

# Parent Handbook

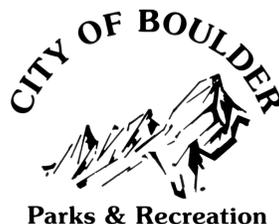


2014

Visit:

[www.BoulderBarracudas.org](http://www.BoulderBarracudas.org)

For current team information



# Letter from the Head Coach

Dear Barracudas Parents,

'Tis the season for another exciting summer on the pool deck! I am so excited to be returning for my second season as Head Coach of the Boulder Barracudas. I hope that you are as excited as I am for warm weather and sunshine, but most importantly, the summer swim season!

A little about me...I graduated in December of 2012 from The University of Northern Colorado with a BA in Communication Studies. I now work full time for Downtown Boulder as the Marketing and Communications Coordinator. I have been swimming for most of my life and can't wait to spend another summer on the pool deck. I started swimming competitively in the Boulder Valley Summer Swim League when I was just 7 years old and swam throughout high school. As a BVSSL veteran, I know first hand how beneficial the summer swim program is! Some of my most valuable lessons and treasured moments during my childhood came from my time in summer swim league!

I hope that your children have an extremely positive experience and gain the same valuable life lessons that were given to me as a BVSSL swimmer. As Head Coach of Boulder Barracudas, I will strive to foster an environment where swimmers learn good sportsmanship, responsibility and self-confidence. However, my ultimate goal is to ensure that all of our swimmers have FUN!

The Barracudas have an incredible coaching staff this summer, made up of past and current swimmers with a wide range of experience. Our goal will be to create an environment where swimmers can learn while having fun. We are confident that with hard work, commitment and this dedicated coaching staff, each swimmer will excel this season!

We have planned numerous social events for our swimmers. Age group parties, team dinners and our trip to Water World are all extra activities that we hope will enhance the team experience. Attending these events will allow swimmers to get to know their teammates and create lasting memories like the ones that I still cherish!

This year, our coaching staff would like to ask that each swimmer participate in at least **one** dual meet. We know that trying something new can sometimes be scary, but competing in a meet can be extremely rewarding. In fact, last summer, we had a swimmer who animatedly refused to participate in meets; she persisted throughout the first month. Her coach finally convinced her to give one race a try, and she did. That swimmer wound up **LOVING** meets and was eager to swim in as many races as possible. In fact, she wound up dropping 30 seconds off of one of her races from her first meet to her last. She is a great example that trying something new can be extremely rewarding. We are here to help swimmers meet their goals, whatever they might be!

We will continue to strive to provide you with what you are looking for in a summer swim team. If we ever fall short of your expectations, I hope that you will make me aware of how we can improve. I believe that an open line communication is crucial to any successful program and I appreciate your willingness to help us be the best summer league team in Boulder!

Here's to a great season! Go Barracudas!  
Natalie

# Meet the Coaches

## Head Coach **Natalie Litke:** 11-12 Coach



This is Coach Natalie's second season with the Barracudas. She is a veteran of the Boulder Valley Summer Swim League and swam from age 7 to 18. She cherished early morning practices just as much team parties. Natalie also competed at the national level as a synchronized swimmer and swam for four years for Boulder High School. Natalie absolutely loves the summer swim league program and can't wait to spend another summer with the Barracudas.

This is Natalie's 8<sup>th</sup> summer with the City of Boulder. She was previously a lifeguard, pool manager, and head instructor in the swim lessons program. Her favorite position she has held is coach! She loves coaching swimming because nothing is more gratifying to her than helping her swimmers meet their goals. Here's to another great season with the Barracudas!

## Assistant Head Coach **Eric Finger:** 13-18 Coach



Welcome back Coach Eric for his second summer with the Boulder Barracudas! Eric was born in Phoenix, Arizona and raised in Highlands Ranch, CO. He will be graduating this May from the University of Colorado-Boulder with a degree in Civil Engineering-Construction Management and a minor in Economics. He has recently accepted a job working for Hensel Phelps Construction as a field engineer and will be moving to Omaha at the end of our swim season.

Eric has been swimming competitively for 14 years. He was a high school swimming state champion in 2010 for Highlands Ranch High School. Eric is a 4-time national club-swimming champion for the University of Colorado-Boulder. He currently holds the 800 freestyle relay national club record and 16 top 5 times in CU history. Eric has been coaching for 6 years. Most recently, Eric took on the position as Head Coach of the Monarch High School Boys swim team! Eric can't wait to spend another summer with the Barracudas!

## Assistant Coach **Lars Anderson:** 9-10 Coach



Please join us in welcoming Coach Lars to the Boulder Barracudas! Lars was born and raised in Aurora, Colorado. He will also be graduating this May from the University of Colorado Boulder with a degree in Civil Engineering-Construction Management/Water Resources as well as a minor in Philosophy. After the summer swim season is over, Lars hopes to find an engineering job in Denver, Australia or New Zealand.

Lars has been swimming competitively for around 10 years. He was a high school swimming state qualifier in 2008-2010 for Overland High School. He swam the 100 back and 200 IM at the Colorado High School 5A State Championships all three years. Lars is a 4-time national club-swimming champion for the University of Colorado where he currently holds 2 top 5 times in the 100 and 200 back.

## Assistant Coach **Casey Wilson:** 8 and Under Coach



We are excited to welcome Coach Casey back for her third season with the Boulder Barracudas! Casey is a Chicago native, which is where she started swimming competitively at age 7! She will be a senior at CU this fall, where she is pursuing a degree in Human Resources Management. She is currently the President of the CU Swim and Dive team, which has held the title of national champions for the past 8 years! Last year, Casey placed first in 3 of her 5 events. She also holds team records in the 50 butterfly, 100 IM and 100 breaststroke.

Casey has taught swim lessons for 7 years. She is excited to return for another year of coaching the Barracudas!

## Assistant Coach **Amanda Haeberle:** Pre-Team Coach



Please join us in welcoming Amanda to her first year as a coach of the Boulder Barracudas. Although this is her first summer coaching, she is not new to the team. Amanda swam for the Barracudas for the past two summers and is excited to add a third year as a swimmer and coach! Last year, she was presented with the coveted "Swimmer of the Year Award."

Amanda was born in Wichita, Kansas and was raised in both Windsor and Boulder. She will graduate this May from Windsor High School and plans to attend the University of Colorado at Boulder next fall where she will pursue a degree in Molecular, Cellular and Developmental Biology. We hope that this will be the first of many more "coaching" summers for Amanda with the Boulder Barracudas.

Pay Booster Fee  
by June 7<sup>th</sup> to  
avoid  
**LATE FEES**

# Boulder Barracudas Booster Club

## Barracudas Team Swimmers (8&U-18)

- **A \$25 per child fee will cover the cost of prelims/finals, coaches gifts, meet supplies, party supplies and the End of the Year Banquet desserts.**
- This fee is **not** included in the registration fee through The City of Boulder.
- Payment is due prior to the first home meet on 6/6 to the Parent Volunteer Coordinator or Head Coach.
- Payment will be collected during practice prior to 6/6 or at the parent meeting.
- Please make all checks payable to "Boulder Barracudas"
- The Hot Shots Meet, Long Shots Meet and Pentathlon are all extra meets that have their own individual fees. Swimmers who choose to participate will be asked to pay for their own registration.
- Water World tickets are not included. Swimmers interested in attending will have an opportunity to purchase group tickets as the event nears. Coaches will have the most up to date information.
  - **Late Fee:**
  - After 1<sup>st</sup> Swim Meet (6/7/14) +\$5 per Swimmer
  - After 7/1/14 +\$5 per swimmer

## Pre Team Swimmers

- **A \$15 per child fee will cover the cost of coaches gifts, pre-team ribbons, and Banquet desserts.**
- Payment is due prior to the first Pre-Team meet on 6/18
  - **Late Fee:**
  - After 2<sup>nd</sup> Week (6/20/14) +\$5 per Swimmer
  - After 7/1/14 +\$5 per swimmer

### **For questions about Boulder Barracudas Booster Club:**

Heather Janelle  
Parent Volunteer Coordinator  
[hjanelle@lilbiker.com](mailto:hjanelle@lilbiker.com)  
(720) 381-4969

## **Barracuda Booster Fees can now be paid ONLINE:**

1. Go to [www.BoulderBarracudas.org](http://www.BoulderBarracudas.org)
2. Click the link on right hand sidebar for "Pay Fees Online"  
Please remember to enter swimmers name(s) in comments

*Coaches also have a Square reader to swipe your card at practice*

# Swimmer Behavior & Expectations

The coaches would like to set ground rules for the season to maintain a POSITIVE environment for all swimmers.

Rules include, but are not limited to:

- Swimmers will respect and be supportive of each other. There will be no talking back to coaches, swearing, fighting, endangering the safety of others, or physically or verbally teasing others.
- Swimmers will respect all property. There will be no vandalism or misuse of Spruce Pool, South Boulder Pool, away meet pools and locker rooms.
- Swimmers will respect and follow the instruction of the coaches the first time directions are given.
- Swimmers will be quiet and attentive to the coach when instructions are being given. If you do not understand how a drill is done, do not be afraid to ask for clarification.
- Swimmers will conduct themselves as responsible competitors and demonstrate good sportsmanship both in practice and in competitive swim meets. There will be no name calling, swearing, booing, or fighting.
- Be on time to meets and practices.
- Have equipment available and adjusted before every practice. Always have an extra set of goggles with you at every practice.
- Disruptive behavior at practices or meets may result in swimmers being asked to leave the pool. Disciplinary matters will not be discussed during meets or practices. If there is an issue it will be addressed outside of these times so as to be fair to the other swimmers and not take away from their practice time.

## Management of Inappropriate Behavior

To ensure the safety of all swimmers, the following progressive discipline steps will be taken for those swimmers who disregard pool/safety rules, and/or display disrespect for the coaches, teammates, and/or lifeguards.

The management of inappropriate behavior shall include, but not be limited to:

- Verbal warning to the swimmer.
- Coach(es) will have a conversation with the swimmer after practice.
- Swimmer will be asked to leave the activity or event for the day. Parents will be notified and an incident report will be filed.
- If the behavior continues, parental attendance will be required at practice until the Water Safety and Operations Coordinator deems the situation under control.
- Coach may request a conference with the Water Safety and Operations Coordinator and parent(s) if inappropriate behaviors continue and/or if they interfere with the effectiveness of the program.

## Parent Expectations

- Parents must volunteer. The team does not run without parent help. During each home meet, each family is asked to supply a volunteer for 1/2 the meet. Please see the website for information on volunteering positions and to contact the parent coordinator.
- Recreational swimming while the entire pool is programmed is not allowed. Please check current pool schedules to see when lap swim for the public is available

- Parents will not engage in unsportsmanlike conduct with any coach, parent, swimmer, participant, official or any other attendee.
- Parents will not encourage their child, or any other person, to engage in unsportsmanlike conduct with any coach, parent, swimmer, participant, official or any other attendee.
- Parents will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, swimmer, participant, official or any other attendee.
- Parents will not engage in the use of profanity.
- Parents will not engage in verbal or physical threats or abuse aimed at any coach, parent, swimmer, participant, official or any other attendee.
- Parents will not encourage their child, or any other person, to engage in verbal or physical threats or abuse aimed at any coach, swimmer, participant, official or any other attendee.
- Parents will not initiate a fight or scuffle with any coach, parent, swimmer, participant, official or any other attendee.
- Parents will not encourage their child, or any other person, to initiate a fight or scuffle with any coach, parent, swimmer, participant, official or any other attendee.
- Parents are expected to assist in the management of their swimmer's behavior. Parents should recognize their swimmers' efforts and encourage the development of a positive attitude toward the program.
- Parents are requested to assist all swimmers in following the rules during practice and swim meets. Supervision in the locker rooms is requested during practice and swim meets.
- All parents are responsible for encouraging their swimmers to support individual and team achievement. By understanding the expectations of all swimmers and following the rules, the City of Boulder Barracudas Swim Team will continue to be a positive and rewarding learning experience for its participants.

## Our Team's Core Values

The City of Boulder Barracudas Swim Team's core values of caring, honesty, respect and responsibility parallel Boulder's SPIRIT. We strive to incorporate these values into all of our programs.

All **coaches** have a responsibility to create a caring atmosphere that provides honest, constructive coaching and respectful dialogue.

All **swimmers** have a responsibility to be honest with teammates, coaches and themselves; to care about their individual progress; as well as to respect the rules of The City of Boulder and the feelings of their teammates.

All **parents** have a responsibility to care about their swimmer's times and progress, to support their children no matter the results, and to respect the authority of the coaching staff while being honest about any concerns.

## Communication

### Practice and Meets

- If a swimmer will be missing a meet an email must be sent to their coach by the Tuesday prior to the meet. In the subject of the email place the swimmers name, "missing meet", and the date of the meet they are missing.
- If a swimmer is unable to give their event preferences to their coach due to missing practice you may email the preferences instead. The email must be received by the Wednesday before the meet. In the subject line include the swimmers name, "event preferences", and the date of the meet. List the preferences in the body of the email.

**Barracudas Website** – [www.BoulderBarracudas.org](http://www.BoulderBarracudas.org)

This site will provide parents with meet information, calendars, practice schedule, coach contact information and announcements.

**Email- *BoulderBarracudas@gmail.com***

This is the most used form of communication. The head coach sends e-mails regarding practice schedules, upcoming meets and more. This is one of the mediums a parent can use to notify coached of missed practice and meets or address any concerns.

**File Folder System**

The team has file boxes, containing a file folder for each family and coach. All file boxes will be placed by the swim team bulletin board during practice. We use this system to deliver notes, flyers, ribbons, newsletters, etc.

**Bulletin Board**

The bulletin board is a way to both inform and to honor our swimmers. The bulletin board also holds team handouts regarding swim suit orders, calendars and meet information.

**Coaches**

Direct communication with the coaches is encouraged; however, we ask that you do not engage the coaches in conversation during practice sessions. Please ask your coach when would be the best time to communicate – usually before or after practice works. If you have an issue you can talk directly to a coach. If you feel an issue has not been addressed please see the head coach to further examine and address the issue.

## **Inclement Weather**

In the event of practice being canceled due to cold or inclement weather, the head coach will email all parents by 6:30 am that morning. If an email is not sent, assume that there is practice. Please email the head coach to ensure he/she has your email. The Boulder Barracudas Coaches email is: *BoulderBarracudas@gmail.com*

### **Please Be On Time**

We appreciate your help in starting practice promptly and on schedule. It is our expectation that swimmers are on deck, in their suit with goggles on at the start of their practice time. Attendance will be taken during the first 5 minutes of practice. Thank you for being on time!

### **Swimming Up or Down**

We understand that some swimmers would like to practice with an age group other than their own. These exceptions will be made for swimmers who are advanced in their own age group and want to swim with older kids. Coaches will determine if a swimmer can "swim up" during the first week of outdoor practice. Only under certain circumstances will swimmers be invited to swim down an age group. Please contact your swimmers coach to obtain permission to "swim up" this season.

# Swim Meets

## Meet Schedule

### **Mock Meet**

Thursday, June 5<sup>th</sup>  
5:30pm @ Spruce Pool

The mock meet will allow parents and swimmers to get a feel for what a swim meet is like. Each swimmer will be asked to swim 25 yards of each stroke. Timers will record times for each swimmer. Coaches will use this information for meet placement and goal setting. Volunteers are required! This meet will run exactly as a normal meet would.

### **Dual Meets**

June 7 <sup>st</sup>	@ Broomfield
June 14 <sup>th</sup>	vs. Fox Hill
June 21 <sup>st</sup>	vs. Mesa
June 28 <sup>nd</sup>	vs. Ranch CC
July 5 <sup>th</sup>	NO MEET
July 12 <sup>th</sup>	@ Lafayette
July 19 <sup>th</sup>	@Meadowglenn

### **Additional Meets**

June 16<sup>th</sup> Fox Hill Pentathlon  
June 18<sup>th</sup> Pre-team Meet @ Elks  
June 25<sup>th</sup> Hot Shots @ Flyers

#### Notes:

- Do not count towards requirements for prelims
- Cost for entry is separate from swim team registration
- Please see coaches for more information

### **Prelims & Championships**

All at Veterans Aquatic Memorial Center

July 26<sup>th</sup> Prelims for 8&U and 13+  
July 24<sup>th</sup> Prelims for 9-12  
July 26<sup>th</sup> League Finals

\*In order to be eligible to swim in Prelims, swimmers must have competed in 2 dual meets

# Swim Meet Overview

## Overall

- Set up - is done the morning of the meet
- Snack bar tables, grills, coolers, and food
- Tents for the starter, snack bar, heating area, and for our team
- Tables for the ribbons and for the starter
- Rope off sides of leisure pool with cement blocks and rope
- Clip boards and stopwatches for the timers
- Computer and printers
- Heating area table and chairs
- Chairs behind each block for timers and swimmers

## Pre-Meet

- Swimmers must arrive 10 minutes before warm up so we can enter as a team
- Warm up is split into age groups - first half is 11-18 and second half is 10 and under
- Coaches need to be helping swimmers so that's why it's important to have lots of parents helping with set up
- Warm up usually lasts 30-45 minutes total
- After warm up we have a team meeting to go over anything important or get the swimmers excited
- We pass out pink and blue cards to 11 and older but hold on to 10 and unders and get them when they are lining up to swim
- There is usually a timers and officials meeting

## During the Meet

- Swimmers sit under our tents so they are easy to find if we need them. The first event is medley relay so we work to get all the little kid relays together and over to heating area
- Coaches help bring younger swimmers over to heating and get them into the correct lane
- The first event, relay, is always hectic and disorganized but it gets much better after that
- There is a first call/last call sign that tells what events are being heated at the moment
- Older swimmers go over to the heating area on their own but coaches are still involved to make sure they're there
- Coaches with pink and blue cards get all the kids for a certain event and send them over to the heating area
- The heating parent will call out names of swimmers and put them in their correct lane
- The swimmers will move up in line until they are at the blocks and ready to swim
- Meets usually last until 12-1 PM but we then must clean up the pool area before leaving
- After the last race we can do a cheer for the other team to say thanks

## Post-Meet

- Clean up begins
- Most families will stay and help clean up any trash that was left from either team
- Clean up snack bar area and return grills
- Take down all the tents and tables and chairs
- Take down rope and cement blocks
- Ribbons are made and put into separate team bags
- We organize our ribbons on Monday or later in the week but we need to give the other team theirs before they leave
- We must give the other team a copy of the printed results before they leave
- Coaches make "speeding tickets" for any swimmers who gets a best time in an event

# Event Order

Boys will swim first, and then girls will swim for each event

8 & under 100m medley relay  
9-10 200m medley relay  
11-12 200m medley relay  
13-14 200m medley relay  
15-18 200m medley relay  
8 & under 100m freestyle  
9-10 200m freestyle  
11-12 200m freestyle  
13-14 200m freestyle  
15-18 200m freestyle  
8 & under 25m freestyle  
9-10 50m freestyle →  
11-12 50m freestyle  
13-14 50m freestyle  
15-18 50m freestyle  
8 & under 25m butterfly  
9-10 50m butterfly  
11-12 50m butterfly  
13-14 100m butterfly  
15-18 100m butterfly  
8 & under 25m backstroke  
9-10 50m backstroke  
11-12 50m backstroke

13-14 100m backstroke →  
15-18 100m backstroke  
8 & under 50m freestyle  
9-10 100m freestyle  
11-12 100m freestyle  
13-14 100m freestyle  
15-18 100m freestyle  
8 & under 25m breast  
9-10 50m breaststroke  
11-12 50m breaststroke  
13-14 100m breaststroke  
15-18 100m breaststroke  
8 & under 100m IM →  
9-10 100m IM  
11-12 100m IM  
13-14 200m IM  
15-18 200m IM  
8 & u 100m freestyle relay  
9-10 200m freestyle relay  
11-12 200m freestyle relay  
13-14 200m freestyle relay  
15-18 200m freestyle relay

## What to Bring to Swim Meets

- Team Swim Suit
- Goggles (2 pairs in case one breaks)
- Towels (more than one is good)
- Sunscreen
- Healthy Snacks
- Water Bottle
- NO Junk Food
- Swim Cap
- Extra Clothes
- Deck Shoes (like flip flops)
- Dress appropriately or bring a blanket – mornings can be chilly
- Deck of cards or small game to pass time between events

# Parent Volunteer Positions

We are often looking for parent volunteers. Your help makes things run smoothly and makes our meets and social events a great success. Please plan on volunteering for swim meets and social events. If everyone participates and helps, it will make for a great summer and no one parent will feel overworked. Without parents, we wouldn't have a successful program.

- **Volunteering is MANDATORY for home meets you attend. We require each family to work 1 shift for ½ meet that their swimmer is competing in.**
- **Electronic Volunteer Sign-Up forms are available via Sign Up Genius and will be sent out via email.**
- **If you do not have the link, please email [boulderbarracudas@gmail.com](mailto:boulderbarracudas@gmail.com)**
- **Parent Volunteer Coordinator must receive electronic volunteer sign up by 6/7/2014. Thanks!**

## **Set-Up/Clean-Up:**

Puts up/tears down tents, tarps, chairs, tables, etc. Cleans up trash after meet.

## **Heating Area:**

Seats/organizes the swimmers in the heating area, makes sure they all have cards, tells the coaches who is missing. Escorts swimmers from the heating area to their correct lanes

## **Timers:**

Two timers are required for each lane. Takes cards from swimmers and ensures they are in the correct lane. Uses stopwatches to start at the sound of the bullhorn and to stop when the swimmer touches the side. Records both times on card; an average is then computed.

## **Stroke Judges:**

Ensures swimmers are following league rules through legal strokes. If not, informs the timer that the swimmer is disqualified. *This position requires swimming experience and attendance at the league stroke judge clinic on Tuesday June 3<sup>rd</sup> at 6:00pm*

## **Treasurer:**

Handles all money for the club.

## **Starter:**

There cannot be a meet without one!! Announces races, uses bull horn to start each race.

## **Concessions Coordinator:**

Takes inventory, buys food (can be delegated), makes sure cash and cash box are brought to meets.

## **Concessions Workers:**

Sets-up/cleans-up food stand and sells food.

## **Grillers:**

Keeps the burgers and dogs coming.

## **Coaches' Coolers:**

Coordinates and supplies a cooler of cold drinks for both teams' coaches for each home meet. Coordinates coaches' coolers for Barracudas coaches for each day of prelims and finals (can delegate).

## **Runners:**

Organizes completed time cards from first to last place while bringing them from the timers to the scorers; place picker sheet is placed on top. A second runner is needed for 25 yard events, to bring the cards from the swimmers to the timers on the other side of the pool.

## **Place Picker:**

Visually checks the order of swimmers finishing each race and writes it down. The place picker judgment takes precedence over times, this is an important, and exciting, job!

## **Heat Winners/Popsicle coupons:**

Helps the place picker and hands out "free popsicle" coupons to heat winners.

## **Scoring:**

Enters swimmer information into the computer prior to the meet and enters times into the computer during the meet (from the cards that the runners bring them). It is best to have one scorer organize cards and read off times, and another scorer to enter times into the computer.

*Note: requires attendance at league scoring clinic on Wednesday June 4th at 6:00pm. Great job for techies!*

## **Ribbons:**

Takes computer generated labels from the scorers and applies to ribbons. Easy.

## **Parent Volunteer Coordinator:**

Ensures volunteers have everything they need, including food and water and facilities breaks. Ensures that there are volunteers for all positions.

## **Spirit Wear Organizer:**

Researches, orders, and sells team spirit wear, such as hoodies, t-shirts, swim caps.

## **Slideshow: (email to sign up)**

Collect pictures and videos to create a 5 minute or less team slide show for the end of year banquet

## **Team Picture: (email to sign up)**

Researches and facilitates team photography at one of the practices.

## May 2014

May 2014						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Parents No Practice Coaches Only Meet Pre-Team	2	3
4 Parent Meeting 6:00pm @NBRC	5	6	7	8	9	10
11	12	13	14	15	16	17
18 BVSSL Spring Meeting GLEN @9AM COACHES ONLY	19 Early Season Afternoon Practice @SBRC (See Schedule)	20 Early Season Afternoon Practice @SBRC (See Schedule)	21 Early Season Afternoon Practice @SBRC (See Schedule)	22 Early Season Afternoon Practice @SBRC (See Schedule)	23 Early Season Afternoon Practice @SBRC (See Schedule)	24
25	26 MEMORIAL DAY  No Practice	27 Early Season Afternoon Practice @SBRC (See Schedule)	28 Early Season Afternoon Practice @SBRC (See Schedule)	29 Early Season Afternoon Practice @SBRC (See Schedule)	30 Early Season Afternoon Practice @SBRC (See Schedule)	31

## June 2014

June 2014						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Parents No Practice Coaches Only Meet Pre-Team	2 Regular Outdoor Practice Begins	3 BVSSL Stroke Clinic 6PM @ Meadows For Stroke Judge Volunteers	4 BVSSL Scoring Clinic 6PM @ Cole Creek For Scoring Volunteers	5 Mock Meet 5:30PM @ Spruce For First Year Swimmers & Volunteers	6	7 MEET vs. BSTC @ BSTC
8 Team Dinner Pot Luck 5-7PM @ North Boulder Park	9 First Day of Pre Team	10 10 & Under Party 1-4PM @ Scott Carpenter Pool	11	12	13	14 MEET vs. Fox Hill @ Spruce
15	16 Pentathlon @ Fox Hill Extra Meet	17	18 Pre-Team Meet 3PM @ Elks 11 & Up Party 5:30-7:30PM @ The Res	19	20	21 MEET vs. Mesa @ Spruce
22	23	24 WATER WORLD No Practice	25 Hot Shots @ Rock Creek Extra Meet	26	27	28 MEET vs. Ranch CC @ Spruce
29	30					

# July 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Parents No Practice Coaches Only Meet Pre-Team	2	3 ALL AGES Practice 7:30-8:30AM	4 4 <sup>th</sup> of July <b>NO PRACTICE</b>	5 NO MEET
6	7	8	9	10	11	12 MEET vs. Seals @ LAF
13	14	15	16	17	18 Last Day for Pre-Team	19 MEET vs. Meadowglen @ GLEN
20 Team Dinner 5-7PM @ Boulder Res	21 BVSSL Heating Meeting @LAF Coaches Only	22 July 21-24 practice is only for swimmers competing in prelims please!	23 8 & U Prelims 7AM @ VMAC  13-18 Prelims 1PM @ VMAC	24 9-10 & 11-12 Prelims 7AM @ VMAC	25 Practice for Finals Qualifiers Only Please!  All Ages 7:30- 8:30AM  Finals Dinner 6PM @ Gondolier	26 League Finals  7AM @ VMAC
27 End of Season Banquet 6PM @ NBRC	28	29 BVSSL Year End Meeting 6PM @ Cole Coaches Only	30	31		

### Regular Season Practice Schedule

June 2-July 18 @ Spruce Pool

Age Group	Practice Start Time	Practice End Time
15-18	7:00am	8:30am
13-14	7:00am	8:30am
11-12	7:00am	8:15am
9-10	8:15am	9:15am
8 & U	8:30am	9:30am

**NO PRACTICE: 6/24 and 7/4**

**ALL AGES PRACTICE (7:30-8:30am): 7/3 and 7/25**

### Pre Season Practice Schedule

May 19-30 @ South Boulder Rec Center

Age Group	Practice Start Time	Practice End Time
15-18	4:30pm	6:00pm
13-14	4:30pm	6:00pm
11-12	5:00pm	6:00pm
9-10	4:00pm	5:00pm
8 & U	4:00pm	4:30pm

**NO PRACTICE: 5/26**

### Pre Team Practice Schedule

June 9-July 18 @ Spruce Pool

Age Group	Practice Start Time	Practice End Time
Pre Team	9:15am	9:45am

**NO PRACTICE: 6/24 and 7/4**

### Afternoon Practice Schedule

Every Monday and Wednesday

June 2-July 18 @ Spruce Pool

Age Group	Practice Start Time	Practice End Time
All Ages	6:00pm	7:00pm

### Barracudas Stroke Clinic Schedule

Every Wednesday

June 2-July 18 @ Spruce Pool

Age Group	Practice Start Time	Practice End Time
All Ages	7:00pm	8:00pm

Drop In: \$14 per clinic, \$36 for 3 clinics, \$66 for 6 clinics. Topics Vary.

# Social Gatherings

Times and place are subject to change  
Coaches will have the most up-to-date information

## Pot-Luck

### Sunday, June 8<sup>th</sup>

**Time:** 6:00pm @ North Boulder Park

**Information:** (Please see what to bring below by last name)

- A-H: Burgers, Brats, Hot Dogs, Veggie Burgers
- I-R: Buns for Hot Dogs and Hamburgers
- S-Z: Dessert or Side Dish
- Drinks: Please bring your own
- Paper wear and plastic wear will be provided by the team
- Condiments will be provided by the Barracudas Booster Club
- Games and activities will be organized during BBQ

## Water World

### Tuesday, June 24<sup>th</sup>

**Time:** We will meet outside the gates of Water World at 10am. Hope to see you there!

[www.waterworldcolorado.com](http://www.waterworldcolorado.com)

- Information on tickets will be announced when available.
- Kids 10 and under need a designated chaperone.
- Coaches are not chaperones.

## Age Group Parties

- Age Group Parties are a great way for swimmers to make friends in their age group
- Coaches will be present to provide fun games and activities for swimmers
- Parent participation is crucial! More information will be given out by coaches

**8-11: June 10<sup>th</sup> 1-4PM @ Scott Carpenter Pool**

**12 & Up: June 18<sup>th</sup> 5:30-6:30pm @ Boulder Res**

## Team Dinner

### Sunday, July 20<sup>th</sup>

**Time:** 5:00 – 7:00pm @ Reservoir Concession Deck

- Coaches will be giving out more information as the date nears

## End of Year Banquet

### Sunday, July 27<sup>st</sup>

**Time:** 6:00pm @ NBRC Multipurpose Room

- Please join us to celebrate our accomplishments for the season
- Desserts will be provided by the team
- Swimmers will be recognized individually
- Parent Volunteer needed to create a 2013 season slide show
- More information will be given by coaches as event nears

# 2014 Team Suits



**Female**  
\$46.00



**Male**  
\$32.00

## Dolfin “Hydra Print” Chloroban Swimsuit

Please go to “Colorado Swim Shop” formerly “High Point Swimwear” for fitting and ordering team swimsuits

Orders can be placed from 4/28 through 5/22  
Orders taken after 5/22 can't guarantee arrival for 1<sup>st</sup> swim meet

### **Colorado Swim Shop**

2525 Arapahoe Ave,  
Boulder, CO 80302  
(303) 545-2090

Mon-Fri: 10am-6pm  
Sat: 10am-5pm

Special discount pricing is for Barracudas Team Members Only  
Thanks Colorado Swim Shop!