

ABOUT THE TEAM

The Barracudas Swim Team is a year round age group swim team for swimmers age 5 - 21 years. It is co-sponsored by the Centralia Recreation Complex and the Fayette County Family YMCA. The coaches work with the swimmers to help develop their skills in competitive swimming, teach proper technique, and provide training and conditioning to enable each swimmer to compete at his/her BEST ability in competition.

The Barracudas Swim Team works with numerous area high schools to allow swimmers the opportunity to letter and receive varsity competition for competing on the Barracudas Swim Team. More information about specific requirements and school participation is available.



CRCY BARRACUDAS ACHIEVEMENTS

- 8 National Qualifiers 2011
- Junior National Qualifier 2011
- Gold Medalist 2011 Central America Championships
- Bronze Medalist 2010 Central American Games
- National Finalists 2008/2009/2011
- Junior World Games Qualifier 2011
- 2nd Place Women's Team 2011 St. Louis Districts
- 50 IL YMCA State Championship Event Wins
- 64 National YMCA Top 16 Swims
- 17 Collegiate Swimmers
- Participant in the 2008 Olympic Trials

ABOUT THE COACHES

Larry Jukes is in his 5th season as the Head Coach of the CRCY Barracudas Swim Team and has over 14 years of coaching experience. He has continued to steadily and impressively build the CRCY Barracudas Swim Team during his 5 years as the Head Coach. Having been a collegiate swimmer and ranked in the TOP 16 in the Nation himself, Coach Larry knows what it takes to get his swimmers to the next level of competitive swimming.

Susan Jukes is in her 3rd season as the Asst. Coach of the CRCY Barracudas Swim Team.



SWIM MEETS

CRCY Barracudas Swim Team participates in numerous swim meets throughout the YMCA Season (September - April). Swimmers are required to swim 3 YMCA Sanctioned meets to be eligible to participate in the St. Louis District Championship Meet.



2011-2012 CRCY BARRACUDAS SWIM TEAM

Program Fees:

BRONZE:	\$168 (eft \$25)	7 months
	\$216 (eft \$25)	9 months
SILVER L1:	\$196 (eft \$29)	7 months
	\$252 (eft \$28)	9 months
SILVER L2:	\$210 (eft \$31)	7 months
	\$261 (eft \$29)	9 months
GOLD:	\$324 (eft \$28)	12 months
	\$240 (eft \$36)	7 months
	\$288 (eft \$33)	9 months
JR/SR:	\$350 (eft \$31)	12 months
	\$288 (eft \$43)	7 months
	\$342 (eft \$39)	9 months
	\$396 (eft \$34)	12 months

FAMILIES WITH MORE THAN 1 SWIMMER WILL RECEIVE A 10% DISCOUNT FOR EACH ADDITIONAL SWIMMER ON THEIR PROGRAM FEE. *1ST SWIMMER IS THE ONE IN THE HIGHEST GROUP.

*NOTE Groups are 7 month programs or you have the option of purchasing a 9 month program-which includes Spring Training/Stroke Clinic and leads up to summer league. (regular price \$65) or 12 month program-which includes Summer Training (regular price \$75).

Fayette County Family YMCA Fees:

Individual:	\$50/year
Family:	\$140/year

USA Membership Fees:

(required for all groups except Bronze and Silver L1)
\$53/year

Centralia Recreation Complex Pass Fees:

Youth:	\$189 (eft \$28)	7 months
	\$225 (eft \$26)	9 months
	\$300 (eft \$26)	12 months
Family:	\$400 (eft \$58)	7 months
	\$495 (eft \$56)	9 months
	\$600 (eft \$51)	12 months

*For EFT, you will be required to pay the first month's fee and a one time \$7 activation fee. You may use EFT for Program Fees; however both YMCA and USA fees must be paid upon registration.

Swimmers will be grouped appropriately according to age, ability, and individual goals by Head Coach Larry Jukes ONLY.

PRACTICE SCHEDULE

BRONZE: Monday-Thursday
5:45-6:30 PM

SILVER L1: Monday-Thursday
6:15-7:30 PM

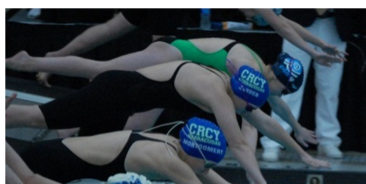
SILVER L2: Monday-Thursday
5:45-7:30 PM*

GOLD: Monday-Thursday
5:45-7:30 PM*
Friday
4:30-6:00 PM

JR: Monday-Thursday
4:00-6:30 PM*
Friday
4:00-6:00 PM
Saturday
As scheduled by Coach Larry.

SR: Monday-Thursday
4:00-7:00 PM*
Friday
4:00-6:00 PM
Saturday
As scheduled by Coach Larry.

***NOTE:** Swimmers will not only be in the water doing workouts, but they will also be doing dry-land daily—please make sure your swimmer has tennis shoes (NO flip flops, sandals, boots).



CRCY BARRACUDAS SWIM TEAM
2011-2012
Centralia Recreation Complex
Fayette County Family YMCA

**REGISTRATION
AND
PARENT MEETING
AUGUST 15TH 6:00 PM
RM 101**

Centralia Recreation Complex

**PRE-SEASON CONDITIONING
AUGUST 17TH-SEPTEMBER 1ST**

**SEASON BEGINS
SEPTEMBER 6TH**



**CONTACT HEAD COACH
LARRY JUKES**
www.crcycudas.com
swimcudas@dishmail.net
(618) 315-1475
(618) 360-0073