

BSC TEAM NEWSLETTER

July, 2020



Greetings!

We wanted to bring you up to date with all the goings-on of our team. This has been a very unique and challenging five months, to say the least. While many aspects of people's lives are still not back to normal, the Barracuda Swim Club has endeavored to keep our swimmers engaged and to provide a sense of normalcy in their lives. Many families have taken advantage of our return to the pool. For those who have not, we want to let you know that we respect your decision and are here for your children when you are ready.

POOL REPORT

It's been almost 7 weeks since we got back in the pool. It is a pleasure to report that our swimmers have been very good at following the rules and respecting the health and safety protocols which have been put in place. We have received positive feedback from pool staff about their behavior. Because of the swimmers' attentiveness and responsibility, we have been able to expand the number of swimmers per lane while still maintaining appropriate social distancing and sanitation protocols. Great job, swimmers! (And thank-you, parents, for encouraging their good behavior!)

BSC FOOD DRIVE

It is with great pride that we announce that in 3 short days, our team brought in **more than 2 barrels full of food** that was donated to the Second Harvest Food Bank! This food went to families in our region who are struggling because of their situation or the financial stress brought on by the coronavirus pandemic. The staff at Second Harvest was very appreciative of our efforts and offered their sincerest thanks!

SWIM MEETS!

After practicing for almost 7 weeks, the Barracuda Swim Club can now get ready to RACE! We are sponsoring two meets for just our team members, one on **Saturday, July 25**, and the other of **Saturday, August 1**. Both will be at Freedom Hall Pool in Johnson City. Meet information and sign up is available on the team website at the bottom portion of the home page. Please read over the Meet Information carefully, as there are special health and safety requirements that have been put in place for the meets.

Some highlights:

- Different events each weekend.
- There will be 4 sessions each day and these will be determined by practice group, not age group. This will allow us to have more swimmers of similar abilities competing in each session, which will make the meet run more efficiently.
- Swimmers can sign up via our website. You will need to sign up separately for each meet.
- Parents: We will need help putting on each meet. Job signups are also available on our website.
- Estimated session times are in the meet information document. Realize that those times are best-guess estimates based on high participation numbers. A more accurate timeline will be published each week prior to the meet.

- While we want to make the meet affordable, there are costs to the club in putting on this meet. Therefore, the cost per swimmer will be \$5 per meet. Those swimmers who are participating will have their accounts charged.

The sign-up deadline for the first BSC Back to Racing Extravaganza Meet is July 21.

The sign-up deadline for the second BSC Back to Racing Extravaganza Meet is July 28.

If this is your first meet with us, a video tutorial on how to sign up for a meet is available on our website under the “BSC Videos” tab on our home page.

ANNUAL TEAM PICNIC POSTPONED

Due to the unusual and unsure landscape that the coronavirus has given us, the BSC Board has voted to postpone our annual Team Awards Picnic until such a time as it can be held safely. Awards for performances from the short course season (B, BB, A, etc times) will be ordered and presented to swimmers at practices. Once we can safely gather as a full team, we plan to have a big **Barracuda Swim Club celebration!**

TEAM BREAK

As many of you know, we traditionally take a couple of weeks off around the first part of August as a scheduled team break. This allows swimmers to recover physically and mentally from the rigors of the summer season, gives the coaches some time off, and allows the swimmers to transition back to school.

However, due to the huge disruption in March, April and May, **we will not be having our normal fall team break this year.** In order to take a little stress off most of our members, **we will cancel practice on August 3rd and 4th,** as those are the first days of school in the Johnson City, Kingsport and Sullivan County school systems.

Since we will be running a full month’s practice schedule in August, we will be charging a full month’s training fees, also.

PRACTICE SCHEDULE CHANGES ONCE SCHOOL STARTS BACK UP

With the advent of the next school year, our current practice schedules at each site will not be feasible, as many practice session times are currently during times when school will be in session. We wanted to have the schools excuse our swimmers to go to practice during school time, but they weren’t going for that ☺.

We will be working with both Freedom Hall Pool and the Kingsport Aquatic Center to design fall practice schedules. However, neither facility has given us the necessary guidelines and time availabilities to post anything at this juncture.

Be assured, as soon as we have practice times and protocols established, we will pass them on to you.

UNKNOWN ON SCHEDULING

As everyone knows, the COVID-19 pandemic and the various infection rates around the region and the country have made planning ahead difficult. Various contingencies and scenarios have to be taken into account to come up with options, and options within options, for various possible eventualities. That being said, we are being diligent in keeping abreast of current trends, communicating with our pool providers, and brainstorming various approaches to potential hurdles when it comes to scheduling and running practices and meets safely and effectively.

We sometimes have to wait on others’ decisions before we can make decisions of our own. In those cases, we cannot always be as prompt as we would like to be when finalizing and communicating plans to our members.

We appreciate your patience and understanding as we work through these hurdles.

TECHNICAL SUITS

In the competitive swim suit market today, there are two basic types of suits: regular swim suits and what are referred to as “technical suits”. Technical suits are the high-end, more expensive suits that have been designed to shave hundredths of seconds from a swimmer’s performance time. They are the suits you see being worn in the Olympics.

With the advent of technical suits, USA Swimming coaches noticed a huge trickle-down effect, with younger and younger swimmers (actually, their parents) shelling out the money for them. While these suits do provide less drag and possibly better performances, swimmers below a certain competitive level will get more “bang for the buck” by investing in better stroke technique, more consistent training, and/or better sleep and nutrition.

Financially, the push for parents of younger swimmers (the majority who are new to the sport) to pay \$300-\$500 for top-of-the-line swimwear in order to “keep up with the Joneses” was seen as a negative to the growth of our sport.

After much consideration, USA Swimming passed a rule which will go into effect on September 1 that prohibits the use of tech suits for swimmers ages 12 & Younger in any USA Swimming competition below the Junior National level.

How can I tell which is and which is not a technical suit? The swim suit manufacturers have two small logos which may appear on swim suits. One is a FINA logo (FINA is the international governing body for swimming); the other is a green checkmark. If a suit has neither logo, it is OK for any swimming competition below the Junior National level (assuming it meets the general swimming suit rules). If it has a FINA logo and the green check mark, it is OK for 12 & unders to wear. If it has just the FINA logo, then it is only OK for swimmers 13 & older to wear in USA Swimming competition.

Here is a link to the USA Swimming website dealing with this issue:

https://www.usaswimming.org/news/2019/09/12/tech-suit-restriction-for-12-and-under-swimmers?mkt_tok=eyJpIjoiWTJGbU4yUXlPRFF6Tm1FdylsInQiOiJOSFV0SnZJUUVdTZ2xORmlsMStINGZoNHf4OG9UVUlleUVzYrQkdLSExsBjB1QTdXN012M1VGK2tzQlpnXC9yaEtZa21QUEZ1K2VtYU1FQ2pKN2xGNHZ0WkNZSE9ib0NsZ1FWc0J0QytFRmJmZUxZRxBNVlwwbzJcL0FjZ292MmExdCJ9

SUPPORT

I personally want to thank the parents and swimmers who have expressed their support for what we, as a coaching staff, have been doing since the pandemic hit. Will, Gian, Jake, and Jess have been exemplary in their dedication and enthusiasm to the club and to the children whom you have entrusted to us.

I wanted to thank **you** for sticking with us while we figured out Zoom, adjusted on the fly to new pool configurations, and learned first-hand how hot a mask can be on the pool deck!

We tell others that our team is like a family, and never has this been more apparent than during this trying time.

Eventually we will be back to normal. Until then, we will continue to support your children / our swimmers, as they grow, improve, discover, and overcome.

All the best, Stay safe!

Go Barracudas!
Coach Chris