

OTHELLO BARRACUDAS

This summer your child has made a tremendous commitment to the Othello Barracudas Swim Team by participating in this sport. We hope they are enjoying being a Barracuda and appreciating the many benefits of being a competitive swimmer. We are proud of all of our swimmers.

The Othello Barracudas are a part of the Mid Valley Swim League, which also include the towns of Prosser, Selah, Toppenish, Naches, Grandview, and Sunnyside. We have compiled the following general information in order to assist the families of our swim team. Please remember that these are just general guidelines. If you have any additional questions, please do not hesitate to contact one of the Barracuda board members: Dawn Douglas and Tony Martinez.

If you would like to be on the board, please contact either Dawn or Tony. We need help as their children are about to age out.

The coaching team for the 2023 season will be: Danny Martinez- head coach and Madisen Douglas-Asst. Coach.

NEW SWIMMERS: New swimmers that wish to join the Barracudas will need to "try out" which means that they will need to be able to swim a lap (any stroke) without assistance. This will take place within the first three days of practice.

HOME AND AWAY MEETS: Meets begin at 6:30 p.m. at the hosting city pool with warm-ups beginning at 6:00 p.m. These meets usually last until approximately 10:00 p.m.

GENERAL INFORMATION:

FOOD: Bringing nutritious snacks and food to the meets is a good idea. Keep the snacks light. Bring foods which are high in carbohydrates. No pop, juices and water quench thirst better. Crackers, fruit, cheese and pretzels are all good snack foods. If it is cool, a thermos of hot chocolate really hits the spot. Remember to also bring food for other family members as well.

CLOTHING: Please have warm clothes for your swimmer to put on after they finish their event. They need to keep warm. Towels, blankets, robes, parkas, or sleeping bags are very helpful.

SUN PROTECTION: Sun block is a **MUST** for each swimmer as well as for additional family members. Chairs and a ground umbrella are a good idea along with tarps or canopies. This will protect your swimmer and keep you a little cooler.

WEATHER: If lightning should appear, the meet will be stopped. In this event, should you not be at the meet, your child would need to have a ride arranged. Please remember to arrange for your child's transportation should the weather report indicate possible lightning or thunderstorms. We have had considerable problems with this before and would encourage parents to deal with this situation in advance.

NEW SWIMMERS: While you are swimming in a meet remember that your teammates will support you **VERY** verbally. When you hear us yelling for you remember that we are there to cheer you on.

HEATS: Swimmers are divided up into age brackets as follows: Girls 8 and under, Boys 8 and under, Girls 9 & 10, Boys 9 & 10, Girls 11 & 12, Boys 11 & 12, Girls 13 & 14, Boys 13 & 14, Girls 15 & 16, Boys 15 & 16, Girls 17 & 18 and Boys 17 & 18. Each age group swim the Butterfly, Breast Stroke, Back Stroke and Freestyle. Ages 9 and up swim the Individual Medley (I.M.). The coach will also put together teams for the Medley Relay and the Freestyle Relay.

JUDGING: At many of the swim meets, the judging will seem harsh. You may find that a judge has disqualified you (DQ'd you). While it will hurt your feelings, the judges are helping you to be true to each stroke which you must do for a race. If you receive a DQ remember even many more experienced

swimmers will also receive DQ's. It will also be important for first year swimmers to keep in mind the age of your competitors. Some of these competitors will have been swimming much longer than you. Never be discouraged, just do your best and look for improvement.

HELP:

HOME MEETS: Many people are needed to successfully run home meets. We will require parents, older family members, relatives and friends to volunteer. There is always a shortage of help. Some of the jobs that need to be filled at every meet are: Timers, Runners, Stagers, Announcers, Stroke Judges, Place Pickers, Head Timer, Heat Winner Runner, Runner's Table and Writers. Please be thinking about what role you can help with, and sign up for your job online at othellobarracudas.swimtopia.com under "Swim Meets". The volunteers who help with meets have the best seats in the house to watch their swimmers compete. Otherwise, spectators are required to sit outside the pool fences.

AWAY MEETS: Hosting towns are expected to fill their own positions, however, some of the smaller teams sometimes struggle to fill all jobs and then will ask the visiting team to help out. The sooner the positions are filled, the sooner the meet can get started, and again, volunteers get the best seats in the house.

MEETS, IN GENERAL: We want you to participate and enjoy a day of watching your children compete, excel and grow. Please do not be concerned if you have no prior experience in helping with a swim meet. There will be enough parents at each meet who are experienced and the job is not difficult. We have enough parents to staff each meet if every parent does their share.

REGIONALS: Regionals is a two day event which is held in (will update place soon). Swimmers whose times qualify may sign up to swim in three events per day. These events are different, in that swimmers compete only against their own age. The fastest times are awarded trophies and medals at the end of last day. Parents of participants will be required to sign up for a timing shift in the "Othello Barracuda" lane. This is an all-day event, where plans will need to be made for lodging and meals (unless you choose to drive back and forth to Toppenish for both days.)

CHAMPIONSHIPS: Champs are held at the very end of the season. This is also a two day event, however, the hosting town rotates from year to year. Champs is basically a mega swim meet, with the same events and heats. The fastest times are awarded trophies and medals at the end of last day. Parents of participants will be required to sign up for a timing shift in the "Othello Barracuda" lane. Plans should also be made for lodging and meals as this is an all-day event.

This year champs will be in selah with the theme of ready, set, glow!

ENJOY THE SEASON AND WELCOME TO THE OTHELLO BARRACUDAS SWIM TEAM!!!