

Delta Barracuda Swim Team

Welcome to the Delta Barracudas! We are the swim team for Delta County, Colorado.

Mission Statement:

The Delta Barracuda Swim Team welcomes swimmers of all ages and abilities. We strive to instill the qualities of self-discipline and sportsmanship to help our swimmers reach their highest potential. Through personal achievements and team growth, we empower our swimmers to be champions in and out of the water for a lifetime. Any swimmer who does their best is a winner.

What's a Barracuda?

The Barracuda is one of the fastest and fiercest fishes in the world. It is long and lean, and feared throughout the world's oceans. Because of its speed and tenacity, it was selected as our team motto in 1957 when the team was formed.

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2009 Season Information

Contact Us

- For questions about team membership or swim meet registration: Sue Barnosky, 856-7267 deltabarracudas@tds.net
- For questions about team and meet fees: Dawn Marah, 856-6959 ddbjmarah@tds.net
- For questions about swimming or coaching: Amanda Hatch, 874-8022 athatch@bresnan.net

Mailing address: Delta Barracudas, P.O. Box 1005, Delta, CO 81416

Web site: www.deltabarracudas.org

Other important web sites:

Zone 4 Swimming (Western region of CSI): www.zone4swimming.org

Colorado Swimming, Inc (CO governing body): www.csi.org

USA Swimming (National governing body): www.usaswimming.org

2009 Important Dates

March: 3/15/09 – Swim Team Registration, 12:00-3:00 p.m.
April: 4/1/09-4/24/09 – Spring Clinic I, and “Try the Team”
May: 4/28/09-5/15/09 – Spring Clinic II
May-July: 5/18/09-7/31/09 – Summer Practice
June: 6/14/09 – Delta Barracudas Swim-A-Thon Fundraiser
July: 7/29/09 – End-of-Season Team Picnic and Awards

2009 Practice Schedule

April:

4/1/09-4/24/09 – “Try the Team”, W 6:00-7:00 p.m.

These four Wednesday sessions provide an opportunity for a family new to the swim team experience to try it out. “Try the Team” swimmers will have 30 minutes with the coach, and then will see 30 minutes of team practice.

4/1/09-4/24/09 – Spring Clinic I, W and F 6:30-8:00 p.m.

This clinic is for returning Senior and Advanced swimmers only. Other swimmers will need permission from the Head Coach to participate. The minimum requirement for participation is the ability to do a 2500-yard workout.

May:

4/28/09-5/15/09 – Spring Clinic II, T, W and F 6:30-8:00 p.m.

(Same requirements as above for the April Spring Clinic I)

Summer:

5/18/09-5/22/09 – M-F 6:30-8:00 p.m. *(Seniors and Advanced swimmers only)*

5/26/09-7/24/09 – *(all swimmers)*

Morning Practices

M-F 6:30-8:00 a.m. *(Seniors)*

M-F 7:00-8:30 a.m. *(Advanced)*

M-Th 7:30-9:00 a.m. (Novices: Coach Holli will assign each Novice to a time slot, based on their ability. As they improve they may start earlier.)

5/27/09-7/27/09 - (for Seniors; others by Coach's invitation only)
Evening Practices, M and W 6:45-8:00 p.m.

7/27/09-7/31/09 – (all swimmers, but schedule change for State Qualifiers)
Morning Practices
M-F 6:30-8:00 a.m. (State Qualifiers only)
M-F 8:00-9:00 a.m. (all other swimmers)

[Note: Due to swim meet schedules, there will be no practices on 6/5, 6/25-26, 7/3, 7/10, 7/17, 7/31]

2009 Summer Season Swim Meet Schedule:

April 18-19	Durango
May 2	Delta*
May 30-31	Gunnison
June 5-7	Cortez
June 6	Grand Valley Wave/Rangely
June 9	Delta*
June 13-14	Sopris
June 13	Ouray*
June 20-21	Aspen
June 20-21	Durango
June 25-28	Grand Junction Dolphins*
July 3-5	Delta*
July 10-12	Montrose*
July 10-12	Craig
July 17-19	Western Slope Championships in Grand Junction
July 21	Delta*
July 23-26	State JO Championships in Fort Collins
July 31-August 2	Seasonal (Summer Club) Championships in Ft. Morgan
July 31-August 2	State Games of America at the Air Force Academy

****Strongly recommended for participation by all Delta Barracudas***

2009 Fees

*Mandatory:**

- | | |
|---|------------------------------------|
| 1. CSI Dues (all swimmers must pay) | 30.00 |
| 2. Barracuda Club Fee (all swimmers must pay) | 60.00 |
| 3. Bill Heddles Rec Center Pass (all swimmers must have a pass) | 48.00 – 3 month
55.00 – 4 month |

**also each family must provide a basket for the July 3-5 fundraiser*

Optional:

- | | |
|---|-------------|
| 1. "Try the Team" | 20.00 |
| 2. Spring Clinic I | 20.00 |
| 3. Spring Clinic II | 20.00 |
| 4. Swim meet entry fees (different for each meet) | 10.00-30.00 |

Scholarships:

A 2009 grant from the Cocker Kids' foundation provides scholarships of \$75 each for 10 swimmers from the North Fork Valley (Austin upriver to Hotchkiss, Paonia and Crawford).

2009 Fee Policies

- Fees must be paid at the time of registration. There will be no exceptions. Fees are nonrefundable. No money – no swim!
- Delinquent fees must be paid by June 1. Anyone joining the team later must pay for the full summer season.
- Any swimmers with outstanding fees from the past season will not be accepted until payment is made.
- Meet entry fees must be paid by the meet deadline. Swimmers will not be registered for a meet unless the fees are paid in advance.
- Any invoices that must be sent because of delinquent fees will incur a \$5.00 service fee. Children with unpaid balances will **not** be allowed to swim.
- Registration fees do not include fees for swim meets, nor costs for equipment such as team suits, goggles, caps, warm-up clothes or towels.
- Please be honorable about fees owed. Our parent board members are volunteers who work very hard for the team, and there are far better uses of their donated time than begging families to pay overdue fees.

Families may wish to make a deposit with the team that can be used to cover the fees for each swim meet. For example, depositing \$100 would approximately cover entry and event fees for five swim meets. The team's treasurer would deduct against the deposit with each meet entry form that is turned in, and then there would be no risk of missing a swim meet because of unpaid entry fees. Several Barracuda families use this method. Contact Dawn Marah, Treasurer at 856-6959 if you are interested.

2009 Board and Staff

Parent Board of Directors 2009		
President	Sara Knutson	(970)856-6118 deltabarracudas@tds.net
Vice President	James Tennapel	(970)856-7437 busyviolin@sopris.net
Secretary	Linda Hollingshead	(970)323-5888 lhollingshead@mcsd.k12.co.us
Treasurer	Dawn Marah	(970)856-6959 ddbimarah@tds.net
Registrar	Sue Barnosky	(970)856-7267 jimsue@tds.net
Meet Directors	Susanna Fry	(970)874-3028 susannaff1@earthlink.net
Ways and Means	Susan Lohr	(970)527-3056 susan@paonia.com
Western Slope League Representative	Tom Whelan	(970)874-3274 minco62@hotmail.com
Swimmer Representative	Bryn Marah	(970)856-6959 ddbimarah@tds.net
Staff and Other Contacts		
Head Coach	Amanda Hatch	(970)874-8022 athatch@bresnan.net
Associate Coach	Linda Hollingshead	(970)323-5888 lhollingshead@mcsd.k12.co.us
Assistant Coach	Karoline Fry	(970)874-3028 susannaff1@earthlink.net
Assistant Coach	Meghan Gallenbeck	(970)901-4910 meggallenbeck@deltaschools.com
Team Website	Susanna Fry	(970)874-3028 susannaff1@earthlink.net
Team Swimsuits	Susanna Fry	(970)874-3028 susannaff1@earthlink.net
City of Delta Rec. Center	Reception Desk	(970)874-0924

2009 Coaches

Head Coach: Amanda Hatch

Coach Amanda joined the Barracudas as Associate Coach in 2007. She has moved to the position of Head Coach with the semi-retirement of former Head Coach Linda Hollingshead. Coach Amanda handles all of the administrative coaching duties, and coaches the Senior and Advanced (“age-group”) swimmers for all practices and most swim meets.

Associate Coach: Linda Hollingshead

Coach “Holli” was Head Coach of the Barracudas for 26 years. In 2006 she was named Colorado Swimming Inc. “Coach of the Year” for seasonal clubs. After so many years of dedicated service, in 2007 she requested a move toward eventual retirement. For 2009 she will be serving as an Associate Coach as she did in 2008, with primary responsibility for the Novice swimmers who are hoping to move toward competitive age-group classification by the end of the season.

Assistant Coach: Karoline Fry

Karoline swims for Mesa State College in Grand Junction. She has been with the Delta Barracudas since she was 4, and is one of the most outstanding and successful swimmers in the team’s history. In 2007 and 2008 Karoline qualified for the U.S. Western Regional Championships (“Zones”) and placed very high in her four events. She has been an assistant coach for five years, and in 2009 will assist coach Holli with the Novice swimmers. She also will fill in as a substitute for the other coaches.

Assistant Coach: Meghan Gallenbeck

Meghan grew up locally, swimming with our team. Both her father and grandfather were part of the Barracudas in years past! She is an elementary school teacher and has taught swimming for several years. Coach Meghan joined the Barracudas as Assistant Coach in 2008. This year she will continue to coach the Advanced swimmers for practice sessions and at some meets.

CSI Certified Officials - 2009

The following are CSI Certified Officials associated with the Delta Barracuda Swim Team, with their highest level of certification. Every CSI swim team needs to provide officials for the numerous meets that take place during the swim season. Parents interested in becoming an official are encouraged to contact these officials for information on the process and requirements, or go to the officials section of the CSI web site www.csi.org.

Rockie Fry	Referee	(970)874-3028
Susanna Fry	Starter	(970)874-3028 susannaff1@earthlink.net
Susan Lohr	Stroke & Turn	(970)527-3056 susan@paonia.com
Dawn Marah	Stroke & Turn	(970)856-6959 ddbymarah@tds.net



How the Team Works

“Swimming teaches self discipline and respect; it builds self esteem and fitness; it provides lifelong friendships and much more...Swimming builds good people and you should be happy your child wants to participate.” (USA Swimming)

Organizational Structure

USA Swimming, Inc. is the national governing body for competitive swimming. Colorado Swimming, Inc. (CSI) is the USA Swimming governing body for Colorado. All meets and practices are conducted in accordance with USA Swimming rules, with USA Swimming/CSI certified officials. Coaches are required to meet USA Swimming/Colorado Swimming Inc. qualification standards to be certified.

The Delta Barracuda Swim Team is registered and operating under the sanction and policies of CSI, and the team is part of the CSI Western Slope League. All members of the Delta Barracuda Swim Team must pay annual fees to enroll in CSI. CSI maintains an online database of all Colorado meet results, and a comprehensive history of individual times for each swimmer. CSI also provides insurance, which is required for any swimmer to participate as a member of the Delta Barracuda Swim Team.

The Delta Barracuda Swim Team is organized as a Colorado nonprofit corporation [federal IRS 501(c)(3) status pending]. A volunteer Parent Board of Directors governs the team. Board meetings are held approximately monthly, and all parents are encouraged to attend and become involved.

The first year of the Barracudas as a formal swim club was 1957. It has served the county as a summer swim team since then, with a usual team size of more than 50 swimmers. Several families have sent three generations through the Barracuda program. The team has always been an all-volunteer effort, run on a shoestring. Nonetheless, the quality of the team is very high, and many Barracudas have achieved state and regional awards over the years. Currently more than half of team members qualify for the Western Slope Regional Championships. We are proud of our team!

Future plans for the Barracudas include being a full-service swim team for Delta County. We would like to explore a partnership with the Bill Heddles Recreation Center for expanding a learn-to-swim program for the entire community. We want to continue our partnership with the Special Olympics to help conduct and staff their annual swim meet. We hope to better integrate the summer swim club with the high school swim teams, and even provide P.E. swimming programs at the middle school and elementary school levels. And sometime in the future we would like to help sponsor a Masters' swim program for adult physical fitness. At the present time the Delta Barracudas Swim Team has no plans to become a year-round competition team, but who knows what the future may bring.

Parent Volunteers

In addition to serving on the Parent Board of Directors or training to become a CSI Official, there are many opportunities for parent involvement with the Barracudas. The team operates because of the parents. It takes everyone doing something to make the team and the swimmers successful. There are many tasks and **EVERYONE'S HELP IS NEEDED AND APPRECIATED.**

The swim program cannot exist without volunteers. As you become familiar with the team, opportunities to volunteer will become apparent. We invite you to participate in the effort needed to run the swim team to whatever degree your time, schedule and interest permit.

An excellent way to help is to volunteer to be a timer or lane judge at the various swim meets. All the timers and lane judges are parent volunteers, and the meet cannot start until there are enough of them. Timing is an excellent way to observe the races from poolside, to learn about how the meet is organized, and to interact with the officials and swimmers. In addition, you get free food and drinks!

Barracudas Home Meet

We ask every parent to volunteer during our home swim meet at the Delta Pool. As the host team, we are in charge of running the meet. Therefore we will have to set up the pool before the meet, do basic clean up after the meet and provide all the staffing needs during the meet (head timer, timers, announcer, hospitality suite, consignment table, data entry, runners, safety, etc.). Our meet director prepares an assignment sheet several weeks before our meet, so please be looking for this.

In addition, at our home meet we must provide food in the hospitality suite for the officials, coaches, timers, and other meet staff. For this purpose, we request each family to provide a supply of snack foods. The meet director also will be preparing a list of needed items, such as tables, ice chests, etc. Also, every family is required to prepare a gift basket for the silent auction at our home meet.

Home Meet Committees

There are seven committees for the home meet. **Every parent should find a place on one of these committees.** Committee Chairs report to a Committees President to ensure that all positions for the meet are filled, and all responsibilities covered.

1. **Poolside Committee** – The Committee Chair is the Head Timer, and schedules all necessary positions such as timers, safety marshals, line judges, first/last caller, etc. Committee members will have a choice of positions available. All other positions will be filled by parents, coaches and swimmers.
2. **Hospitality Committee** – The Committee Chair selects food items for hospitality and schedules Committee members for working times. **All families are responsible for contributing hospitality food items.**
3. **Basket Silent Auction Committee** – The Committee Chair creates a list for basket possibilities and schedules committee members to set up and monitor the baskets during the meet. **All families are responsible for one basket.**
4. **Consignments (Food and Clothing Sales) Committee** – The Committee Chair is responsible for inventory of consignment items and scheduling committee members to sell these items during the meet. Some items may need to be purchased for resale (can be reimbursed). The Chair might arrange with a local organization to provide meals for sale, for their own income.
5. **Poolside 4th of July Party Committee** – We are hosting a 4th of July potluck and party for anyone participating in the Delta Barracudas Invitational Swim Meet. The Committee Chair and members put together the potluck food items, grills, music and other aspects of the party.
6. **Friends and Family/Sponsorships Committee** – The Committee Chair and members educate parents about these two fundraising efforts, circulate appropriate forms, solicit sponsorships, and provide information to the Registrar in a timely manner so all donors can be included in the meet program.
7. **Opting Out with a Sizable Donation** – \$300.00 or more will buy you a way out of helping, but we hope not too many people take this route. Sure, we need funds but we need bodies even more in order to put on a successful swim meet.

Codes of Conduct

Swimmer Code of Conduct

Each swimmer is required to sign a “Code of Conduct Contract” prior to joining the team. It reads that “As the swimmer and parent/guardian of the swimmer, we promise to understand and follow the Code of Conduct as written in the Delta Barracuda Handbook. We realize that safety is our #1 priority. If we do not conduct ourselves within the boundaries of these rules, we subject ourselves to the Three Strikes and You Are Out Policy. Strike One: Verbal Reprimand. Strike Two: Written Reprimand and Suspension to be determined by the Coach. Strike Three: Expulsion from the team. Please sign below. No signature, no swim.”

The Code of Conduct referred to in the contract is as follows:

At Practice

1. Be on time for practice.
2. Check in at the front desk for every practice.
3. Be courteous and respectful to Rec. Center staff.
4. Always follow pool rules.
5. Pay attention to coaching staff and follow their instructions respectfully.
6. Don't monopolize the coaching staff – they have an entire team to coach.
7. Be courteous and respectful to fellow team members in and out of the water. Every swimmer is an equal member of the team.
8. Do not hinder or block another swimmer in your lane. The slower swimmer makes way when asked.
9. When asking a slower swimmer to make way, gently tap their trailing foot. Do not grab, pull, punch, pinch, twist or yell at the slower swimmer. Although perhaps faster, you are **not** more important.
10. In the locker room remember there is absolutely no running, shoving, yelling, swearing, throwing, hiding items, teasing or bullying, borrowing without permission, damage of the premises, or any other disrespectful behavior.

At Meets

1. Always let the coaches know if you will be unable to attend a meet you have already signed up for.
2. Get to meets on time, at least 10 minutes prior to session warm-up.
3. Come prepared to swim. Know your events. Have all your “stuff” – suit, goggles, cap, towel, food, water, etc.
4. Check in with the coaches as soon as you arrive.
5. Never get into the water without your coach's permission.
6. Pay attention to the meet so you are on time for your events. Watch the “First Call/Last Call” signs.
7. Check in with coaches immediately before and after each event you swim.
8. Be courteous and respectful to other teams' parents, swimmers and coaches.
9. Never argue with an official's decision – that is your coach's job if necessary. Obey the rules of the pool where the meet is held.
10. Support your team members – everyone needs encouragement.

Parent Contract

Each parent or guardian will be asked to sign a contract stating that they understand the acceptable rules of behavior on and off the swim deck during swim practices and swim competitions.

This contract is required in order to ensure a healthy and respectful environment for the swimmers, coaches and parents of the Delta Barracudas Swim Team.

The parent contract says:

1. I will remember that my child swims for his or her enjoyment.
2. I will encourage my child to abide by the team rules and resolve conflicts without resorting to hostility.
3. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of an event.
4. I will make my child feel like a winner every time, by offering praise for trying hard.
5. I will never ridicule or yell at my child for making a mistake or losing.
6. I will remember that children learn best by example.
7. I will never yell at or insult an official.
8. I will support all efforts to remove verbal and physical abuse from children's sports activities.
9. I will respect and show appreciation for the other parents who share these beliefs.
10. I will respect and support the coaching staff and never undermine their authority on or off the swim deck.
11. I will stay off the pool deck during practice, so that my child can pay total attention to the coaches.

Fundraising

The Delta Barracudas have been successful in keeping fees lower than most other teams because of fundraising efforts. Fundraising comes in the form of support from businesses and service groups in the local community, individual fundraising efforts by the team and occasionally from grants received from foundations.

For example, we sell concessions at our Delta home meet. We have also sold energy efficient fluorescent replacement light bulbs for DMEA, and Avon and Taste of Home products. Other sources of fundraising are team parents and swimmers providing staffing for the annual Masters Meet and Special Olympics at the Bill Heddles Rec. Center.

One of our most important sources of fundraising is our Family and Friends sponsorship of an event during our annual meet. The cost is \$15 to sponsor an event. An event sponsor has their name appearing in the meet program. For example, the program would read, "*Event 31-Girls 11-12 50 Meter Breaststroke, Sponsored by Nana and Poppy Smith in Honor of Our Sweet Granddaughter Suzy.*"

Businesses can also sponsor the team or one of the home meets. Sponsorship levels are \$25, \$50, \$100 and above. For businesses desiring more exposure, there is an opportunity to print advertising in a separate part of the program, or even on a banner to be hung in the pool area. Sponsorship forms will be available at team practices and also can be printed from the team web site.

The team is going to try a USA Swimming "Swim-a-Thon" in June 2009 for the first time. The Swim-a-Thon is a fundraiser in which participants earn money for their team by swimming lengths of the pool. Swimmers have a two-hour period to swim a maximum of 200 lengths, which is 5000 yards (or 2.8 miles!). Not only is the Swim-a-Thon an excellent fundraiser, but it is also an opportunity for teams to combine swimming and a social event. Additionally, the Swim-a-Thon can boost team spirit and increase community awareness of the team. But beware if you are contributing – the Seniors do a 4800-yard workout at least three times a week!



Frequently Asked Questions

1. What kind of team is the Delta Barracudas? And who can join?

There is a difference between a competitive swimming program like the Delta Barracuda Swim Team, and a “learn to swim” lesson program. A competitive swimming program is generally not designed to teach someone how to swim who has never swum before.

The Delta Barracudas Swim Team is a competitive swim team, but we also provide opportunities for the development of newer swimmers in the Novice program. Novices must be able to swim 15 yards in order to join the team. Swimmers practice and train in order to compete at swim meets. Coaches expect that swimmers will improve throughout the season. Novices will move toward the goal of qualifying for swim meets, and Advanced and Senior swimmers will seek to improve their strokes and distances.

Strokes do not need to be perfectly performed. Swimmers only need the basic skills of the two primary strokes (freestyle and backstroke). To be good team members, however, swimmers should also have a desire to improve their basic strokes and skills, look forward to making new friends, and want to HAVE FUN!

2. What are the levels for swimmers? How are swimmers grouped on the team?

Delta Barracuda swimmers are divided by the coaches into three levels:

- Novice – Younger swimmers with the goal of swimming competitively in at least two strokes by the end of the season. That means 25 yards of freestyle and 25 yards of backstroke for swimmers ages 8 and under, and 50 yards of each for swimmers 9 and older.
- Advanced – Swimmers ages 5-11+ who can swim two or more strokes competitively and who continue to seek individual improvement. USA Swimming calls this group “age-group” swimmers. We call them “Advanced” to honor their progress.
- Seniors – Swimmers ages 12-18 who are dedicated to mastering the four strokes in a competitive environment, to the best of their individual ability.

New swimmers will be placed in the Senior, Advanced or Novice category after their swim skills are evaluated during swim team registration in the spring.

3. Does the team swim year-round?

No. The Delta Barracudas are registered as a seasonal summer club with CSI. Certain policies, costs and restrictions are associated with seasonal or year-round status, and Delta qualifies for the seasonal designation. Summer club swimmers can only swim between April 1st and August 28th, and can compete in the Seasonal Championships. In certain cases, seasonal clubs can offer a fall season, which the Delta Barracuda team has done in the past and may do again.

4. When are practices held?

See the practice schedule for the current year in this handbook. In general, summer practice begins the week school is out in Delta County, and lasts until the end of July. During the summer, practices take place Monday-Friday early in the morning. Each group has a different starting time. Seniors have a second evening practice twice a week. There are also two spring clinics for returning swimmers in April (twice weekly) and May (three times a week).

5. Do team members have to come to practice?

Swim team practices are designed to hone the skills necessary to compete in the four competitive strokes (Freestyle, Backstroke, Breaststroke and Butterfly) and to physically condition the entire team for competition. We understand that summers are a busy time for children and families. Therefore attendance is not required at every practice. The Delta Barracudas support whatever level of participation you want to give that is consistent with your outside family plans and your child’s other summer activities. Practicing does improve performance, both in mastery of the basic strokes and meet performance. We

have noticed that swimmers really enjoy practices and look forward to attending practice in addition to competing at swim meets. Some parents make sure their children are at every practice just for the early bedtimes and good sleep that result!

6. How do I sign up for the team?

Sign-ups in person will take place on the third Sunday in March each year, usually from noon -3:00 p.m. at the Bill Heddles Recreation Center. Returning swimmers may sign up through the mail before that date. The forms are available on the team web site, or call Susan Barnosky, Registrar at 856-7267. The last date for late registration is always June 1st.

7. How will the team communicate with me?

The team has an email list and it is used frequently for important information and other announcements. Be sure to provide an accurate email address at registration. The team web site (www.deltabarracudas.org) provides access to important information. Also, parents should come into the lobby of the Rec. Center at one or the other end of drop off/pick up. There is a team information board in the lobby that is updated daily. Entry forms for meets will be available daily on this board. Deadlines must be honored, and it is the swimmer's (parents for young ones) responsibility to keep track.

There will be Parent Clinics in the lobby once a week during swim practice, with experienced swim parents providing information about such topics as How to Sign Up for Swim Meets, What Do Officials Really Know Anyway?, How Are Relays Composed?, etc. Please participate and bring your questions, concerns and expertise!

8. What kind of equipment is needed to be on the swim team?

The team makes a bulk order of team suits. The cost of this suit and other personal equipment is not included in the registration fees. Suit sizing will take place at a practice session early in the season. The dates and times will be posted on the team web site and in the Rec. Center lobby on the swim team information board. Ordering a team suit is optional. Many swimmers use other suits for practice and save their team suits for competition. Swim goggles are required. Swim caps are optional.

9. Do team members have to compete at swim meets?

It is not required that team members compete in every competition, but swimmers are encouraged to compete in as many meets as possible. Every swimmer is encouraged to at least swim in our home meets at the Bill Heddles Rec. Center Pool.

Team members must compete in at least one competition per season in order to rejoin the team the next year. While the team is meant to be fun and provide good exercise, it is not fair to those swimmers who are there to practice for competition to have swim time and lane space taken up by swimmers who are *only* there for fun. Also, swimmers must compete in at least five meets in order to be eligible for the end-of-season awards.

It is not required to participate in every possible race at a swim meet. Most meets last from 2-3 days over a weekend. You do not have to attend every day of a meet. Depending on your preferences, you can just enter events that are scheduled on the same day. Typically, each swimmer and their parents decide which races to swim, factoring in coaching recommendations, family and personal preferences, and race scheduling during the meet. For each meet there is also a limit on how many races an athlete can swim each day, typically three or four races.

For out of town meets, if your child wants to attend but your work or other schedule conflicts, there will always be another family who is willing to take your swimmer with them to the meet. Just ask!

Swim meets are an enjoyable time for the swimmers and families. Our out-of-town meets take us to some of the most beautiful areas in Colorado, and in addition to the meet, there is time for enjoying what each community has to offer for sightseeing or recreation. The other great advantage for families is the camaraderie to be enjoyed among team members and with other teams.

10. When are swim meets held?

Meets are held every weekend beginning in late May. See the meet schedule in this handbook. Changes can occur, so be sure to check the information board at swim practice and also the team web site. Meets are usually 2-3 days, but some may be just an evening and others may last 5 days. Typically, Friday sessions are for the younger swimmers and long distance older swimmers.

Some weekends have two swim meets. In this case, our team will decide which meet will have a coach present. Sometimes, because of travel or family considerations, parents will choose to enroll their children for swim meets where there won't be a coach. In this case the parents will have to manage their children themselves. Their swimmers will be labeled "Unattached" and will be assigned to another team's coach for warm-ups, because of CSI rules regarding liability considerations.

11. What do swim meets cost?

All swim meets require separate entry fees for each swimmer. These fees are not included in the team registration fees for the summer season. Entry fees for the meets are required in order to pay for the exclusive use of the pool or recreation center for 2-3 days, fees to CSI and Western Slope League for sanctioning the meet, official stipends, and other meet expenses incurred by the hosting team. Entry fees are typically \$3-\$5 for the pool usage fee, and an additional \$3-\$5 for each race that the swimmers enter. Typical costs are about \$20-\$30 per child for each meet. Payment of entry fees is required before a swimmer can be registered for a meet event.

For out of town meets, there are also individual travel expenses in addition to meet entry fees. There are several alternatives for overnight lodging at each swim meet. Most pools on our schedule have camping facilities within walking distance of the pool, in addition to the usual assortment of motels and restaurants. Everyone develops their own preference.

12. What kind of events do the swimmers compete in?

Nearly all meets and events that the swimmers compete in are structured in gender-specific age group categories. This means that swimmers compete in age brackets and male/female categories, e.g. "8 & Under Girls", "9-10 Boys", "11-12 Girls", "15 & Over Boys", etc. There are also many stroke and distance combinations in each age group, such as "50-yard Butterfly", "100-yard Backstroke", "200-yard Freestyle", etc. Not every distance is available for every age group. In general, shorter distances are for younger swimmers.

13. How are relay teams decided?

The coaches select the relay teams from among those swimmers registered for a specific swim meet. This selection often happens at the very last minute, so be sure to check with coaches or the Registrar to see if your child will be swimming in a relay. Often the relays happen in a session that is different from your child's first session, but the coach never puts your child in a relay on a day you wouldn't otherwise be at the meet. The Delta Barracudas don't necessarily use the relays for extreme competition, but rather as an opportunity to let as many children have the experience of swimming on a relay team as possible. For this reason, the team absorbs the costs of relay fees. Often swimmers of widely varying ages and abilities may be on the same relay team.

14. Who are the other teams that the Delta Barracudas compete against?

The Barracudas are part of Zone 4 (Western Slope) of CSI. The championship competition for Zone 4 is called "Western Slope Championships", and includes eligible swimmers from all 19 teams who have met the WSC qualifying times. The teams are: Aspen, Avon, Cortez, Craig, Delta, Durango, Grand Junction Dolphins, Grand Valley Wave, Gunnison, Meeker, Montrose, Ouray, Pagosa Springs, Rangely, Rifle, Sopris (Glenwood Springs), Steamboat Springs, Summit County and Telluride.

Don't confuse Western Slope with the Western Zone of USA Swimming. Western Zone (Western Region) includes all the western states of the U.S. The designation "Zones" in meet information or results is for the USA Western Region competition.

15. How do we enter a swim meet?

The team has a Registrar who officially enters the meet under CSI standards. She provides entry forms for each meet for parents to fill out for their individual swimmers. Forms will be available at each morning practice. Entry forms include a schedule of meet events. The complete meet information packet and schedule are also available online for each swim meet.

The Team Registrar or a substitute will be available at every practice. Also, parent clinics will be held in the Rec. Center lobby each week by experienced swim parents to explain how to enter swim meets and to answer other questions.

After deciding which events to enter, fill out the form and return it with the applicable entry fees to our Team Registrar by the registration deadline. If you are unsure about which events to enter, ask the coaches for a recommendation. Each swim meet has a registration deadline, which will also be posted at morning practice sessions.

Entry fees must be paid by the meet entry deadline. There will be no exceptions. The easiest way is to make a deposit at the beginning of the season that can be drawn down by the Team Treasurer for each meet, until it is gone (or more is needed!).

16. What will my first swim meet be like?

Your first swim meet might appear fast paced and even somewhat chaotic. USA Swimming/CSI rules set strict limits on how much time a meet can take. The meet officials are there to insure that the meet is completed within the time limit, so there is little or no pause between the end of one race and the start of the next.

The meet officials will not delay the start of a race if a swimmer is missing at the start block or is otherwise not ready (for example, if a swimmer cannot find his/her cap or goggles, or has not yet put them on). In that case, the race proceeds without the swimmer, or the swimmer swims without his/her normal equipment. At some meets, an actual monetary fine is assessed against the team if a swimmer is registered for an event but does not show up at the start block, unless he/she has been officially "scratched" from the event beforehand by the coach.

For this reason, it is important to help your children be in the right place at the right time with the right equipment (goggles and cap). Although the coaches try to monitor things, it is impossible for them to individually track down every swimmer for every race. They usually have swimmers in the water to watch and time in every race, and are unable to divert their attention to finding missing swimmers for the next race.

Meets are divided into a morning session and an afternoon session for each day. Each session begins with a warm up period. It is required to be at the warm up period even if your event is much later in the session. For example, if morning session warm ups start at 7:30 a.m., and your child's first event is not until 10:30 a.m., you must be there by 7:30 a.m.

Each event at a swim meet is divided into separate heats if there are more swimmers entered than there are lanes available in the pool, which is the typical situation. Your child will be assigned ("seeded") in a heat based on his/her previous best time in that event. Those with the fastest times swim in the last heat, except for the long distance swims. If they have no previous official time in that event, they will be assigned as "unseeded", and the letters "NT" (no time) will probably appear next to their name on the heat sheet for that event. Generally an unseeded swimmer will be in the first, or an early, heat.

Until you develop your own routine, here is a suggested sequence of things to do at your first meet:

- Arrive in time for the warm up period at the beginning of the applicable session.
- When you arrive, let the coach know you are there.
- While your child warms up, find the "heat sheet". A heat sheet is the program for the meet. It lists the order of events, which swimmer is in each heat of that event, and which lane they are

swimming in. The heat sheet is usually posted somewhere on the pool wall, or individual copies can be purchased for \$3-\$5. Occasionally, the heat sheets will be modified as the meet progresses, so if something does not appear to follow your heat sheet, ask if there has been a change.

- After the meet starts, monitor the sequence of events. As your child's event approaches, there will be a "first call" for that event announced over the PA (don't rely on hearing this over the pool noise) and simultaneously posted somewhere in the pool area. Events are identified by a number, for example, "Event 32-Boys 8&Under 50m Freestyle".
- Sometime around the "first call" have your child check in with the coach for a pre-race briefing. Your child *must* check in with the coach before swimming!
- Continue to monitor the sequence of events in the water. At or before the "last call" for your child's event, make sure they are standing in the assembly area right behind the start block for their lane, with all their equipment on (goggles and cap). This is not the time for a run to the bathroom. For younger children (usually "8&Under") some meets have a separate "heating area" to get them all together well in advance under adult supervision to lead them to the right lane for the right race. In that case, as a parent your job is to get them to the heating area on time, and then leave. Don't try to accompany them after they are in the heating area.
- Enjoy the race and be proud. However, be sure to respect the race environment and allow the officials to do their job. It is not acceptable to touch your child during the race, and especially not to push them off the starting block if they missed their start (this has happened!).
- After the race, have your child report to the coach for a post race briefing.
- Stay aware of how close your child's next event is coming up. Sometimes they are very close together and barely leave time for a quick drink or visit to the bathroom. The above sequence starts all over for the next event.

The winner of each heat usually receives a small award when they climb out of the pool. After all the heats are finished, all the swimmers are ranked by time to determine the overall winner of the event.

There are usually three timers per lane. If the pool has a touch pad system, two additional timers also time the race. Multiple timers provide a level of redundancy to mitigate any problems with a stopwatch malfunction. The three times for each race are recorded, and the official time for the race is then determined by USA Swimming procedures.

Official results are posted somewhere in the pool area, and are updated periodically throughout the meet session. There is usually about an hour delay between the end of an event and the posting of the official results to allow for collection of time sheets, data entry, and printing.

17. Are there any championship meets?

Swimmers must qualify to swim in the various championship meets at the end of the season. Swimming a qualifying time during a current regular season meet makes them eligible to participate in the end of season championship meets. The qualifying times for the current year are included as an appendix to this handbook, and can also be found on the team web site.

The first championship meet, and the one most swimmers experience at least once, is the Western Slope Championships (WSC). This meet is held near the end of July, and is hosted at various locations on the Western Slope. Only swimmers with a WSC time are allowed to enter the meet.

After the Western Slope Championships there are other championship meets. These are the JO's (Junior Olympics), which is a State Championship for the best swimmers in the state from both year-round and seasonal teams, and the Summer Club (Scottie Aschermann Memorial) State Championships for seasonal teams only. Each year a number of Delta swimmers go to the Summer Club Championships, and a few go to JOs.

18. What do “LCM”, “SCM” and “SCY” mean after my child’s times for each event?

Our schedule has us swimming in pools that have different lengths. USA Swimming/CSI has a method to standardize times for different pool lengths. The different pool lengths you will see in our meets are:

- LCM-Long Course Meters-50 Meters (e.g. Grand Junction Dolphin Meet at Lincoln Park)
- SCM-Short Course Meters-25 Meters (e.g. Grand Valley Wave Meet on Orchard Mesa)
- SCY-Short Course Yards-25 Yards (e.g. Delta Pool)

For example, if your child’s best time for an event was at the Delta Short Course Yards pool, and his/her next meet is in Montrose, which is an SCM pool, his/her time will be converted to an SCM equivalent time to seed him/her in that meet. That is why you might see a different time next to your child’s name on the different meet heat sheets.

19. Who are the officials at swim meets?

Officials are volunteers, usually swim parents, who have taken the necessary tests and trained to become certified as a swim official. Anyone interested in officiating is encouraged to become certified. Officials are a necessary part of a swim meet. Without enough officials, a swim meet cannot be certified, so results cannot be used in determining eligibility for championship meets. There is a list of officials associated with the Delta team elsewhere in this handbook.

20. Do parents have to work at swim meets?

Teams are expected to provide help at swim meets. It takes many people to hold a meet, and the typical host team does not have enough people to do it by themselves, so volunteers from visiting teams are needed. Usually volunteering as a lane timer is all that is required. However, at championship meets teams are assigned duties, such as specific sessions for lane timers, event board updating, clean-up, hospitality, etc.

21. How can I help my child be prepared to succeed at swimming?

There is a great deal of very good information available on the USA Swimming website www.usaswimming.org about this topic. Useful tips for nutrition, hydration and rest can be found there, and also some excellent guidelines for motivating your child to swim their best. Even more important, there are good tips for being a supportive sports parent rather than a pushy one.

One of the best ways to help your child set and attain their swimming goals is to keep track of the times they achieve at swim meets. Many parents keep notebooks with index cards or binder sheets for each event, and they record the final times and even graph them. Swimmers can decide to try for championship meet qualifying times at various levels.

24. Does the team provide awards and recognition at the end of the season?

Yes, there is an end-of-season picnic at the Rec. Center. All swim families receive an invitation, and every swimmer’s achievements are honored. There are awards given for improvements, sportsmanship and participation. This is a fun event that brings our families close together in a supportive atmosphere as we honor the achievements of our children.

Glossary of Swim Terms

Age Group Swim Meet. All USA registered swimmers 18 years old or younger who have met the qualifying time standard for specific events are eligible to participate in their age category. Age on the first day of the meet shall govern the entire meet.

Bonus heat. The first or slowest heat of finals, at swim meets where three heats of finals are swum.

Consolation heat. The first, or slower, of two heats of finals at a championship meet.

Course. Designated distance over which the competition is conducted. Long course (LCM) is 50 Meters and Short Course is 25 Yards (SCY) or 25 Meters (SCM).

Deck seeding. Heat and lane assignments are determined for the swimmers at the beginning of each meet session, after scratches are taken out.

DQ. Disqualification. A swimmer is usually disqualified when he performs a stroke, touch or turn incorrectly or when he enters the water before the start (false start).

False Start. When a swimmer enters the water before a race or moves during the start, he may be charged with a false start. This results in disqualification, since USA has a "no false start" rule.

Dual Meet. Meets conducted between two teams, usually with a limitation on the number of entrants from each team.

Finals. The session of a meet where qualifying rounds were held previously to determine the finalists. Usually there are 1-2 heats of finalists and their order of finish determines the ultimate placement in a given event. Most trials-finals meets are on a championship level.

Heat. The group of swimmers who swim a race at the same time. Several heats may be held in a particular event.

Heat sheets. Printed listings of all swimmers by event number and entry time. These are also called the Meet Programs or "Psych Sheets."

IM. Individual medley. The event where a swimmer swims butterfly, backstroke, breaststroke, and freestyle in that order.

Lap. Two lengths of the pool.

Length. One length of the pool.

LSC. Local Swimming Committee. One of several regional groups such as Colorado Swimming, Inc. charged with the conduct of all USA Swimming activities in that region.

Medley relay. Four swimmers on each team each swim one fourth of the total prescribed distance in the order: backstroke, breaststroke, butterfly, and freestyle.

Prelims, or Trials. In certain meets, the qualifying rounds for each event to determine the finalists.

Proof of time. A requirement at some meets to make certain that swimmers have legally met the entry time standards for that meet.

Pyramid Seeding. In trials or preliminaries of trials-finals meets, the swimmers in the top 3 heats are intermingled so that the fastest three swimmers are in the middle lanes of the last 3 heats, the next 3 in the lane next to that in each of those heats, and so forth. This is also called "circle seeding." In finals, those finishing fastest by time swim in the top 1 or 2 heats (Final and Consolation Final).

Referee. The USA official who has the final authority over all other officials at the meet. He makes all final decisions and sees to the efficient running of the meet.

Seed times. The times a swimmer uses to enter a meet. These times appear on the heat sheet and the entry cards and determine the swimmer's heat and lane assignment in a meet.

Seeding. The process of assigning swimmers to lanes and heats by time. In general the swimmers with the slower seed times swim in the earlier heats. The order of swimming in the final heats depends on the type of meet.

Senior meet. A meet with only one age group called "senior." Swimmers of any age who have met the qualifying times may compete.

Straight seeding. Swimmers are assigned to lanes in heats from slowest to fastest. In a given heat, the fastest swimmers swim in the middle lanes and the slower ones on the outer lanes.

Split. The time a swimmer achieves in one or more laps or lengths of her race. Coaches use these times to help instruct swimmers in pacing. For example, the time for the first 50 yards in a 100-yard race is the swimmer's 50-yard split.

Starter. The USA official responsible for starting each heat and calling the swimmers to the blocks.

Stroke and turn judge. A USA official who determines the legality of swimmers' strokes, turns and finishes and disqualifies those who do not conform to USA rules.

Time Standards. A set of times developed by USA Swimming to assist swimmers in performance planning. They are based on percentiles of the 16th fastest time in each stroke in each age group.

Top 16. A tabulation of the top 16 times in the US in each age group and stroke. These are published annually.

Touch pad. An electronic pad which stops a clock when the swimmer touches it at the end of the race. This is usually the official time, although corrections are made if the swimmer misses the pad.

Unattached. The status a swimmer receives when changing from one USA club to another. A swimmer must swim unattached for 120 days from the date of the last USA meet she swam for the previous club. During this time she may compete individually, but may not be entered in relays.

