



Introduction

We are extremely glad that you chose the Schaumburg Barracudas as your swim team. You will find many answers to your questions in this packet. Please take a moment to read it through in its entirety as it will benefit you and your children greatly. In order for your children to enroll, they must register with Illinois Swimming, Inc. (ISI), the local chapter of USA Swimming.

Announcements

Communication regarding unexpected practice cancellations and various updates will be E-mailed and posted in the “News” section of the Barracuda Home Page. Notifications may also be sent out via social media. Please consistently check the calendar on the Barracuda website to be aware of practice times as times may change from week to week. Coaching staff can be contacted by visiting our Schaumburg Barracuda website.

Calendar

Every season, a practice calendar will be posted on the Barracuda home page. Please use this as your main form of reference for practice times as well as meets. Swim Meet dates can also be found on our home page.

Levels

Levels Swimmer level placement is the coach's decision. The coach considers the skills and work ethic of the swimmer. The yardage requirements listed below are conservatively based. During distance/sprint days, for some levels, the yardage may double. It is common for a swimmer to spend a few seasons in one level before moving up. However, the coaching staff will determine if the swimmer is ready to change levels or not.

Level 1- Swimmers should demonstrate consistency in all 4 strokes, and these strokes must be legal competition strokes. Swimmers in this level are expected to deliver a work rate of around 1000-1500 yards per hour. Level 1 is predominantly technique-based, focusing on stroke mechanics, starts, and turns. However, endurance work is introduced at this level. Level 1 swimmers are required to compete in Dual Meets. *Must be USA/ISI Swimming Registered*

Level 2- Swimmers should demonstrate consistency in all 4 strokes, and these strokes must be legal competition strokes. Swimmers in this level are expected to deliver a work rate of around 1500-1800 yards. Level 2 swimmers continue to work on conditioning and begin to focus on race strategy. Level swimmers are required to compete in Dual Meets. Level 2 swimmers are required

to compete in at least 25% of USA/ISI swimming meets each season. *Must be USA/ISI Swimming Registered*

Level 3- Swimmers should demonstrate consistency in all 4 strokes, and these strokes must be legal competition strokes. Swimmers in this level are expected to deliver a work rate of around 1800-2200 yards per hour. Level 3 is for swimmers who desire the competitive nature USA Swimming meets. Swimmers in level 3 focus on race strategy and develop personal goals in their development as a swimmer. Stroke analysis is introduced and honed at this level. Dual Meet attendance is not required nor expected. Level 3 swimmers are required to compete in at least 50% of USA swimming meets each season. *Must be USA/ISI Swimming Registered*

Level 4- Swimmers should demonstrate consistency in all 4 strokes, and these strokes must be legal competition strokes. Swimmers in this level are expected to deliver a work rate of around 2300-2700 yards per hour. Level 4 swimmers should be able to mentally and physically handle the rigors of demanding workouts and strive to perfect their technique and race strategy. Level 4 swimmers have the goal of competing at Regional and Championship level competitions. Dual Meet attendance is not required nor expected. Level 4 swimmers are required to attend at least 75% of all USA/ISI Swimming meets. *Must be USA/ISI Swimming Registered*

Expectations

Practice Expectations for Parents

The coaching staff is dedicated to giving your child the best possible chance of success in the pool. If you have any questions for the coaches, please either wait until the end of practice or send over an e-mail at coachkodey@gmail.com to set a time to meet. During practice, our focus is on instructing your children. Parents are not allowed to communicate with their children during practice as this takes away from their focus and, over time, their development as a swimmer. Parents are encouraged to sit in the bleachers at practice to watch their child swim. Parents are not allowed on deck or in locker rooms at any time before, during, and after practice. Swimmers are not allowed to practice in different levels, they are required to practice with their designated level on their designated days.

Practice Expectations for Swimmers

Swimmers are expected to show up on time during their practice days and swim all repeats of all sets when given. Swimmers are expected to pay attention to as well as respect their coach during practice. Swimmers who are taking away from practice time will be issued a warning. After multiple warnings, the swimmer will be asked to sit out as it takes away learning from the rest of the swimmers' time. Bullying of any kind will not be tolerated. Please see USA Swimming safe sport tab on our website for more information.

Attendance Expectations

Think of this swim team as school. If school starts at 8:00am, your child should be there by 7:45 in the classroom. The same applies to this swim team. In order to give your child the best chance of success, regular attendance and showing up on time is expected. If your child is more than 30

minutes late to practice, your child will not be permitted to enter the water unless their coach has been notified prior. Arriving late to practice is not only disrespectful to the coaches but fellow swimmers as well.

Minimum Attendance Expectations for each group is listed below.

Level 1: 1 Day/Week

Level 2: 2 Days/Week

Level 3: 3 Days/Week

Level 4: 4 Days/Week

Please note that this is a Minimum Attendance requirement: do not expect your children to meet their full potential at this minimum. Full attendance is highly recommended, especially at the higher levels.

Meets

In order for your child to participate at Dual Meets, they must be ready to swim beginning of warm-ups. Warm-up times are listed on the website in the Meet Info tab. Children who arrive during or after warmups will not be able to compete at the meet. It is unfair to those who showed up on time and ready to swim. In order for your child to participate at ISI Meets, they must be present before positive check-in closes. Positive check-in times are listed on the website in the Meet Info tab. Children who arrive after positive check-in will not be able to compete at the meet. The coaching staff is not allowed to sign in anyone, it is the swimmer's responsibility to check in. As a reminder, arriving at warmups and being ready by warm up time are not the same meaning. The swimmer must be on deck in their swimsuits ready to get into the water by the indicated warm up time. Warming up helps the body to deliver oxygen to the muscles reducing the chance for injury especially during competition when swimmers are delivering 100% effort during their meets.

Swim Meets Dual/Tri Meets

Dual Meets are Swim Meets that are held with other teams within our conference with our farthest meet being in Bolingbrook (about a 30 minute drive from Schaumburg area). These meets usually last around 3-4 hours. These meets are for those in all levels who would like to attend a recreational level swim meet. These meets are meant to expose your child to the world of competitive swimming. At the end of each season, our conference holds a Championship Meet in which all the teams in our conference (4 or 5 other teams depending on the season) compete with each other in a large meet. In order to qualify for the Conference Meet, your child must swim at least 3 Dual/Tri Meets within that season and have the top 2 seed times in any event. While your children may compete in Dual/Tri Meets, swimming at the Conference Championship Meet is not guaranteed as they must qualify.

USA/ISI Swim Meets

USA Swim Meets are held at different locations throughout the Midwest. These meets usually occur during the weekend occupying Friday night, all of Saturday, and all of Sunday. Within these days are sessions in which you can attend, and each session has entry limits. These sessions are split into different age groups, so be sure to look at the meet packet when it is posted to see which day and which session your child can attend. Additional costs apply for these swim meets. These meets are intended for all levels and is a competitive level of meet. The level of competition is greatly increased at USA/ISI Swim Meets; at these meets, your children will be competing with other children who may have a "best time" within the same second as your child's "personal best time". Children must qualify in order to swim at Regional and Championship Meets. Expect to travel to swim meets, anywhere from a 10 minute drive to an hour, depending on the location of the meet.

Equipment

Swimmers are expected to have their own equipment as equipment will not be provided. Please send an email to your child's coach if you have any questions. You are more than welcome to purchase different brands, just as long as it follows the criteria below. When in doubt, please ask. We will be using equipment on a daily basis, so please get them before the first day of practice. It is highly suggested that your swimmer writes their name on all of their equipment and puts all their gear in their mesh bag to avoid losing their gear. Our team store is also worth visiting to help assist with your shopping needs. The link can be found on our barracuda website.

Tip: If there is any graphic on the suit, do not consider it a competition level suit. Competition level suits are usually single colored and feature minimal to no designs. Swim Trunks/ Board Shorts/ and 2 piece suits are also not competition level suits. If you have any questions, please ask your coach before buying.

Note: Shirts are not allowed as they pose a choking hazard for the swimmer.

Equipment for Every Level (Level 1 thru Level 4)

1x Water Bottle

1x Competitive Swim Goggles Any Color

1x All Black Competition Level Suit or Barracuda Team Suit (Use this suit for Meets Only)

1x Any Color Competition Level Suit (Use this suit for Practice Only)

1x Gear Mesh Bag Any Color

1x Swim Team level Kickboard Any Color

1x Black Swim Cap or Barracuda Cap (for meets)

1x Any Color Swim Cap (for practices)

1x Pull Buoy Any Color

Level Specific Gear

Level 1 Equipment for Every Level

Level 2 Equipment for Every Level

Level 3 Equipment for Every Level + Swim Team Specific Fins Any Color, Hand Paddles Any Color, Front Snorkel Any Color, Swim Parachute Any Color

Level 4 Equipment for Every Level + Swim Team Specific Fins Any Color, Hand Paddles Any Color, Front Snorkel Any Color, Swim Parachute Any Color

Conclusion

We look forward to seeing your child grow in the sport of swimming. If you have any questions, comments, or concerns, please contact your child's coach.