

Canton YMCA Barracuda Swim Team  
2021-2022  
Fall/Winter Swim Season



Parent Association & Swimmer  
Bylaws & Handbook

Canton YMCA Barracuda Swim Team site: <http://www.canycudas.org>  
Team email: [canycuda@gmail.com](mailto:canycuda@gmail.com)

# Welcome!

Swimmers & Families,

It's a pleasure to have your family on the Can-Y-Cuda Swim Team! We have a busy and exciting season planned. This handbook should cover many of your questions regarding the team, but if we've missed something please talk to one of us or a seasoned swim team family member.

The swim team is completely run by family volunteers. This means the families are responsible for every aspect of the team (except for coaching. We fund the team, we run home meets, we schedule activities, we manage fundraisers, we pay the bills, and we take care of any job necessary to provide a rich and memorable experience for our kids. Volunteerism from every family is a must. You will be asked to help with or chair a committee, time at meets, set-up and tear down home meets, attend meetings, and assist with a variety of other important jobs. Please be generous with your time...it's all for the swimmers!

Being part of the Can-Y-Cuda Swim Team is about more than just swimming. It's about teamwork, camaraderie, academic and athletic excellence, responsibility, volunteerism, respect, honesty, learning to set goals, a competitive spirit, and family. Our dedicated and knowledgeable coaching staff does an excellent job of developing our swimmers. Being on the swim team is hard work but very rewarding. It's fun to observe each swimmer work hard throughout the season, see improvements in their abilities, and watch their hard work pay off at competitions.

Please let us know if we can help you in any way.

Our contact information is:

Nikki Hand, President  
[nicolesuehand@gmail.com](mailto:nicolesuehand@gmail.com)  
(309) 635-0631

Brandy Bouc, Co-President  
(309) 224-6510

Trina Jochums, Vice President  
(309) 224-6620

Kara Fitzjarrald, Treasurer  
(309) 224-6344

Emily Gates, Secretary  
(309) 257-1138

We are Looking forward to a great 2021/2022 season!

Sincerely,  
The Executive Board

# 2021-2022 Calendar of Events

This list includes some tentative events and may not include all events. It is subject to change without notice.

## September

- 09/01 High School Practice Begins @ 3:30pm
- 09/08 New Swimmers Open House and Informational Meeting
- 09/13 Season Kick-Off Mandatory Parent Meeting, 5:30pm in the Y pre-school room
- 09/27 All Signed Paperwork Due - Please Return to Y Front Desk or Email to canycuda@gmail.com

## October

- 10/04 Practice for all Levels Begins
- 10/04 Parents' Association Meeting, 5:30pm
- 10/11 Cuda Card Distribution & Sales Begin
- 10/15 Social Event - Team Wienie Roast 5:00pm
- 10/16 Meet – DECY Oktoberfest @ Decatur, Invite
- 10/23 Home Triangular Meet – with ?
- 10/23 High School Girls - Mid Illini Meet

## November

- 11/01 Parents' Association Meeting, 5:30pm
- 11/06 High School Girls - Sectionals Meet
- 11/12-11/13 High School Girls - State Meet
- 11/12 Social Event - Family Dinner at Pizza Hut
- 11/13 Meet -- Jacksonville Pentathlon @ Jacksonville
- **11/20 Meet – Barracuda Classic @ Home**
- 11/29 Friday Night Eats @ Elks, 5-8pm
- 11/29 Cuda Card Money Due to Brandy Bouc (*please provide one check for all sales*)

## December

- 12/04 Meet -- Splash Bash @ Monmouth Invite
- 12/06 Parents' Association Meeting, 5:30pm
- 12/11 Meet -- Reindeer Classic @ Clinton Invite
- 12/20 Social Event - Kids Christmas Party (details to come)

## January

- 01/03 Parents' Association Meeting, 5:30pm
- 01/03 Raffle Fundraiser Starts
- 01/08 Meet -- Dolphon Invite @ Macomb
- 01/09 Social Event - Family Bowling at Linn Lanes
- 01/22 Meet -- Dual @ Knox
- 01/\_\_\_ American Grille Fundraiser (if possible)

## February

- 02/05 Meet -- Kroc Invite @ Knox
- 02/05 High School Boys - Mid-Illini Meet
- 02/07 Parents' Association Meeting, 5:30pm
- 02/12 Meet – Valentine Invite @ Decatur
- 02/19 Meet - Junior Districts (location TBD)
- 02/19 High School Boys - Sectionals Meet
- 02/20 Championship Season Kick Off Event (details to come)
- 02/25-02/26 Meet – Districts @ Springfield
- 02/25-02/26 High School Boys - State Meet

## March

- 03/07 Parents' Association Meeting, 5:30pm
- 03/11-03/13 Meet – Illini YMCA State Competition @ St. John, Indiana, Champ
- 03/\_\_\_ Fundraising Event – Trivia Bowl (if possible)

## **Can-Y-Cuda's Philosophy**

The Canton YMCA Barracudas, alias Can-Y-Cudas or Cudas, is a team which accommodates all swimmers from those who have recently learned to swim to national qualifiers. Ages range from 5 to 18 years of age. We strive for quality instruction and workouts, which suit each swimmer's abilities and goals.

## **Program Goals**

- Promote the physical, mental, and spiritual welfare of swimmers and parents.
- Teach competitive swimming which is not only an exciting sport, but a technical and specialized activity.
- Teach total fitness since all components of fitness influence faster swimming.
- Engage in athletics with a full gamut of youth sport experiences which teach swimmers to deal with winning, losing, officials, awards, competition, teammates, coaches, spirit and strategy.
- Motivate swimmers for self-improvement throughout the season and life. This is accomplished through awards and individual recognition.
- Establish a meet schedule which encourages participation, motivation and success.
- Keep the parents informed, aware and active in team matters.
- Cultivate positive mental attitudes for positive attitudes are contagious. This is especially true for the older swimmers who serve as the role models for our younger swimmers.
- Promote swimming as a good sport for life participation.
- *To have fun!*

## **The Swimmer's Youth Sports Pledge**

I pledge to be a team swimmer.

I will respect my opponents, my team mates, the rules, and the officials.

I will always swim the best I can.

I will strive to improve myself in Spirit, Mind & Body.

## **Things to remember:**

- We are a swim team.
- I am swimming with members of my team – I'm not swimming against them.
- We work together to score points for the team.
- We encourage each other and try to be happy for another's success.
- We always try to swim our best in practice as well as in the meets.
- Everybody swims, everybody wins.
- Winning is not defined by the place you finish.
- We finish every race with pride and integrity, regardless of place.
- There is no "I" in "team".
- Keep trying to better your own time.
- There's no crying in baseball (or is that swimming?)

## **Coaches**

- Caleb Taylor - Head Coach
- Cyrus Newburn
- Justin Miller
- Mark Sawyer

## **Swim Team Volunteer Positions**

### **Parent Association Officers / Executive Board**

- **President** – Nikki Hand **Co-President** – Brandy Bouc
- **Vice President** – Trina Jochums
- **Treasurer** – Kara Fitzjarrald
- **Secretary** – Emily Gates

### **Committee Coordinators:**

**Apparel Coordinator** – Nikki Hand

**Social/Event Coordinator** - Anne Murphy & Amy Sawyer

**Spirit Coordinator** - Amy Sawyer, Anne White & Emily Gates

**Awards/Trophies Coordinator** - Trina Jochums & Jodi Neptun

**Head Official** - Joe Ward

**Hospitality Coordinator** - Jessica Reneau

**Public Relations/Communications Coordinator** - Kara Fitzjarrald & Team

**Bulletin Boards Coordinator** - Susan Miller

**Cuda Cards Coordinator** - Brandy Bouc

**Mentoring Program Coordinator** - Executive Board

**Thank You Letters** - Brandy Bouc

**Records Keeper** - Lan Eberle

**Team Unify Administrator** - Kelly Murphy

### **Event Coordinators:**

**Cuda Classic** - Lucinda Ward & Kelly Murphy

**Trivia Bowl** - Anne Murphy & Amy Sawyer

**Friday Night Cook at the Elks** - Trina Jochums

**American Grille** - Lucinda Ward

**Papa John's Night** - Cathy Derry

**Princess Creations Fundraiser** - Cathy Derry

**Tag Day** - Lan Eberle

**Raffle Tickets Fundraiser** -

## Team Dues

Team dues are based on the group the swimmer is assigned. Coaches will assess each swimmer's ability to determine the best group to place each swimmer (taking into account the number of swimmers on the team). The swimmer will then be given a set time for their practice schedule.

All team members must pay dues in-full for the initial five months (Oct-Feb) of the season by October 15<sup>th</sup>. If this creates a hardship, please contact the President or Treasurer to set up a monthly payment plan. Paying dues monthly incurs a \$5/month surcharge. One invoice will be created/sent per month to the responsible parent or guardian (the parent who signs the Registration Form & Code of Conduct documents). Monthly payments must be paid at the beginning of each month for the upcoming month.

Advanced Swimmers who practice in September shall pay dues for September at the beginning of September, and swimmers who qualify for championships in March or April are expected to pay dues as the beginning of those months.

A discount of \$5 per month will be given for families with 2 or more swimmers for regular season only. For example, the oldest/highest level swimmer will pay full dues and the 2nd (and subsequent 3rd, etc.) swimmer will receive a \$5 discount per month per swimmer.

Graduates or guests who attend 5 or more practices in any given month or any season will pay Advanced Fees.

**\*\*2021-2022 Dues Adjustment due to Covid-19:** This year we are modifying dues collection because of Covid-19. We are not asking for full payment at the beginning of the season. Dues should be paid at the beginning of each month for the upcoming month. There will not be a monthly surcharge if dues are paid prior to the next month's billing.

## Monthly Swim Dues

- **Advanced (High School)** \$55 (\$330 Sep-Feb dues)
- **Advanced** \$55 (\$275 Oct-Feb dues)
- **Intermediate** \$50 (\$250 Oct-Feb dues)
- **Beginner** \$45 (\$225 Oct-Feb dues)

## Meet Fees

Typically, there are no entry fees for Dual or Tri meets.

Invitational meet entry fees vary. Fees incurred for invitationals will be determined by the host team and will be added to each swimmer's account balance. Invitational event fees usually range from \$3 to \$5 per event, but they could be more.

Swimmers who qualify for the Junior District, District, State, or National competition will be required to pay the entry fees prior to participating in these meets.

Meet registration is done through the Cuda website, [www.canycudas.org](http://www.canycudas.org) or via the On Deck App.

## Practice Times\*

- |                                  |                    |               |
|----------------------------------|--------------------|---------------|
| ● <b>Beginner</b>                | Tuesday & Thursday | 3:45 - 4:30pm |
| ● <b>Beginner (Advanced)</b>     | Mon, Wed, & Fri    | 3:45 - 4:30pm |
| ● <b>Intermediate</b>            | Monday – Friday    | 4:30 - 5:30pm |
| ● <b>Intermediate (Advanced)</b> | Monday – Friday    | 4:00 - 5:15pm |
| ● <b>Advanced</b>                | Monday – Friday    | 3:30 - 5:30pm |

\*All practice times are subject to change at the coaches' discretion.

\*\*Please note - all swimmers should reach out to Coach Caleb for main group assignments. He may need to assess the swimmer's skills in order to determine appropriate group placement. The coaches that are responsible for each group may need to further assess skills to determine placement. Each coach will communicate their needs and specific time slots for their swimmers.

## Group Descriptions

This is a breakdown of what each group focuses on during practice. These guidelines help the coaches determine what group is appropriate for each swimmer.

- **Beginner:**
  - Introduction to competitive swimming
  - Base level technique instructions
  - Butterfly, backstroke, breaststroke, and freestyle
- **Beginner (Advanced):**
  - Introduction to interval training
  - Progressive stroke development
  - Starts, turns, finishes, and dolphin kick
- **Intermediate:**
  - Interval training
  - Introduction to advanced technique concepts
  - Starts, turns, finishes, and dolphin kick
- **Intermediate (Advanced):**
  - Introduction to advanced interval training
  - Introduction to performance training
  - Advanced technique concepts
  - Starts, turns, finishes, and dolphin kick
- **Advanced:**
  - Advanced interval training
  - Performance training
  - Advanced technique concepts
  - Starts, turns, finishes, and dolphin kick
  - Stroke mastery for peak performance

## Cuda Swim Team Rules

1. Each swim team member must be a member of the YMCA prior to the first day of practice and at least 30 days prior to competing in their first meet. A YMCA Membership must be maintained through the entire swim season. Swimmers must be a member 90 days prior to the District meet in order to compete.
2. Swim meet participation is highly encouraged as it provides valuable experience in the pool and with competing for the individual swimmer, as well as possibly improving the final team placement through each individuals point accrual. Meet registration can be completed online through the team site, [www.canycudas.org](http://www.canycudas.org). The invitational fees should be placed in the team lockbox or given to an officer. There is no refund if the swimmer fails to show up for the meet. Dual and tri meets typically do not have any additional costs; however, it is still necessary to sign up prior to the meet. In order to compete at Junior Districts, Districts, State, or Nationals, the swimmer must have competed in a minimum of three (3) invitational meets. All swimmers (except first year swimmers) are required to participate in 3 meets in order to remain an active member of the team.
3. Swimmers (or parents of young swimmers) must check in with their coach on the pool deck prior to the start of warm-ups at the meets. If a swimmer does not check in or has not made special arrangements *directly* with his/her coach prior to the meet, the swimmer will be scratched from the meet. Missing warm-ups is only allowed on an individual basis for extenuating circumstances.
4. Attendance at practice is essential. Inform your coach if you know you will be absent. Practice attendance may be utilized to determine relay composition. If you need to miss practice for an extended time, speak to your coach prior to or immediately after your absence. Do not attend practice if you aren't feeling well or if you have had a fever within the last 24 hours.
5. If you are continually late or absent from practice, your coach will need a written or verbal explanation from a parent/guardian.
6. Swimmers will be placed in a practice group based on their abilities and experience, as determined by the coaches.
7. The use of alcohol or drugs is prohibited. Suspension from the team will be determined by the Parents Association Executive Board. Any high school swimmer advancing to the Illinois State High School competition is subject to random drug testing as required by the IHSA.
8. Parents are encouraged to speak with the coaches, when necessary, before or after practices only. This will allow each swimmer the full benefit of the practice time and coach instruction. You may also communicate with the coaches via email.



9. All swimmers must have their team fees paid in full to be eligible to be entered in Jr. Districts, Districts, State, or National competitions. Arrangements can be made with the Parents Association Executive Board if the balance cannot be paid because of financial issues.
10. All swimmers must respect the authority of the coaches and officials at all times.
11. All swimmers are expected to be on their best behavior on the pool deck, in the locker rooms, and at ALL swim team functions including practices, meets, and team sponsored social events.
12. In addition to these team rules, the Canton YMCA Code of Conduct must also be adhered to during attendance at any swim team function. This includes practices, meets (home & away), and in locker rooms (home & away). The Y's core values include: CARING, HONESTY, RESPECT, & RESPONSIBILITY. Each swimmer and parent/guardian will be required to sign a Code of Conduct at the beginning of each season.
13. Abusing the team rules will result in disciplinary action. The coaches and Executive Board will determine the appropriate level of discipline per case. Discipline can range from removal from practice to suspension from the team. Multiple offenses will result in removal from the team. Parents/guardian will be notified of all offenses and disciplinary actions.
14. When you order team apparel (shirts, swimsuits, sweats, towels, etc.) you will be required to pay at the time of ordering. We will not charge them to your account.
15. Please **do NOT put any cash** in the team box. All cash must be given directly to the treasurer or president.

## Communication

The primary source of communication is Email and Text, but we utilize other sources also.

- **Email** – Our team email address is [canycuda@gmail.com](mailto:canycuda@gmail.com) . It is important to provide a current email address at the beginning of the season and frequently check your email throughout the season.
- **Text** - Team Unify has functionality within to send mass text messages. We will utilize this feature. Once you have a team unify account, you will need to update your cell phone number and carrier then validate your cell phone number.
- **Team website** – Our team website is [www.canycudas.org](http://www.canycudas.org) . It is through the website that you will register for meets, access the team handbook, find meet results and more.
- **Facebook** – Our public Facebook page is [www.facebook.com/Cudas61520](https://www.facebook.com/Cudas61520) . Be sure to Like and interact with our page to help promote the team and let others know what we are all about.
- **Bulletin Boards** - we have two team bulletin boards at the YMCA. One is located on the wall between the track and the boy's locker room and the other is located on the landing of the stairs leading to the pool balcony.
- **Lockbox** - A team lockbox is also located on the landing near the viewing deck and should be used for swim payments. NO CASH PLEASE.
- **Ribbon Box** – A plastic box is kept behind the front desk at the YMCA. This is where ribbons and medals from meets will be stored for swimmers to pick up. We may also put letters, invoices, or other communication in your swimmer's designated folder.
- **On Deck** - This is an app you can download on your smart device that has all of the functionality of Team Unify.

## **Meetings**

The Parent Association will hold team meetings at 5:30pm in the YMCA Preschool Room the first Monday of each month. All parents / guardians are highly encouraged to attend. Other meetings will be called on an as-needed basis depending on upcoming events and other committee obligations.

## **Fundraising & Volunteering Requirements**

The monthly swim team dues do NOT cover coaches' salaries/wages, equipment needs, insurance, and other obligations. We have chosen to keep dues low. Therefore, fundraising from all families is mandatory to maintain a successful program. If you are not willing to or cannot help fund raise, please discuss with the President or Treasurer. You might be better to look into recreational swim classes offered through the YMCA for your child rather than swim team.

Use your strengths to benefit the team. Everyone has an area in which they are gifted. If you know you will not be able to help at a particular event, please let the Committee Chairperson know as soon as possible (preferably 2-4 weeks prior). There are always pre- and post-event responsibilities that you can volunteer to help with.

We will have a concession stand at all home meets. All families will be asked to donate food, baked goods, and/or beverages that can be sold during the meet. Families will be informed prior to the event and asked to sign-up for donations.

Our main fundraisers include: the Cuda Classic Invitational Meet, Cuda Discount Cards, and Tag Day (to be determined), and a Cash Raffle. We do have other smaller easy events throughout the year. Sign-ups and instructions will be available prior to each fundraising event.

“Buy-out” Option - This is available for certain fundraisers. Families selecting the “buy-out” option must pay the fee prior to the event. Please note that families who do not fulfill fundraising obligations and do not pay the "buy-out" fee, yet have a swimmer who is actively participating on the team, will be billed the applicable “buy-out” fee. Accounts must remain current in order to sign up for meets.

## FREQUENTLY ASKED QUESTIONS...

### Q: How are the Can-Y-Cuda's funded?

1. **The Cuda Classic Invitational** - The Cuda Classic, an invitational meet held at the Canton YMCA each November, is our biggest fundraiser of the year. Money is generated by the entry fees, sponsors, raffles, and concession stand sales. We need *everyone's* help to make this event a success. You will be asked to volunteer a minimum of 5 hours and to donate a minimum of 3 items for concessions. Volunteer responsibilities include:
  - a. Obtaining sponsors
  - b. Food donations for concession stands
  - c. Meet set-up the night before the event
  - d. Concession stand help
  - e. Help at the awards table
  - f. Assistance with the electronic timers
  - g. Selling raffle tickets
  - h. Running the bullpen
  - i. Clean-up after the meet ends
  - j. Other duties as requested

You will be asked to volunteer prior to the meet. Please be generous with your time! It is a busy, but very fun day! The kids have a great time!!! If you are unable to volunteer the minimum 5 hours, you must "buy-out" this obligation for \$75. If you are unable to donate a minimum of 3 items, you must "buy-out" this obligation for \$25.

2. **CudaDiscount Cards**- Each fall the team sells discount cards that offer great deals from area merchants. These cards are well worth the asking price and will pay for themselves many times over. It is required that each family sell at least 20 cards (families with multiple children are required to sell the minimum of 20 per first child and 5 for each additional child). If you are unable or unwilling to sell the minimum requirement, you can "buy-out" this obligation for \$200 + \$25 per additional child.
3. **Tag Day** - This is a new fundraiser. We need someone to chair this event.
4. **Cash Raffle** - This is another new fundraiser. More information will be available soon.
5. **Other** - The parent association will organize other fundraisers throughout the year that are necessary to help fund the team. The required type and amount of volunteerism and a "buy-out" option will be decided during organizational meetings and declared to the team at least 2 weeks prior to the event.

### Q: When and how do I enter my child in a meet?

**A:** Talk to the coach about when your child should begin competing. Many times it is less stressful on the child to begin with a dual/tri meet since there are fewer swimmers and the atmosphere is more relaxed. Registration can be completed online at: [www.canycudas.org](http://www.canycudas.org) or in the On Deck app. Registration must be completed and fees paid prior to the deadline in order for the swimmer to be entered in the meet.

**Q: What is the difference between a dual and an invitational meets?**

**A:** A dual meet is a competition between two teams. This is usually the best time for a new swimmer to learn about competing. A dual meet usually last three or four hours and the swimmers are able to wait on the pool deck with the team for each event.

An invitational meet involves many different teams and takes 8 or more hours. Since so many teams are involved, the swimmers and their parents will wait in the gym until their heat is called. Some suggestions of what to bring to an invitational include:

- Team suit, goggles, swim cap, towels. It never hurts to bring back-up of these items
- An extra t-shirt & comfortable pants to wear in between events
- Sleeping bags/blankets & pillows
- Chairs (for the adults)
- Books and activities (Avoid items that are special or that would be missed if lost/broken since the kids will be walking over your site all day and things could easily get lost.)
- A cooler with drinks, sandwiches, and snacks (this helps cut-down on concession costs)
- A highlighter to mark in the heat sheets you will buy at the meet (just a few dollars) & sharpie marker to write the event numbers on your swimmers hand/foot

**Q: What equipment will my child need?**

**A:** Team suit (a new team suit can be purchased each year), goggles, swim caps, and practice swimsuits.

A rule regarding competition suits was adopted in 2010. It spans from the Olympics and USA Swimming to IHSA and down to the club teams, like ours. Boys' suits will either be jammers (above the knee or racers, while girls will wear a standard one piece suit that does not extend below the knees. Additionally, once a competition suit had been worn for a race, it must be worn for the remaining races that day.

It is recommended that your swimmer avoid practicing in his/her team suit. Practicing in another, less expensive suit, will improve the longevity of the competition team suit since repeated exposure to chlorine will fade and weaken suits. Taking proper care of the suit, by rinsing it out as soon as possible in cold water with mild or no detergent and letting it air dry, will help it to last throughout the year and save you considerable expense.

Team suits will be ordered through Mrs. Points of Swim-n-Such out of Peoria. Suits are typically between \$30 - \$50 per suit.

**Q: How are swimmers chosen for a relay?**

**A:** Choosing the composition of which swimmers will make up a relay team to represent the swim team at the District and State meets can be one of the most difficult decisions for the coaches. Although different swimmers may compete on the relays throughout the season, the coach typically picks the four most skilled swimmers for a relay. Other factors that enter into the decision include:

- Attendance at practices and meets
- Attitude and dedication the swimmer displays at practice
- Dependability of the swimmer to be on time for meets they have registered to attend (avoids disappointing the remaining relay members)

If you have questions about participating in a relay event, please discuss them with the coach.

**Q: What is the difference between Districts and Jr. Districts?**

**A:** The times your swimmer needs to swim at a meet throughout the season in order to qualify for Districts can be found on the Cuda website. If your swimmer does not swim a District qualifying time throughout the season and is aged 12 years or younger, then he/she may swim at Jr. Districts. Jr. Districts is an opportunity for beginning swimmers to compete against swimmers of similar abilities. If your child is 13 years old or older he/she is only eligible to swim at Districts, if they have achieved a qualifying time. State qualifying times are also located on the website.

A note regarding Districts: the coaches have the discretion to send any swimmer they deem appropriate to the District meet. District times are guidelines and if a swimmer is near enough to the cut—and has proven to be reliable---he may choose to send them to Districts. Please speak with your child's coach if you have questions.

Only four swimmers from any individual event per team will advance to State. Only one relay team may compete in a single event per team at District finals and/or State. Since each event is divided by age group and gender, a team may send, for example, a 9-10 y/o girls free relay, a 9-10 y/o girls medley relay, a 13-14 y/o girls free relay, a 15-18 y/o girls free relay, a 15-18 y/o girls medley relay, an 11-12 y/o boys medley relay, and a 15-18 y/o boys free relay...they just cannot send two relay teams for the same event.

**Q: What if my child qualifies for the State Meet?**

**A:** Illinois State District Championships will be held in March at Lake Central High School, 8400 Wicker Dr, St. John, IN 46373. This is the state championship for Illinois. Competition is held in a 25-yard pool. To be eligible, athletes must be full YMCA members for at least 90 days prior to the meet, have participated in at least 3 closed, inter-association YMCA meets, and have met the qualifying times -- time standards can be found on our team website [www.canycudas.org](http://www.canycudas.org)

**Q: When is the season over/ when does my child stop practicing?**

**A:** The end of February for Jr. District swimmers; after the District meet for any non-State swimmers; and after State for any non-National swimmers.

Note: Swimmers may be invited to continue training as long as there are other swimmers still in the water who are training for the championship season.

**Q: I am new...how will I know what to do?**

**A:** The Parent Association offers mentors to new swim families. All new families will be paired with an experienced family in mid-October (once the swim roster for the season has been finalized). The Executive Board will coordinate for the mentoring program, so be expecting contact from her during the first couple of weeks. But, please do not hesitate to reach out to an officer or any swim family with a question or concern.



CANTON

***BARRACUDAS***

SWIM TEAM