

Barracuda Information 2023



Welcome to the Oviedo Barracudas Summer League. We are very happy to have you as a member of the team. Get ready for some hard work and fun this summer!

Contact Information

Coach Sue's E-mail: coachsue.bd@gmail.com

Coach Charlie Rose bdcoachrose@gmail.com

Swim Caps will be handed out by the first meet.

Coaches

We swim according to age during the summer season. The age groups are 5/6, 7/8, 9/10, 11 -13 year old swimmers.

The coaches do not mind answering questions about your swimmer; if you have concerns, however, please do not talk to your swimmer's coach during practice. Before practice conversations with coaches will be brief. If you have more you would like to talk about, please start with an email and a meeting can be set up if needed.

Medical Concerns

Please let your swimmer's coach and Coach Sue know if there are any concerns with your child. Any information is helpful so that the coaches can help accommodate and make practice fun! If your child wears glasses and can't see during practice please let us know as well.

Calendar

Soon you will receive a calendar for the entire season with all the important dates and times. We hope this calendar doesn't change throughout the summer, but we will give you plenty of notice if there is a time or date change.

Practices

The beginning of the season is May 15th (TR 6:45), MAY 31 (9AM), and the end of the season will be JULY 21st. We are very limited on our pool space and safety is the number one concern for practices. Please make sure your child is on time to each and every practice. Coming late disrupts the flow of the practice for the other swimmers and coaches.

This is a swim team - not swim lessons, therefore the coaches will be coaching from the pool deck. All the swimmers know the basics of swimming so they should be able to take instruction from the coaches.

During practice, we expect swimmers to be on task. If the coaches have to repeatedly ask a swimmer to get on task or listen, they may be asked to sit out of the water. We ask the parents to encourage this behavior before and after practice. If we continue to have problems with your swimmer, we will ask to meet with the swimmer's parents.

Please have your swimmer use the bathroom before practice. We understand there will be occasional times they need to use the bathroom, but this should not occur every practice.

Parents will not be permitted on the pool deck during practices. There will be no use of the Splash Zone pool prior to or after practices and swim meets.

Remember to please bring to practice:

- ☐ Goggles
- ☐ Towel
- ☐ Listening ears

Long Hair

All individuals with long hair must either wear a swim cap or have their hair tied back. This ensures swimmers will have their hair out of their face and mouth while swimming.

Absences

We understand that things come up and families will take trips. The more they are at, the faster they will improve. Swimming is great physical exercise and the consistency can also be a great life lesson. Please let Coach Sue know if you will be missing more than 2 workouts in a row so she knows where the swimmers are.

Swim Meets

Swim meet participation is a required part of our program.

We do realize that summer is a time for vacation, however, once we reach our maximum number for swimmers, people will be turned away who wanted to be on the Barracudas, so take advantage of every opportunity to swim.

During swim meets, parent should bring a water bottle. Small snacks are not necessary but some do like to have a light snack. Swim meets should last < 2.0 hours total.

Swim meet schedule could be something like this-

8:00 am Warm Up (not always this time)

8:20 am Meet Start

done by 10:00 is the goal

Swim Meets can run a little long! Bring a chair, water, and sunscreen!

Regular Meets: We have scheduled 3 regular meets and a season ending championship. There is no additional cost for any meets other than the season ending championship. This meet will be approx. \$10-\$15 to cover some additional costs per swimmer. Swim meets can be very confusing for new swimmers. Don't panic and be sure your swimmer is with their coach. If they have any questions, tell them to ask their coach. Once warm up begins, the swimmers can stay with the team in the team area. Coaches will pick swimmers events and a heat sheet will be sent out the day before each meet. We expect swimmers to compete in all events the coaches suggest.

Communication

Parents often wonder how they are supposed to find out information from their Coach or Coach Sue. Before each practice, the coaches will be present for any questions from parents or swimmers. Email will be the best method of communication.

If you need to communicate information to the coach, (for example: notification that your child will be out of town) email Coach Sue and she will make sure the coaches receive your letter.

We don't want to take away any water time from the swimmers. If Coach Sue is not present at practice the coaches are well equipped to handle situations on the pool deck. The website bluedolphins.org will be the first line of communication. Please be sure your information is accurate for your account. Emails and Phone numbers are critical. We will use the team website to push notifications, text, and emails.

Weather

We have Thor mobile lighting detection. You can check the status at <http://oviedo.thormobile10.net> In the event of inclement weather, we will move children indoors until the threat is gone. If for any reason we need to cancel workout, an email and text will be sent out.

Volunteer Assistance

We need lots of parent help at meets for timing. No experience needed. A great experience for parents and a great message to your swimmer that you are involved with the community.

Goggles

Goggles are not required, but are strongly recommended and should have a double strap. Not having goggles at practice is not an excuse to sit out of practice. Goggles can be purchased from allamericanswim.com or from your local department store.

Blue Dolphins

Any swimmer we feel is ready to move on to the Blue Dolphins, we will let you know at the end of the summer season. If you feel the Blue Dolphins are a better fit for your family, you will be able to complete a try-out for them. **We ask that no family try-out for the Blue Dolphins while still swimming on the Barracudas.** The best time for the try-out would be when school begins in August. The Blue Dolphins end their summer season around the same time we do and will have days off and fun days at the end of the summer. They begin training hard again for the fall season when school begins. Any questions can be directed to your swimmer's coach.

Barracuda stroke school will continue for 1 month in August to complete the summer schedule. More information to come.

Summer Championships

The End of Summer Championships will be July 21st. We will be having a small party after the meet is over!

Tentative meet schedule

TBA

Swim Meet Help

Meets can be confusing for a new family. That's ok. It's a learning process for everyone. Here is the way they will work. The coaches will send out an email a couple days before the meet. It will include a timeline, heat sheet, warm up time, start time, location, parking, etc.. and other information specific to the meet.

- Get your goggles, suit, cap, towel ready the night before.
- Arrive at the meet, 20 minutes prior to warm up with your suit on and ready to warm up.
- parents should find a spot to sit
- send the kids to their coach just before warm up starts with cap on and ready to go.
- bring some water and a light snack if the meet is longer than 1.5 hours.
- follow the meet using the heat sheet. You can print it out or look at it online. Sent via email.
- most swimmers will sit in a designated team spot close to pool and the coach but that is not necessary.
- we will need parent help to time and volunteer officiate. More details to come on that..
- swimmers should check in with coach before and after races even if its for just a "great job!"
- enjoy the experience and support your kids no matter what the outcome is. We are so proud of them for just getting out there and going for it.
- after the meet, the coaches will release all swimmers after a brief meeting and clean up.

ThorGuard Lightning Prediction System

Dear Swim Parents,

As you may already be aware, the City of Oviedo Recreation & Parks Department utilizes the Thor Guard Lightning Prediction & Warning System at all of the Recreation Facilities, which includes Riverside Pool and the Oviedo Aquatic Facility. This letter is to inform you of the updated inclement weather policy stemming from the Thor Guard installation.

The Thor Guard System constantly measures the millivolts of static electricity both in the air and on the ground in a 2-mile radius. When the system detects enough electricity in the area to predict a lightning strike within an 8-20-minute window, the warning system will sound.

The following is the procedure for all Recreational activities during inclement weather:

- The first horn will sound for 15 seconds. This indicates the Thor Guard System detects a lightning strike will occur in the 2-mile radius in less than 20 minutes.
- When the horn sounds, ALL outdoor activities will cease immediately and pools, decks, fields and walkways will be cleared. All patrons are asked to seek safety in their cars, as we do not have the space to safely accommodate waiting patrons.
- While there is still potential lightning within the 2-mile radius, a strobe light will continually flash.
- When the Thor Guard System determines it is safe to resume activities, the strobe light will turn off and you will hear three 5 second horn blasts.

What does this mean for the Barracudas?

- When the first horn sounds, we will automatically clear the water quickly, as there could be lightning within 2 miles.
- While the pools are closed, we will be unable to use the breezeways & hallways. If a swimmer's parent is in the parking lot we will ask those swimmers to sit in the car with their parents until it is safe to swim again. Any swimmers without parents at the facility will be brought into the Aquatics Office.
- If we decide to cancel practice at that time and not wait the storm out you are free to leave and we will call any parents not at the facility.
- While the strobe light is flashing, we cannot allow any outdoor activities. It is no longer a subjective decision by the Aquatic Staff.
- When the strobe light turns off and the 3 horns blast, the pools will reopen and we can begin practice again.

You can check status at: <http://oviedo.thormobile10.net>