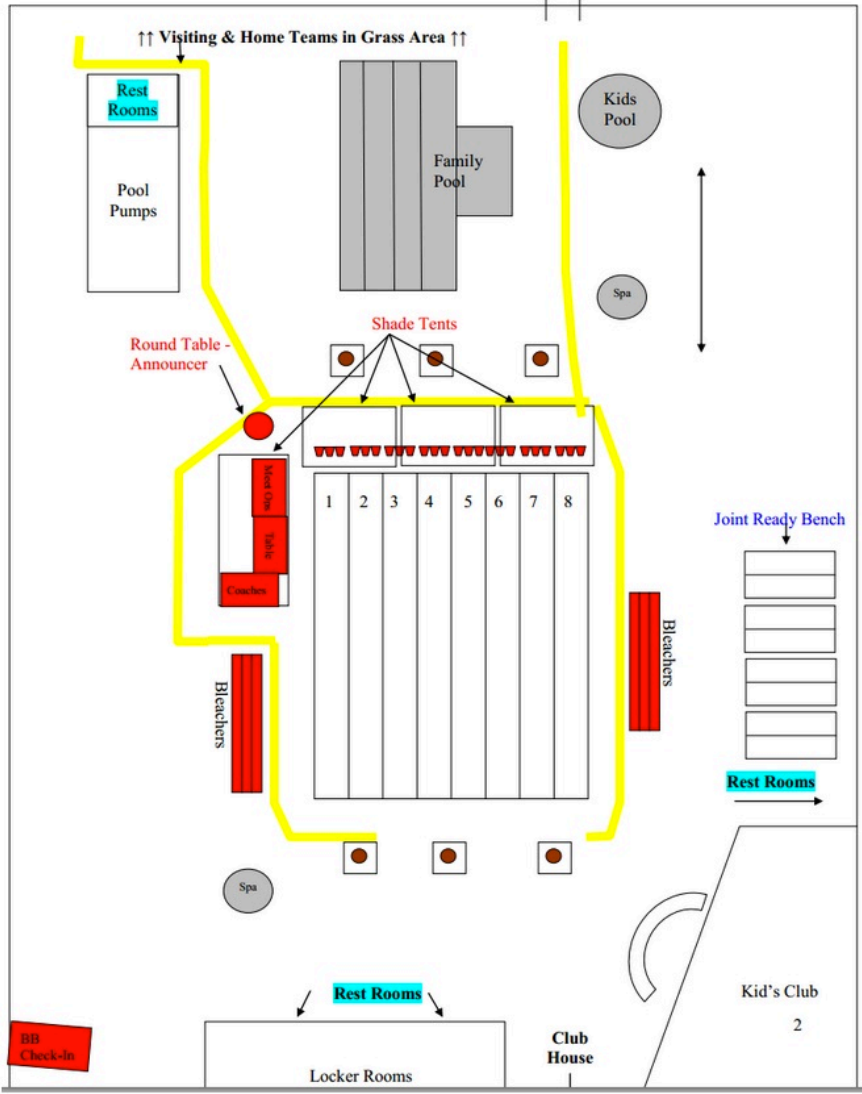
Directions/Google maps to away meet pools are on our website under the directions tab.

Broadstone Barracudas Broadstone Racquet Club 820 Halidon, Folsom CA 95630 984-1280	College Greens Lake Forest & Notre Dame 2707 Notre Dame Dr. 25 min. travel time	El Dorado Hills EDH Community Pool 1021 Harvard Way 15 min travel time
Folsom Sea Otters Folsom Aquatic Center 1200 Riley Street	Granite Bay Gators Granite Bay High School 1 Grizzly Way, Granite Bay 25 min. travel time	Loomis Basin Dolphins Del Oro High School 3301 Taylor Rd. 30 min. travel time
Park Terrace Park Terrace Swim & Racquet Club 5500 Parkfield Court 45 min. travel time	Sierra Sharks Cameron Park Community Center 2502 Country Club Drive 15 min. travel time	League Championship Sierra College 5000 Rocklin Road, Rocklin

32.0 SWIMMING TERMS

- **Dual meet:** Two teams compete in a meet.
- **Championships:** The culminating meet of the season featuring competition among swimmers from Suburban Swim League
- **Meet of Champions:** A qualifying meet in which swimmers must meet minimum time standards or placing at their League Championships in order to participate. All teams in the Sacramento region participate. Typically scheduled the week following the SSL Championships.
- **Heat:** Each race within an event is termed a heat.
- **Heat sheet:** Computer printout of meet entries (i.e. event, swimmer, heat, lane, seed time)
- **Relay:** A race in which four different swimmers compete on a team.
- **Medley:** A race in which all four strokes are used.
- **Scratches:** An official entry that has been deleted due to injury, sickness or no-show.
- **Seeding:** Placing of swimmers in heats according to qualifying times. This action is conducted by the coaches at their discretion.
- **Team area:** The designated area where swimmers gather during a meet. Having swimmers stay in this area assures that they are available when their races are called.

33.0 POOL MAP (following page)



34.0 PERSONAL BEST CHART

Meet & Date	IM	Short free	Long free	Back	Breast	Fly

35.0 TEAM RECORDS

For current records, visit www.broadstonebarracudas.org and click on the records tab.