



SOUTH BRIAR BARRACUDAS PARENT HANDBOOK 2018

Welcome to South Briar Swim Team! We are looking forward to an exciting new season. We especially want to give a warm welcome to our neighbors who are new to the team this year! This booklet describes our swim season and the Westside Swim League. Included are team rules, volunteer information, swim meet guidelines, and answers to questions you may have. If you need additional information, please feel free to ask any board member:

BOARD MEMBERS

Lee-Ann Hall	Co-President
Jason McCann	Co-President
Jessi Cook	Vice President
B.J. Hulsey	Treasurer
Rayna Williams	Team Rep

LEAGUE BOARD

Liz Goodman	WSL President
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Practices:

The South Briar Swim team is a volunteer-run competitive summer league team for swimmers 5-18 years old. All age group practices will be led by our coaches at the South Briar Pool. Age groups are determined by the age of the swimmer on May 31 of the current swim season. Barracudas practice every weekday afternoon during the month of May. Once school is out, practices will take place on weekday mornings throughout the month of June. (There is no practice on meet days.) The length of practice varies from 45 minutes to one hour, depending on the age of the swimmer. The Westside Swim League insurance waiver **MUST** be signed prior to any swimmer participating in practice. Please see the website for the practice schedule.

New Swimmers:

Our coaches do not expect the swimmers to be experts, but they do need to be *confident in the water*, and comfortable swimming with their faces in the water. Swim practices are for refining stroke techniques, including diving, and building endurance/speed. If your child is inexperienced, we suggest enrolling your child in outside swim lessons to learn water safety skills and stroke fundamentals. In order to compete in swim meets, athletes must be able to swim 25 yards (1 length of the pool) freestyle in 75 seconds or less.

Important: Team Communications

Primary team communication will be via email and our website. Check your email frequently during swim season for updates on practices, meets, special events and latest news.

- **Website:** <https://sbcudas.swimtopia.com/>
- **Email:** sbbarracudas@gmail.com (for concerns, questions or to report an absence)

SOUTHBRIAR SWIM TEAM RULES AND PROCEDURES

1. **Parent Participation:** Swim team is an **ALL-VOLUNTEER EFFORT**. There are many jobs to be done in order to put on a meet and run the team. Each parent is required to help in some capacity at every meet. For many jobs, there are two shifts per meet. The second shift often starts around 5:00 PM or later, which allows working parents the opportunity to lend their assistance at meets. If you choose not to help or are unable to help, a buy-out option is assessed during registration (subject to President approval). Please see the volunteer section of this handbook for more information.
2. **Practice:** Each swimmer is expected to attend practice regularly. This gives the coaches the opportunity to improve strokes, speed and endurance. Swim practice will begin on time. Please have your swimmer at the pool a few minutes early to make sure they are in their suits, sunscreen applied, have their goggles and are ready to begin.
3. **Practice Times:** Please try to adhere to your scheduled practice times. If it is necessary for you to attend another practice, please let one of the coaches know. Likewise, if you take a child home early from practice, please tell a coach.
4. **Dry Land Practices:** 1-2 days a week, the coaches may use the first 15-20 minutes of practice to conduct "dry land" workouts, followed by regular pool practice. Swimmers should wear their swimsuits as normal and athletic shoes. They may want to wear shorts and a shirt over their swimsuit.
5. **Pool Deck:** During practice times, the pool, the baby pool, guard stands, and steps are off limits unless coaches direct otherwise. The pool is closed. There is no lifeguard on duty. Only coaches may give permission for water activity when conducting a workout.
6. **Coaches:** If you need to speak to the coaches, please do not interrupt a workout. Save your questions for a team official or the coaches at the end of practice. Or email the team account.
7. **Behavior:** For the safety of everyone, cooperation with coaches is required. Swimmers must always be respectful and listen to the coaches. Horseplay such as running, pushing, hitting, etc. will NOT be allowed. Disciplinary action consists of one warning. A second offense results in sitting out. A third offense, the parent will be called. If the problem continues, the child must then be accompanied by a parent to all practices and meets or dismissed from the team.
8. **Bad Weather:** We will not have practice if we are having heavy rain, thunder or lightning. If it is raining lightly or just looks like rain, we will practice. **(Just because one practice session was canceled on a day does not necessarily mean that all sessions are cancelled.) The team will make every effort to email our swimmers as soon as possible if there are practice**

delays or cancellations. You may also check our website or the team facebook page for updates.

9. **Swim Meets:** On the day of a meet, swimmers should be at the pool 1-1.5 hours early. We need to check roll, mark children for their events, and the swimmers must warm up before competing. Please see the "Swim Meet" section of this handbook for more information.
10. **Meet Entries:** Entries in meets will be determined to maximize the greatest potential of the team. The head coach and his/her assistant coaches are in charge of the meet entries. If you have a comment or concern about what your child is swimming, please let the coach know. Swimmers must be able to swim the length of the pool (25 yards) within 75 seconds in order to participate in a meet. THIS IS FOR THE SAFETY OF THE SWIMMERS.
11. **TEAM SWIMSUITS:** Swimmers are required to wear their team suits on picture day and all swim meets, however they may wear any racing swimsuit to practice. The team suit for 2018 is the same as 2017, so if your child's swimsuit still fits and is in good shape, you do not need to purchase another one this year. Swimsuits are not included with registration and must be purchased separately. Texas Swim Shop is our swimsuit provider, and they will be selling suits at one of our practices in May. See the calendar on our website for the exact date. Please note: worn/used swimsuits are non-returnable.
12. **ABSENCES:** We assume your child will attend all swim meets unless you EMAIL us otherwise. It is important that the coaches know when a child is NOT going to a swim meet, so that the relay events can be planned. It is the parents' responsibility to notify the coach or the Team Rep if the swimmer is not going to attend a particular meet. Please do so as soon as possible before the meet. Several days' notice is best. (Exceptions are understood in the case of sudden illness.)
13. **RAINED OUT MEETS:** Meets will only be canceled due to heavy rains, thunder and/or lightning. Light rains do not cancel meets. If a swim meet is rained out, then every effort will be made to reschedule it. If the meet was already in progress, it will be resumed at the point in the meet where it was suspended. Some years we have an extra Monday so we may choose to reschedule the meet on that date.

LEAGUE ORGANIZATION: The South Briar Barracudas are members of the Westside Swim League, which includes the Ashford Whales and the Villager Piranhas. The League Board contains representatives from each of the member teams. The Board governs the League according to the approved by-laws. Each of these rules are updated and accepted. Each team has only one vote. Decisions by the League are final.

VOLUNTEER/PARENT PARTICIPATION

Your swim team is run entirely by volunteers and cannot function without the help and support of ALL parents. All parents are expected to volunteer regardless of the swimmer's age. We expect you to assist whenever and wherever you can. There is an additional surcharge of \$250 for the first swimmer and \$50 for each additional swimmer if you are unable to volunteer. We prefer your help to your money. Please be agreeable when you are asked to help. **Before each meet, the Volunteer Coordinator will contact all parents asking them to commit a volunteer role.**

The coaches are in charge of set-up and clean up for home and away meets. We ask each family to help with one set-up and one clean up of a home meet. We know it is not fun, but it is a necessity. The team thanks you in advance for assisting with a positive attitude.

Committee Chairs:

Volunteer Coordinator	Lauren Krocak
Party Coordinator	Priscilla Crosser
Head Judge	Corbin Wickman
Head Clerk	Amanda Wickman
Head Timer	Wes Rapp
Head Runner	Kat Chapman
Scoring Coordinator	Kim Lemaster
Lead Tent Monitor	Amy Hulsey
Ribbon Coordinator	Becki White
Swim-a-Long	OPEN
Concessions Coordinator	OPEN
Merchandise/T-Shirts	OPEN

Job Descriptions: Most jobs at meets usually work in shifts. Each shift lasts about 2.5-3 hours. Parents of only six and under swimmers should sign-up for first shift.

TENT MONITORS

Check attendance, mark swimmers with their events, line up athletes for each event and take them from the team tent to the Clerk in heating area.

CLERK

Reads "heat sheets" and puts swimmers on benches to get them ready for their events. This job is very important for having the meet run smoothly.

TIMERS

Timers use stopwatches to time and record one lane in each heat.

JUDGES

Judges observe a swimmer's strokes, touches, and turns. They decide, according to the league's guidelines, if the swimmer should be disqualified. Judges must attend two judging clinics in May. Returning judges must attend one clinic.

RUNNERS

Runners take the time sheets and the DQ slips for each event and take them to the scorers.

SCORERS

Enter and/or assist with entering timers' sheets into the computer as the meet progresses. This is an inside (A/C) job! You will be able to watch your swimmers' events.

AWARDS

Place the appropriate computer generated stickers with swimmer's name and time on the back of the ribbons and/or medals as the meet progresses. Places are earned for first through sixth place in the various events. This is an inside (A/C) job! You will be able to watch your swimmers' events.

CONCESSIONS

Sell food & drinks during meets as well as help with setup and clean-up of food area.

Swim Meets

8 & Under Meet (Saturday Morning): All 3 teams may enter any swimmer 8 years old or younger. This is an un-timed meet. Places are awarded to every swimmer based on "first touch" for each heat (race). Events include Freestyle, Backstroke, and Freestyle Relay only. This meet is to introduce our younger swimmers to the mechanics of a regular meet.

League Invitational Relay Meet (Saturday Morning): Swimmers are invited to participate in the Relay Meet. We make every effort to include all swimmers. However, there is limited entry so occasionally not all swimmers are able to swim. Times from previous dual meets are used to determine seeding.

League Preliminaries/Championships (Friday/Saturday): This is a two (2) day event that is the climax of swim season. The preliminaries are held on Friday to determine the top 6 positions of each event. All swimmers are eligible to compete on Friday. Finals are held on Saturday. The top six swimmers who qualified on Friday will return on Saturday to determine the Champions.

Mandatory Afternoon Weekly Dual Meets: Each swimmer competes weekly according to age group and sex. Swimmers are judged on proper stroke technique and best time. Time trials are held during practice at the beginning of the season to establish "seed" time for the first dual meet.

- The 6 & under swimmers compete in freestyle, backstroke, and freestyle relay. All swimmers in this age group must be able to swim the length of the pool (25 yards) unassisted in 75 seconds or less before they may be entered in any event.
- All other swimmers may compete in a maximum of 3 individual strokes and 2 relay events per meet (one freestyle and one medley). A placement of swimmers in each event is the responsibility of the coaches based on the ability of the swimmer and the needs of the team. Individual events are held in freestyle, backstroke, butterfly, breaststroke, and individual medley. Relay events are held in freestyle and medley. **CHANGES ARE TO BE MADE ONLY AT THE DISCRETION OF THE COACHES. QUESTIONS SHOULD BE DIRECTED TO THE TEAM REP.** Swimmers may be allowed to swim up into an older age group in order to complete a relay team. This is done according to Westside League by-laws and at the discretions of the coaches.

MEET PACKING LIST: It is suggested that each swimmer bring the following, **LABEL EVERYTHING:**

- **Necessities:** team suit, goggles, team swim cap
- **Snacks:** Food (sandwich, fruit, energy bar) AND drinks (water or Gatorade packed in a small cooler. Save the sugary treats as a reward for the end of the meet.
- Towels (at least 2)
- **Entertainment:** Activities to pass the time between events: games, books, cards, etc.
- **Chair:** Sometimes the team area will be stationed on wet grass or on hard concrete. In order to stay comfortable, consider bringing something to sit on.
- **Sunscreen:** DO NOT apply on bicep of arm as the Tent Monitor will need to write on the child's arm to indicate in which races he/she will participate.
- **Cash (Optional):** Your child may want to purchase a treat at the Concession Stand.

* Each pool has a lost and found, but do not bring anything to a meet that is too special to replace.

Meet Arrival: On the day of a meet, swimmers are to be at the pool where the meet is to be held at least **1 to 1 ½ HOURS** prior to the start of the meet. It is the swimmer's responsibility to get transportation to the pool. If there is a need for transportation, call the Team Rep as far in advance as possible.

SWIMMER PARTICIPATION: Please do not leave the meet early with your swimmer if he or she is participating in a relay. You do not want to disqualify the entire relay team because one swimmer leaves early. **Swimming is a team sport and relays are dependent on all participants.**

Meet Duration: Most meets are approximately 5 hours long. Swimmers are required to remain at the pool until all of their events are completed. Please advise the Tent Monitors of your arrival. Should it be necessary for you to leave early, please let a Tent Monitor know. Only 6 and Unders are excused early. If your swimmer is six and under, he/she will finish swimming about 2 ½ hours after the meet begins.

Times: A record of each swimmer's times is kept throughout the season. A league-wide championship trophy is awarded to the high-point boy and girl in each age group.

Points: Points are accumulated for placing first, second, and third in any given event during a Dual Meet.

AWARDS: In dual meets, ribbons are given in each event for first place through sixth place. The coaches distribute ribbons the day after the meet at practice. At the eight and under meet, swimmers receive a ribbon for their place in their heat. At the end of the season, an awards banquet is held at our pool. Trophies are given for high point, spirit award, and most improved for each age group. If you are unable to attend the ceremony, please have someone pick up your swimmer's awards.

DISQUALIFICATIONS (DQ): When a swimmer does not properly swim a stroke during a meet event, the swimmer will be disqualified for that event. The swimmer will be advised by a coach either during the meet or the next morning at practice. Our intention is for the coaches to work with each swimmer and to use each disqualification as a teaching tool for the future. If you have any questions, please ask the Team Rep.

MEET SAFETY – LEAGUE RULES:

- All swimmers shall have a signed release form on file with his/her team.
- No running or rough housing allowed.
- No swimming except as allowed by meet officials. (This includes baby pools.)
- Swimmers will stay in designated areas.
- All swimmers will be cleared from the water when lightning is sighted. Meet officials will make an evaluation of the weather situation. Please do not leave the pool area until you are dismissed.
- Pools will have safety and first aid equipment available.
- All additional safety guidelines of the host team shall be enforced as deemed necessary.
- All pools will be maintained and thoroughly inspected by each team prior to swim season. The host team will check the pool area prior to each meet.

PARKING: Please be courteous when parking. The pool lots are reserved for meet officials. For home meets, we can usually use the Briarwood School parking lot. Please avoid blocking mailboxes and driveways. **There is NO PARKING on the Crystal Hills curve in front of the pool.** Watch for signs!

Other Important Information

PICTURES

A professional photographer will take individual and team pictures. Included in registration is a team 8x10 and a family 5x7. Additional pictures and buttons can be purchased from Scott Jackson using his order form found on our website.

CUDAS-IN-TRAINING

Cudas-In-Training (CIT) is a program for children 8 years old and younger who aren't quite ready to compete, but who are interested in learning from our coaches and gaining confidence. This is great for younger swimmers/siblings who are comfortable in the water, ready for instruction, have already had some basic swim lessons, but still need assistance getting across the pool. This is not a private swim lesson; rather CIT swimmers will strengthen their strokes to get ready for full-scale swim team. The ultimate goal of this "pre-team" program is training children to swim 25 yards in 75 seconds independently, all while having fun and discovering how great it is to be a BARRACUDA! They will have their own dedicated practices in May.

STROKE CLINICS

These are small group sessions for swimmers who are already proficient at the designated stroke, but want a little bit of extra coaching to refine their technique. If a swimmer is not yet proficient at the stroke, a private session with one of our coaches is recommended.

PRIVATE LESSONS

This is one-on-one instruction time with a coach to focus on a particular stroke. Coaches are available for 30 minutes for \$30. Sessions can be arranged via email. See our website for our Coach's contact information.

CHARITY SWIM-A-LONG

Our swim team has a tradition of hosting a "swim-a-thon" to benefit a charity. 100 % of the proceeds raised goes to charity. Each child who brings in a donation of \$25.00 or more may receive a prize. Additional donations may result in additional prizes.

PARTIES

Our team has three parties per year. The **Kick Off Party** is usually early in the schedule. The **Pasta Party** is for swimmers who are eleven and older. It is hosted by the coaches and is held in the clubhouse the evening before Preliminaries. The **End of the Year Party** is held at the South Briar Pool, the evening of the Championship Meet. We will hand out awards and give a season wrap-up. Check the website for specific dates.

SPONSORS

Each year, we need corporate sponsors to underwrite the cost of running our team. Our sponsors will be listed on the back of our team shirts and banners around the pool. Please support our sponsors when you can. If you know of a business that might be able to sponsor our team, please let the President know.