

Grant Ranch Barracudas Swim Team Handbook 2019 Season



www.grantranch.swimtopia.com

Proud Member of the South JeffCo Swimming League
www.southjeffco.org

Welcome to the Grant Ranch Swim Team!

Our team is a family oriented, summer-club swim team. Our goals are to:

- provide a safe and healthy environment for the children
- learn a lifelong fitness skill
- learn time management, self-discipline and sportsmanship
- handle competition - individually and as a team
- make new friendships (as will your entire family!)

Every member of our team is important, and we seek to provide every member an environment to achieve success.

We also believe every family on our team has the responsibility to help with the success of our team. At least one parent of each swimmer is encouraged to participate as an active volunteer. We require that you sign up for 5 -8 volunteer shifts per family (NOT per swimmer). The exact number of shifts is dependent on the total number of families registered. **We need your time and support to make our team a success.**

Summer Club Swim Meets are a total family experience, and everyone can look forward to new friendships and the camaraderie that results from supporting the swimmers. Swimming memories have much to do with the positive support they receive from family and community members.

Please feel free to ask questions. We all have the same goal, to provide the children of our community with the best possible experience in swimming.

Thanks for all the parent support we receive!!

Todd Ellis, *Team President for 2019*

**For more information on South JeffCo Swim League go to our website:
www.grantranch.swimtopia.com

Registration Fees

First Family Swimmer	\$195.00
Second Family Swimmer	\$185.00
Third Family Swimmer	\$165.00
Additional Family Swimmer(s)	\$155.00
Mini-Barracudas (per Swimmer)	\$85.00
Non-Resident Pool Use Fee (per Family) *Includes Mini-Barracudas	\$30.00
Volunteer Opt-Out or Deposit for all required shifts (per Family) due by May 25 th	\$225.00
Late Fee after May 25 th (per Swimmer)	\$25.00

**All registrations will be done online at www.grantranch.swimtopia.com

League Rule for Club Swimmers

Club swimmers can participate in our League. If you are a year-round club swimmer and want to also participate with Grant Ranch you will be able to do so, but you will only be able to compete in dual meets during season, not the Ken Caryl Invitational, League Meet, or State Championship meets.

Important Dates

- March 3rd** ***Start of Sunday Spring Clinics/Practices*** 5:00 – 6:00pm at Littleton High School
Come meet our Head Coach Andy Farner!
- April 7th** ***Team Suit Fittings*** 4:30-5pm at Littleton High School Pool
Fittings done prior to optional spring swim practice/clinic.
Registration will be done online only this year beginning April 24th.
- April 24th** ***Registration & 2nd Team Suit Fitting*** 6:30-8:30pm at Grant Ranch Village Center.
Registration will be done online only this year!
- May 1st** ***Volunteer Registration Open***
Registered families will have access to volunteer sign-up.
- May 1st** ***Statistician/Computer Training*** 6:30 – 8:00pm at Governor's Ranch
& **May 7th** ***Stroke Judge Training*** 6:30 – 8:00pm at Governor's Ranch

Computer/Statistician Helper (home meets) – we supply 2 volunteers per shift for all home meets to receive sheets from the runner after each event and help enter data into the computer. All participating teams at that meet will use this information, so prior training with the software is helpful and available at a meeting in May.

Stroke and Turn Judges (home and away meets) – this position is technically a meet official, so it's helpful to be very familiar with proper execution of all strokes and turns and have completed the certification class in May. Judges are responsible for writing any disqualification as 'D.Q.' on the time sheet and to advise the swimmer of the reason for disqualification (diplomatically). We typically supply 2 judges per shift per meet, but for KCI and State meets we don't have to supply any judges.

- May 20th** ***Indoor Practices start at Littleton High School Pool***
 *See the schedule at the bottom for details
- May 25th** **Last Day to Register** *without paying the late fee
- June 1st** ***First Meet*** 6:00 am *See the schedule at the bottom for all meet dates & times
- June 3rd** ***Outdoor Practices start at Grant Ranch Pool***
 *See the schedule at the bottom for details
- June 3rd** ***Parent Info Night and Mock Meet*** 7:00 – 8:00pm at Grant Ranch Pool
- June 12th** ***Social and Team Pictures*** 6:00-8:00pm at Grant Ranch Pool
- July 30th** ***Team Banquet and Awards*** 5:00-8:00pm at Grant Ranch Village Center

Our Coaches

Andy Farner, Head Coach

BIENVENIDA BARRACUDAS! I am so happy to be returning as the Head Coach of the Grant Ranch Barracudas. This will be my second year with Grant Ranch and my 16th year coaching. I'm an experienced and tough coach who will consistently push you out of your comfort zone. At the same time, I will make sure that you enjoy being part of the team and are always safe. The cornerstones of my coaching philosophy are safety, knowledge and fun.

We are so excited to get the season underway! We should have a bigger team this year and that should make us more competitive. I am so happy that our team is growing. We have a tremendous staff of assistants returning this year that will help get all swimmers up to speed.

I hope that you all are as excited as we are. Please do not hesitate to contact me if you have questions. Go Barracudas!!!

Assistant Coach Addie

BARRACUDAS!! My name is Addie! I've been swimming ever since I can remember! I've been a part of Grant Ranch Barracudas since I was 4 starting on mini barracudas!

I've been a part of multiple club teams as like Foothills Swim Team and Denver Hilltoppers. I have graduated from Dakota Ridge High School and will be attending Colorado Mesa University in the fall to major in Sports Communications and Marketing and minoring in Baking and Pastries. Along with swimming I am also involved with a lot of other sports and extracurricular activities such as Track and Field, Lacrosse, Leadership Council, and Superfan so I am always doing something!

I love working with kids and being able to teach them new things to help them get better and improve each and every day. 99% of the time you will see me with a smile on my face or laughing because I love to be happy and want to make other people happy even at 6am in the morning! I can't wait for the season to start and it's about to be the best one yet because you always save the best for last!

Let's kick some butt, Barracudas!

Assistant Coach Brooke

Hi, my name is Brooke Vernon. I am a junior at Dakota Ridge High School. I have been swimming since the day I knew what water was and am so excited to be coaching all of the little swimmers this summer!

I have been swimming for Grant Ranch since I was 5 years old and have swam for multiple year-round Club teams including FST, SMST and Denver Hilltoppers. Being a junior, this is my third year swimming for Dakota Ridge High School, qualifying for state both years.

This summer I will be coaching and swimming for the Barracuda's swim team as well as lifeguarding at the Grant Ranch pool. I look forward to continuing to do what I love, teaching the skills I have learned and inspiring little swimmers to enjoy swimming as much as I do.

Parent Volunteers – A Swim Club's Foundation!

Dallas Hidalgo – your Volunteer Coordinator for the 2019 season

Our team runs smoothly when everyone helps out! All families are expected to volunteer for 5-8 shifts (pending final family count) throughout the season. Swim meets last 4-6 hours, and most volunteer jobs consist of roles filled during the 1st or 2nd half of each meet. While Dallas coordinates volunteers, it is a family's responsibility to find a replacement when circumstances prevent you from fulfilling one of your duties. The team committee prefers that all parents 'chip in' by volunteering, but if you are unable to sign up for the full number of shifts, you may optout by paying the Opt-Out Fee (*see fees).

VOLUNTEER DESCRIPTIONS

To run the team, we need parents to cover the jobs below and ask that each family **cover 5-8 shifts/season**. Some jobs are worth more than 1 shift and will require additional commitments, such as all home meets, or for the entire season. The total number of shifts depends on the number of registered families.

Announcer (home meets) – 2 shift credits per home meet, prefer 6 shift credits for all home meets – this role is basically the MC of the meet and makes announcements throughout the meet to include opening remarks, calling swimmers to line up in heating area, broadcasting specials that concessions may have, etc. Our preference is to find 1 parent to handle this role for all home meets during the season and at a minimum to have the same announcer for the entire meet. We typically have 3 home meets.

Apparel Coordinator (season) – 1 shift credit – we need 1 parent to coordinate apparel sales and delivery at beginning of the season. This person will work with our vendor and parents to facilitate ordering and then delivery of merchandise. You will have to be available for registration night to assist with sizing, etc.

Computer/Statistician Helper (home meets) – 1 shift credit – we supply 2 volunteers per shift for all home meets to receive sheets from the runner after each event and help enter data into the computer. All participating teams at that meet will use this information, so prior training with the software is helpful and available at a meeting in May.

*Please see the schedule online for training opportunities www.grantranch.swimtopia.com

Concessions Lead (home meets) – 6 shift credits for all home meets – for home meets we staff a concessions table with proceeds supporting our team. We need 1 family to take the lead on managing the concessions process to include purchasing items, delivering concessions to Village Center for each home meet, managing the cash box, and assisting concession volunteers with set-up and clean-up.

Concessions Helper (home meets) – 1 shift credit – we supply 2 volunteers per shift for all home meets to manage concessions. This position is responsible for selling concessions, managing cash, and assisting with set-up and/or clean-up.

Donuts (season) – 3 shift credits – a team tradition we will continue this year is to provide donuts for our swimmers after practice every Tuesday. We need 1 volunteer to manage this function for the season. This includes ordering and delivering donuts to practice every Tuesday (typically 8 weeks) and making sure to arrive by 7:45am. You will be reimbursed for food expenses.

Heating Helper (home meets) – 1 shift credit – we supply 3 volunteers per shift for all home meets to ensure swimmers find the correct lane several events prior to start of their event by moving swimmers to starting blocks just before their event begins.

Pennants & Pins (season) – 3 shift credits – at the end of year banquet we award swimmers with various pins and new swimmers receive a pennant. We need 1 volunteer to manage this process to include ordering necessary quantities of awards and working with Head Coach to determine final list of award recipients.

Ribbon Labeling (home and away meets) – 1 shift credit – we supply 1 volunteer for each meet to work 2nd shift only to place printed stickers with swimmer's name and time on appropriate ribbons. Then at the end of each meet this volunteer leaves GRST ribbons at the front desk at the Village Center for home meets and delivers ribbons to the Village Center for away meets. If ribbons are not complete by the end of the meet, this person arranges for delivery of the ribbons.

Ribbons and Speeding Tickets Filing (season) – 6 shift credits for the entire season – this position is responsible for filing all ribbons and speeding tickets earned by our swimmers. Swimmers earn ribbons at each race based on event place and earn speeding tickets when they improve their event times from meet to meet. We have 2-3 file boxes with a folder for each swimmer to file ribbons & speeding tickets. This can be done at the pool (during morning practice) or at home. We typically receive ribbons after each meet by Monday and our Statistician Lead typically creates the Speeding Ticket report by Monday after each meet.

Runner (home meets) – 1 shift credit – we supply 1 volunteer per meet for all home meets to collect timing sheets from all timers, organize in lane order and deliver to statisticians for computer entry.

Snow Cones (home meets) – 1 shift credit – in addition to our main concessions area, we offer snow cone sales at home meets, but usually only during second half of the meet. We typically supply 2 volunteers per home meet to set-up the machine and table, sell snow cones, and clean up at the end of the meet. Bags of ice, syrup, and cups/straws will be provided by the team.

Speeding Tickets Exchange (season) – 4 shift credits – swimmers who earn speeding tickets can exchange those for goodies. We need 1 volunteer to manage the exchange process, including

purchasing items for exchange (you will be reimbursed), arranging an exchange night halfway thru the season, then arranging a final exchange the night of our team banquet.

Set-Up and Take Down (home meets) – 1 shift credit – we need to complete several items to prepare our pool for home meets. We prefer 4 volunteers (2 for set-up / 2 for take-down) to complete the following:

- Set up 1 table for starter (4')
- Set up heating – 2 team tents, lane numbers on inside of tent and backs of front row of chairs, 6 rows of chairs, 8 chairs per row
- Remove lounge chairs in heating/starting side of pool
- Open umbrellas near heating area
- Hang heating white board
- Hang backstroke flags
- Secure starting blocks
- Tape off baby pool area and far end of pool
- Position US flag on deck near lifeguard area
- Help set up starter system and PA system for announcer

Starter (home meets) – 2 shift credits per home meet, prefer 6 shift credits for all home meets – this position is also technically a meet official, so it's helpful to have a good understanding of meet protocol. The starter announces next event, calls swimmers to the blocks, and provides instruction to start each event/heat. The league provides training in May and it's encouraged to attend. Our preference is to have 1 starter for all 3 home meets and at a minimum to have the same starter for the entire meet.

Stroke and Turn Judges (home and away meets) – 1 shift credit + 1 for training (with 2 meet shifts completed) – this position is technically a meet official, so it's helpful to be very familiar with proper execution of all strokes and turns and have completed the certification class in May. Judges are responsible for writing any disqualification as 'D.Q.' on the time sheet and to advise the swimmer of the reason for disqualification (diplomatically). We typically supply 2 judges per shift per meet, but for KCI and State meets we don't have to supply any judges.

*Please see the schedule online for training opportunities www.grantranch.swimtopia.com

Tent Duty (home & away meets) – 6 shift credits for the entire season – our team owns five (10' x 10') canopies and we need 1 volunteer to arrange pick-up of canopies prior to meet, deliver canopies & set-up according to plan below, then return canopies to GR Village Center or other storage area. We can split set-up and take-down duties across 4 volunteers. Our preference is to have 1 family manage this for the entire season. In a typical season we have 13 meet days (5 dual meets, 1 Gator Open, 2 KCI, 2 for League meets, and 3 for State meet).

- Position team tents (home meets) – 1 for coaches, 1 for starter, 2 for heating, 1 for swimmers
- Position team tents (away meets) – 1 for coaches, 4 for swimmers/parents

Team Social Chair & Award Banquet Coordinator (both jobs) – 6 shift credits – to make swim team fun and encourage family participation we host 2 events each season – a team

social/picture night in mid-June and our end-of-year banquet around the time of State Meet. We need 1 volunteer to manage these events by working with communications director and other parent committee members to complete the following:

- Secure dates with pool/other for both events
- Schedule photographer for social/picture night
- Help with communication
- Organize events/games for social night
- Help set menu

Timers (home and away meets) – 1 shift credit – we supply 6-8 timers per meet per shift. For home meets we use standard stop-watches that need to be cleared after each race, but a few teams in the league have electronic starting systems that require only stopping the race time. GRST timers will be paired with a timer from the other team and are required to time every race in their lane, record the times in the lane book, and clear watches for next race

- **Note:** you may volunteer for up to 3 timing shifts per season - and one must be a second shift position
- For home meets we also supply 1 back-up timer per shift in case of watch malfunctions, etc.
- For KCI and State meets timing shifts are determined based on events our swimmers participate in, so final assignments are typically delivered 2 days prior to meet
- All stopwatches are provided by the team (usually by the Team Coordinator)

Team Photographer - 6 shift credits – the photographer attends whatever swim meets are necessary to get photos of EVERY swimmer for the end of year video. Preference: 2-3 pictures per swimmer.

Video Production (end of year banquet) – 6 shift credits – over the past several years we have included a video presentation at the year-end team banquet. This role requires creating and editing a video with team photos (provided by the Team Photographer and families) and music and assisting in playing it at the team banquet.

State Meet Volunteer Responsibilities (TBD) – every 3 years our league hosts State Meet and additional volunteer opportunities need to be covered for those years. Details TBA.

EXECUTIVE BOARD DESCRIPTIONS: in addition to the jobs outlined above our team relies on a few additional parents to manage the positions listed below. To ensure a smooth transition from year-to-year and to encourage new parent involvement and ideas we support a system where these jobs follow a 3-year rotation: year 1 you serve in a training capacity; year 2 you manage the position independently; year 3 you train a new parent and handle most of the responsibilities. ***Discounts to registration fees apply to these board positions.***

President – Leader for the team.

- Schedules Spring Swims
- Handles coordination of key host meet duties such as starter set-up
- Stores all host meet related supplies

- Leads Executive Board meetings
- Works closely with all other Executive Board position
- Meets with Village Center Finance Committee twice per year and HOA Board once per year
- Meets with Village Center Manager to confirm home meet dates and other important dates for the season
- Works closely with Treasurer to review and confirm budget, Profit and Loss, Balance Sheet, Website, and other high-level topics

League Rep. – Our liaison to the rest of the league

- Attend all South JeffCo Swim League meetings (approximately 4-6 per year)
- Communicate all SJSL bylaw changes and be the liaison for the team on all league related issues
- Key position during our state swim hosting (may require additional hours)
- Help determine annual meet schedules
- Provide ideas on t-shirt designs for League meet & program aids

Webmaster/Communications Director – Primary communicator for the team via the website emails.

- Update all calendar events on the Barracudas Google Calendar
- Send reminders to the team about upcoming events & practices
- Works with the President to communicate with the Village Center to send out info to promote our team via Face Book or other social media
- Update the Team Handbook (a.k.a. Parent Packet)
- Conducts a year-end survey for the team

Treasurer – Handles all money

- Registration fees
- Creates annual budget and income/expense statements
- Pays any bills related to the team
- Reimbursement requests go through the treasurer

Computer/Statistician Lead – every team in our league uses the same software to create meet entries & heating sheets and to track swimmer performance.

- Creating the team roster
- Creating home meet heating reports
- Work with coaching staff to ensure meet entries are submitted
- Entering event times in the system for all home meets
- Running reports for Speeding Tickets, etc.

Volunteer Coordinator: primary responsibility is to facilitate coverage of all volunteer positions throughout the swim season.

- Update the sign-up system
- Communicate with parents about coverage/needs and ensure coverage at each meet
- Communicating with other team volunteer coordinators

- Assist with items such as ribbon distribution, speeding ticket exchange, etc.

Mini - Barracudas Program

Is your little one interested in swim team but cannot make it across the pool yet? Join us for the Mini-Barracudas! Designed for kids 8 and under who can swim $\frac{3}{4}$ of the length of the pool on their own. Don't worry, it doesn't need to be pretty. The session will run at the same time as 8 and under for the whole summer season! On top of the practices, will have a "mini meet" on Saturday, July 13th during the intermission of the Platte Canyon vs. Grant Ranch meet.

Practice Schedule

Optional spring practices/clinics are being held on Sundays at 5:00pm from March 3rd – May 5th at Littleton High School (except March 31st and April 21st (Easter Sunday)). Please see the website for fees and details.

Indoor late afternoon practices begin the week of **Monday May 20th** and go to **May 30th** at Littleton High School.

8 and under	4:30 - 5:00pm	M, T, W, Th
9 - 10	4:30 - 5:15pm	M, T, W, Th
11 - 12, 13 - 14, 15+	5:00 - 6:00pm	M, T, W, Th

Morning practices will begin **Monday, June 3rd**.

13+	7:00 - 8:00am	M - F
9 - 12	8:00 - 9:00am	M - F
8 and Under & Minis	8:45 - 9:30am	M - F

All AGES

DQ Review, Stroke Clinic & Open practice	7:00 - 8:00pm	M
---	----------------------	----------

Practice Requirements

All swim team members must attend at least 10 swim practices during the season in order to be eligible at the League Meet and State Meet. Season swims begin on May 13th.

2019 SJSL Meet Schedule – FINAL

6/01	Away	6am	Grant Ranch	@	Ken Caryl
6/08	Home	6am	Woodbourne	@	Grant Ranch
6/15	Away	6am	Grant Ranch	@	Bear Creek
6/19	Away	3pm	Gator Open	@	Governor's Ranch
6/21 -22	Away	6am	KCI Invitational	@	Ken Caryl (qualifying swimmers)
6/29	Home	6am	Governor's Ranch	@	Grant Ranch
7/6	Bye Week				
7/13	Home	6am	Platte Canyon	@	Grant Ranch
7/16	Prelims	6am	Prelims	@	Grant Ranch
7/17	Prelims	6am	Prelims	@	Platte Canyon
7/20	League	6am	League Meet	@	Governor's Ranch
7/26 - 28	State	TBD	State Meet	@	Stapleton

Pool Directions

For maps go to www.southjeffco.org or www.grantranch.swimtopia.com/maps

Bear Creek Pool 3180 South Pierce Street Lakewood, CO 80227

From Wadsworth & Bowles:

North on Wadsworth. East on W. Quincy Ave. Go .3 miles. Turn north (left) onto S. Pierce Way. This becomes S Pierce St. Go about 1.4 miles. Pool is on right. If you get to W Bear Creek Dr you've gone too far.

Governors Ranch Pool 9050 W Prentice Ave 303-978-1566

From the intersection of Belleview and Wadsworth:

West on Belleview to S. Field Street (by Children's World). Turn left (south) on S. Field Street to West Prentice Avenue. Pool is in southwest corner of S. Field St. and W. Prentice Ave.

Ken Caryl Ranch House Pool 7676 S Continental Divide Rd 303-979-4070

From the intersection of Ken-Caryl Avenue and Wadsworth:

West on Ken-Caryl Avenue to Continental Divide. Turn left (south) on Continental Divide. Ranch house is approximately ¼ mile to the south on left side (east) of street.

Platte Canyon 5380 W Coal Mine Rd 303-973-3570

From Pierce and Bowles:

South on Pierce to Coal Mine, East on Coal Mine about ½ mile beyond pierce on the right-hand side of Coal Mine (the parking lot entrance is on Coal Mine, however it is not easy to see where the pool is situated. The parking lot is just a block or two past Depew. If you have reached Platte Canyon, back track on Coal Mine about 8 blocks.

Woodbourne Pool 11082 Rowland Dr.

From the intersection of Simms and Bowles:

South on Simms to Meadow (street behind block buster video) Turn left on Meadows (east) and then turn left at the first available street, this street will be Frost. Turn right at the first street (Pierson) and head east again until you see the tennis courts. The pool is just to the left of the tennis courts.

2019 State Meet – Stapleton