



2020 Broadstone Barracudas



Welcome to the 2020 Season!

Our 2019 season achievements (below) were AMAZING and we are very excited to keep that momentum going in 2020.

- For the second straight year, our dual meet record was 7-0 and we finished first in league in dual meets and points.
- For the second straight year, we finished first at Champs with 1,548.5 points (300 points more than second place team).
- Swimmers broke 33 team records and 3 league records (individual and relays).
- For the first time, we finished second in the large teams division at Meet of Champions.

About the Team

With an experienced and professional coaching staff, we offer a positive learning experience with technical skill development. We provide the foundation for swimmers to achieve their maximum potential through participation in a recreational program that promotes physical fitness, sportsmanship and the spirit of competition.

Core Values = FAST

Our team follows a FAST motto:

F = Friends & Family: Members join together to ensure a positive and enjoyable athletic experience.

A = Active Participation: Swimmers attend practices and meets, and parents fulfill their volunteer requirements.

S = Sportsmanship: Swimmers, coaches and parents show respect to each other and to opponents.

T = Teamwork: Swimmers and coaches work together and support each other.

Swimmer Participation

We strongly encourage swimmers to attend as many swim meets as possible, as well as Champs; to regularly attend swim practice; and to participate in social/spirit events. Swimmers who participate in at least FOUR meets during the season (including one away dual meet) will earn a participation award at the end of the season.

Mandatory Volunteering

Each family is required to volunteer at all swim meets in which their swimmer competes or perform other equivalent tasks. If parents do not volunteer, there will be strict consequences.

IMPORTANT! Please read the swim team handbook on our website for complete details about the team.

Registration / Club Membership

To reserve your space on the team, you must join Broadstone Sports Club (BSC) with an effective date of April 1 or earlier. Contact the BSC marketing staff at 916-983-9180 to join or rejoin. REGISTER at www.broadstonebarracudas.org.

RETURNING 2019 SWIM TEAM MEMBERS PRIORITY REGISTRATION

>**Begins:** Sunday, Jan. 19 at 12:01 a.m.

>**Ends:** Tuesday, Feb. 4 at 8:00 p.m.

Please note: Register ASAP as age groups will fill up within the priority registration timeline. You may be put on a waitlist. If you miss the priority registration deadline, you will have to register with new swimmer open registration. REGISTER EARLY!

NEW SWIM TEAM MEMBERS OPEN REGISTRATION

>**Begins:** Wednesday, Feb. 5 at 8 p.m.

An open registration information night will be at BSC on Feb. 5 (5:30-6:30 p.m.). This is optional for parents who have questions about the team and registration. With open registration, available spots are assigned on a first serve basis.

Swimmer Eligibility

To participate, swimmers must know the basics of freestyle and how to swim. If a swimmer is not ready for the team, he/she may participate in swim lessons, clinics or our Jr Barracuda team (if space allows). Then, if spots are available, and once the basics are mastered, your swimmer may try to join the team. Swim team readiness is at the sole discretion of the coaching staff.

Registration Fees

AGE	SWIMMER	FULL	FITNESS
4-10	First swimmer	\$230	\$270
	Each add'l sibling	\$210	\$250
11-14*	First swimmer	\$260	\$300
	Each add'l sibling	\$240	\$280
15-18*	All	\$160	\$160

***DRY LAND/CROSS-TRAINING PROGRAM:**The registration fee includes this program (ages 11-18) taught by BSC certified trainers. For several weeks, swimmers will be able to attend two of the sessions each week for their age group. The program will be an extremely beneficial fitness component that will complement the swim practices.

Calendar

Date changes will be communicated to the team.

JANUARY

Sun 1/19 > Priority registration for returning swimmers begins at 12:01 a.m.

FEBRUARY

Tue 2/4 > Priority registration ends at 8:00 p.m.
Wed 2/5 > Open registration info night at BSC / 5:30-6:30 p.m.
Wed 2/5 > Open registration for new swimmers begins at 8 p.m.
Tue 3/3 > BSC spring swim clinic begins (ends 4/16) — *Fill out registration form and pay at BSC front desk.*

APRIL

Tue 4/21 > **Mandatory new family orientation at BSC / 6 p.m.**
Tue/Thu 4/21 & 4/23 > Start and turn clinic — *Fill out registration form and pay at BSC front desk.*
Tue 4/27 > Swim team practices begin / Spring swim schedule

MAY

Thu 5/7 > New family swim meet walk-through / 5-6 p.m.
Thu 5/7 > Kick Off the Swim Season Social / 6-8 p.m.
Sat 5/16 > Time trials @ BB
Wed 5/20 > Swim-a-thon
Sat 5/23 > Holiday weekend — **no meet**
Sat 5/30 > CG@ BB

JUNE

Mon 6/1 > Summer swim schedule begins
Fri 6/5 > BB @ LBD — **Friday night away meet!**
Fri 6/12 > FSO @ BB — **Friday night home meet!**
Wed 6/17 > Picture day and Dive-in Music Night / 5 p.m.
Sat 6/20 > BB @ Granite Bay Gators
Sat 6/27 > BB @ El Dorado Hills
TBD > Team Building Event / 11-14s
TBD > Water Play Day / 10 & under
TBD > Picture make-up day

JULY

Sat 7/4 > Holiday weekend — **no meet**
TBD > Dinner / 15-18s
Sat 7/11 > Park Terrace @ BB
Tue 7/14 > Sunsplash / 11-6 p.m.
Tue-Thu 7/14-17 > Coach Appreciation Week
Fri 7/17 > Last practice day for non-Champs swimmers
Sat 7/18 > BB @ Sierra Sharks
Mon-Thu 7/20-23 > Pre-Champs Spirit Week
Thu 7/23 > Cuda Zone Champs Rally & Carb Night at BSC
Fri-Sun 7/24-26 > Suburban Swim League Championship Meet
Tue 7/28 > Awards & Appreciation Night at BSC
Sat-Sun 8/1-2 > Meet of Champions (optional)

Practice Schedules

SPRING > APRIL 27 – MAY 29

6 & U	4:00-4:30pm
7-8	4:30-5:00pm <i>This group is for swimmers who are proficient with all four strokes.</i>
7-10	5:00-5:30pm (developmental) <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	6:15-7:00pm
13-18	7:00-8:00pm

SUMMER > JUNE 1 – JULY 23

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-12:30pm
6 & U	12:30-1:00pm

*Only those swimmers who attend Champs will practice through 7/23

EVENING PRACTICE

An evening practice will be held during the summer session (Monday through Thursday) only for swimmers who are unable to attend morning practice. Requires coach approval.

6-8	5:00-5:30pm
9-18	5:30-6:30pm

Team Website and Email

www.broadstonebarracudas.org
broadstone.barracudas@gmail.com



 spare time
sports clubs

BROADSTONE
SPORTS CLUB