



2022 Broadstone Barracudas

Welcome to the 2022 Season

Welcome to our returning Cudas as well as our new families! We are hard at work preparing for an awesome 2022 swim season. We are excited to be returning to a traditionally formatted season complete with home/away meets and the return of Suburban Swim League (SSL) Champs weekend! We want you to know that while we are returning to traditional schedule that we, along with Broadstone Sports Club (BSC), will continue to follow all COVID safety guidelines required by our local and state governments and the SSL. The safety of our swimmers, coaches and families will always be our priority.

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.

Mandatory Parent Volunteering

Each family is required to volunteer at all swim meets in which their swimmer competes and/or perform other equivalent tasks. Our team is dependent upon every family volunteering, and volunteer service is mandatory to participate as a Broadstone Barracuda. If you have any questions about the volunteer requirements, please review the volunteer handbook on our website or send a specific question via the "contact us" link at the top of the website.

Fundraising

Over the past two swim seasons the team has put fundraising on hold due to the pandemic and the uncertainty of whether the seasons would continue to go forward. The team relies on annual fundraising for our capital improvement costs (scoreboard, sound system, timing system maintenance, etc.) and operating budget for spirit/social items (Friday treats, shirts, swimmer coaches, MOC caps and much more!). We have an ambitious goal this season that will take the entire Cuda community to achieve. We'll have many opportunities to support our efforts including our traditional swim a thon, but also some new activities as well.

Club Membership

To begin practice on April 25, you must have an active BSC membership with effective date of April 25 or earlier. We encourage you to contact the BSC membership team early to avoid long waits as practice nears. Contact the BSC membership directly at 916-984-1280.

Registration

RETURNING 2021 SWIM TEAM MEMBERS* PRIORITY REGISTRATION

- **Begins:** Saturday, January 15 at 8pm
- **Ends:** Wednesday, February 2 at 9am

*Swimmers registered for the 2021 season or participated in Fall/Winter swim in 2021.

If you miss the priority registration deadline, you will have to register with the new swimmer open registration and your swimmer could lose his/her spot in their age group. **REGISTER EARLY!!**

NEW SWIM TEAM MEMBERS OPEN REGISTRATION

- **Begins:** Wednesday, Feb 2 @ 8 pm

An optional new family Q&A meeting is February 1 at BSC (6pm). A mandatory new family orientation is April 5 (6pm). *With open registration, available spots are assigned on a first serve basis.*

REGISTER at www.broadstonebarracudas.org

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 or clinics. 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
5-10	First Swimmer	\$255	\$305
	Each add'l sibling	\$235	\$285
11-14*	First Swimmer	\$290	\$335
	Each add'l sibling	\$270	\$315
15-18*	All	\$190	\$210

***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. This program will be an extremely beneficial fitness component that will complement the swim practices.

Calendar

Date changes will be communicated to the team

January

Sat 1/15 – Priority Registration Begins at 8pm

February/March/April

Tue 2/1 – New Family Q&A - 6pm at BSC

Tue 2/1 – Spring Swim Clinic registration begins at 8pm
(register online under the events tab)

Wed 2/2 – New Swimmer Registration Begins at 8pm

Tue 3/1 – BSC Spring Swim Clinic begins (ends 4/21)

April

Tue 4/5 – Mandatory New Family Orientation at BSC 6pm

Tue/Thu 4/19 & 4/21 – Start and Turn clinic

(included in Spring clinic registration)

Mon 4/25 – Swim Team practices begin / spring schedule

May

Thu 5/12 – New family swim meet walkthrough – 5-6pm

Thu 5/12 – Kick off summer swim team social – 6pm

Sat 5/14 – Time Trials @ BB

Sat 5/21 – BB @ College Greens Gators

Sat 5/28 – Holiday Weekend – NO MEET

Tue 5/31 – Summer swim schedule begins

June

Sat 6/4 – BB @ Loomis Basin Dolphins

Wed 6/8 – Picture Day – 5pm sharp!

Sat 6/11 – Folsom Sea Otters @ BB

Thu 6/16 – Swim-a-Thon – 5:30-9pm

Sat 6/18 – BB @ Granite Bay Gators

Sat 6/26 – BB @ El Dorado Hills Taz

July

Sat 7/2 – Holiday Weekend – NO MEET

Sat 7/9 – Park Terrace Penguins @ BB

Tue 7/11-7/15 – Coach Appreciation Week

Fri 7/15 – Last day of practice for non-champs swimmers

Sat 7/16 – BB @ Sierra Sharks

Mon-Thu 7/18-7/21 – Pre-Champs Spirit Week

Thu 7/21 – Cuda Zone Champs Rally & Carb Night at BSC

Fri-Sun 7/22-7/24 – SSL Championships (Location TBD)

Tue 7/26 – Awards & Appreciation Night at BSC

Stay tuned to the website and emails for calendar updates and additions to the calendar.

Practice Schedules

SPRING - APRIL 25 – MAY 27*

6 & U 4:00-4:30pm

7-8 4:30-5:00pm - **Proficient**

(This group is for swimmers proficient in all 4 strokes)

7-10 5:00-5:30pm - **Developmental**

(This group is for swimmers who do not know breaststroke and butterfly AND for beginning swimmers who do not have swim team experience)

9-10 5:30-6:15pm

11-12 6:15-7:00pm

13-18 7:00-8:00pm

SUMMER - MAY 31 – JULY 15 or JULY 21*

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 11:45-12:30pm

6&U 12:30-1:00pm

*Swimmers going to Champs will practice until 7/21

EVENING PRACTICE

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

6-8 5:00-5:30pm

9-18 5:30- 5:30pm

Team Website and Email

www.broadstonebarracudas.org

Questions?

broadstone.barracudas@gmail.com

