

The logo for the North Jersey Barracudas Swim Club. It features a stylized blue and yellow swimmer icon on the left. To its right, the words "NORTH JERSEY" are in a bold, blue, sans-serif font. Below that, "BARRACUDAS" is written in a large, bold, blue, sans-serif font with a white outline. At the bottom right, "SWIM CLUB" is written in a smaller, blue, sans-serif font.

2021-2022 Fall/Winter Program Guide

(Season Dates: 9/20/21-3/27/22)



NJBARRACUDAS.COM

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ABOUT US

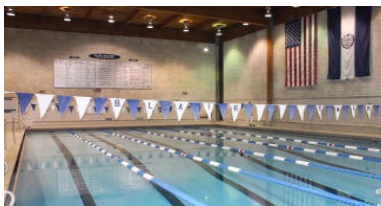
The North Jersey Barracudas are a year-round, USA Swimming swim club in Northwest New Jersey. Our mission is to provide our athlete participants the skills to be successful in and out of the pool. Our training philosophy is technique driven; giving every swimmer, from novice to champion, the skills needed to reach their goals and full potential.

- The age of our swimmers is 7-18 years old with different practice groups for age and ability levels.
- Member of USA Swimming. We are not a YMCA affiliated team.
- Our coaches are ASCA and USA Swimming certified and are accomplished and dedicated to the sport.
- Our season runs from early September to approximately March (depending on age and what championship meets your child qualifies for).
- Parents are required to volunteer at a few meets as timers. No experience necessary.
- We offer a Long Course Season in the Spring/Summer.
- We offer a Pre-Team and Learn-To-Swim program
- Fun swim team events like our Turkey Trials challenge on Thanksgiving Day, a Holiday Party, an end-of-season Banquet, and more...



Additional information, including tryout information, coach biographies, and more can be found at www.NJBarracudas.com or by emailing us at njbarracudas@gmail.com.

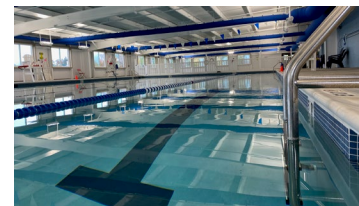
OUR Locations



Blair Academy
2 Park Street, Blairstown



Kittatinny Regional
77 Halsey Rd, Newton



**Tranquility Valley
Retreat Center**
1 Campus Drive, Andover

2021-2022 NJB "SCHEDULE at a Glance"

(Season Dates: 9/20/21-3/27/22)

A quick glance at program schedules for the current season. Please refer to calendar tab on our website for details, updates, and changes.

Group	Mon	Tues	Wed	Thurs	Fri	Sat
Sites →	Blair & TVRC	KRHS*	Blair & TVRC	KRHS*	Blair	KRHS*
Lessons Beginner 1 Beginner 2 Adv Beginner				6:00-7:30 pm @KRHS* (B1 6:00-6:30 B2 6:30-7:00 AB 7:00-7:30)		
Pre-Team @Blair	PT1 6:00-7:00 PT2 7:00-8:00 pm @ Blair					
Pre-Team @KRHS				PT1 6:00-7:00 PT2 7:00-8:00 pm @ KRHS*		
Pre-Team @TVRC			PT1 6:00-7:00 PT2 7:00-8:00 pm @ TVRC			
Junior	J1 6:00-7:00 J2 7:00-8:00 pm @TVRC		J1 6:00-7:00 J2 7:00-8:00 pm @Blair			J1 9:00-10:00 J2 10:00-11 am @KRHS*
Intermediate	6:00-8:00 pm @Blair	6:00-8:00 pm @KRHS*	6:00-8:00 pm @TVRC		6:00-8:00 pm @Blair	9:00-11:00 am @KRHS*
Senior	6:00-8:00 pm @TVRC	6:00-8:00 pm @KRHS*	6:00-8:00 pm @Blair	6:00-8:00 pm @KRHS*	6:00-8:00 pm @Blair	9:00-11:00 am @KRHS*

***Due to pool availability, during 11/2/21-2/7/22 all KRHS lessons/practices will be held at Blair Academy during our pool time from 6:00-8:00pm. Reminder emails will be sent.**

Schedule subject to change to accommodate enrollment, facility needs, and/or unforeseen circumstances; we are at the mercy of our facilities. No refunds for schedule changes/adjustments.

SWIMMING LESSONS & PRE-TEAM: LEARN TO SWIM!

There are no tryouts required for these programs, but if unsure about ability or proper placement, please contact us about scheduling a tryout.

Swimming is a sport for folks in every age group, ethnicity, and background. It's a sport for life. There are countless benefits of swimming including staying safe around water, getting fit, getting fast, meeting friends and having fun. We also feel it makes you smarter, as swim team kids tend to perform better in school! Get your young one started off on the right fin...

There are two, 12 Week Sessions:

Session 1 9/20/21-12/12/21

Session 2 1/3/22-3/27/22

Swimming Lessons (ages 5-18)

For the novice swimmer who needs an introduction to the basics like water acclimation, finding their 'balance' in the water, and learning the fundamentals of the four competitive strokes. Small group sizes allow for individualized instruction. *Once-a-week for 12 weeks*

There are three, 30-minute classes offered:

Beginner 1 (5-7 year olds)

Beginner 2 (8-10 year olds)

Advanced Beginner (11-13 year olds)

Participants in our lessons will be assessed and groups may be realigned to create more compatible groups; we cannot guarantee specific times or requests for kids to be together.

Pre-Team (ages 7-18) *Note: This is a very popular program and fills quickly.*

Want to get ready for Summer Rec Swimming in the Spring? Get ready for high school swimming in the Fall? Get a taste for what a swim team is like? This program is catered to the less experienced swimmer who has a basic understanding of the four strokes, can swim at least 25 yards unassisted, and has the desire to learn proper mechanics for all four competitive strokes, starts, and turns. No competitions. *Once-a-week for 12 weeks*

We offer this once-a-week program at all three of our locations.

PreTeam 1 (7-12 year olds)

PreTeam 2 (13-18 year olds)



SWIM TEAM PRACTICES

Tryouts are required for these programs; please contact us about scheduling a tryout.

Practices begin in September and are scheduled at our three sites throughout the season (see page 2). Practices are anywhere from 3-6 times a week, depending on practice group. See the [calendar](#) on our website for actual dates and [locations](#). Swimmers may attend their scheduled practices only.

Junior 1 and 2 (approx. ages 7-12)

Our entry-level group for our younger competitive swimmers. This group ranges from learning the four strokes, starts, and turns to those who are fairly proficient in them but require technical guidance. Swimmers must already be acclimated to the water and have some swimming experience/competency. Dryland Training is introduced. *3 times per week (approx. 3 hours/week)*



Intermediate (approx. ages 11-15)

Predominantly a technique driven group for our Pre-teens during the first phase of the season and shifts towards more challenging training as the season progresses. A more intensive experience than the Junior group for those ready to put in the extra work. Participants may be split into different groups based upon ability and age. Dryland Training is included. *5 times per week (approx. 10 hours/week)*

Senior (approx. ages 14-18)

Athletes entering this group must display a desire to begin training on a more committed basis. Training takes an equal role to technique work for the first time in the athlete's development. Athletes entering the Senior group must display a strong desire to perform at the highest level they are capable of. Training is geared towards individual talents and developing a strong aerobic endurance base. Strength conditioning through dryland training is included. Participants may be split into different groups based upon ability and age. *6 times per week (approx. 12 hours/week)*

MEETS

We plan on attending meets offered by our LSC *NJ Swimming*, in neighboring LSC *Metro Swimming* (NY), end-of-season LSC championships, and Eastern Zones meets for those who qualify, and beyond...

There are additional fees to attend meets.

Most competitions are on the weekends at venues like Rutgers University (Piscataway), Berkeley Aquatic Center (New Providence), Princeton University (Princeton), Raritan Valley Community College (Branchburg), Seton Hall University (South Orange), and more.

Dual Meets are competitions where one team goes head-to-head with another. These meets are uncommon.

NJ Swimming Meets There are a myriad of invitational meets (with multiple teams attending) which offers swimmers the options of swimming additional events for times, which they can choose. We compete against other teams throughout New Jersey. Some of these will be catered to our more elite swimmers where swimmers will have to make times qualify, while other meets will be open to the entire team.

NJ Swimming/ USA Swimming Championship Meets Swimmers must make qualifying times to be eligible for a series of Championship meets, which begin in February and run through the beginning of April.



HOW MUCH DOES IT COST?

Participants must register online and have a credit card attached to their account. Please note, once registered there are no refunds regardless of reason. A discount for multiple siblings will be applied at registration. There is installment or pay-in-full plans available at registration.

Practice Group Fees

This fee covers all USA Swimming fees, pool time, and coaching for all practices from September thru April. (Final dates are determined by what championship meets each swimmer individually qualifies for; a swimmer's season is done after they swim their final championship meet, usually held between 2/15-3/30).

LESSONS	\$180.00
PRE-TEAM	\$180.00
JUNIOR	\$891.00
INTERMEDIATE	\$1,485.00
SENIOR	\$1,782.00



Installment Plan

Our installment plan option spreads out payments of the above group fees into three different payments on:

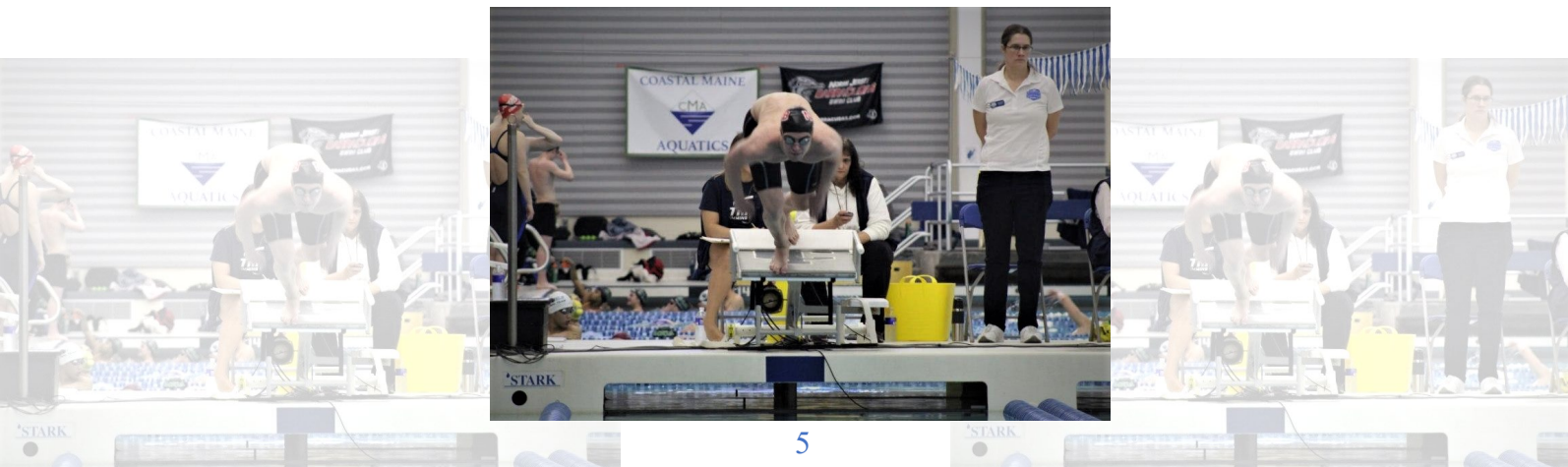
1. Upon Registration
2. 10/1/21
3. 12/1/21

Additional Costs

A team T-shirt is provided to all swim team members for free; other merchandise and apparel are optional, like:

- team suits (strongly recommended)
- caps (team cap must be worn at competitions)
- spirit wear
- gear/training equipment (strongly recommended)
- team photos
- meet entry fees (required if attending)
- hotel and travel costs (for championship meets should swimmer qualify), etc.

Information about this season's team competition suit and caps will be sent out. Any gear including practice suits, caps, goggles, training equipment, etc. can be purchased through our [NJB SwimOutlet store](#).



HOW DO I TRYOUT?

We remain committed to accommodating as many swimmers on our team as we possibly can without sacrificing the quality of our program.

Those swimmers who have participated on our 2020-2021 Fall/Winter or 2021 Spring/Summer programs do not need to tryout and may register beginning 8/17/21. Note: swimmers should register for the same group they participated in last; training groups will be finalized at the preseason coaches meeting and and swimmers recommended to move groups will be notified.

All others should follow the directions below.

Tryout Fee: \$10.00 (cash or check, due at tryout)

Tryout Location: Tranquility Valley Retreat Center, 1 Campus Drive, Andover

Tryout Dates (Please Pre-Register):

Wednesday 8/18 (10:00-11:00 am)

Tuesday 8/24 (7:00-8:00 pm)

Thursday 8/26 (10:00-11:00 am)

Wednesday 9/1 (7:00-8:00 pm)

1. Pre-register by scheduling your tryout time. Email njbarracudas@gmail.com. You will receive an email confirmation along with a Tryout Form to bring with you.
2. Fill out the age-appropriate Tryout Form and bring it in to your tryout along with \$10 tryout fee (cash or check).
3. Final Groups will be selected, and all tryout participants will receive an email within a few days of their tryout. Upon registering, families will receive login information regarding their new team accounts.

SWIMMERS WILL BE NOTIFIED VIA EMAIL BY 8/30/21



REGISTRATION

To Register: go to our website www.njbarracudas.com and click on the REGISTER button on the right. Must have a valid credit card.



REGISTRATION!

Space is limited- first-come, first served.

Returning Swimmers (from 9/1/20-present): Please register for the group you were last in. Coaches will be evaluating groups prior to the first practice to align training groups those recommended to move will be contacted.

Priority registration opens 8/17.

New Swimmers: Please schedule a tryout. You will be notified of the results by 8/30/21. **Registration opens 9/5.**

A note regarding Training Groups: We go to great lengths to make sure our training groups are as compatible as possible. Having a swimmer who is not compatible with the rest of a group can not only impact the entire group but can affect that swimmer and their self-confidence. We are always assessing our swimmers' progress, attendance, and work ethic and will recommend 'moving up' a swimmer (always preferred over 'moving down') at any point in the season if we feel the swimmer is ready for it. Swimmers in a compatible group can be challenged far more than a swimmer who's been moved up prematurely and is struggling to keep up. For these reasons, we do not consider factors like family schedules, siblings or friends, what coach a swimmer wants, etc. Swimmers should gauge their progress by their times and improvement, and not by 'advancing' to the next group. Our swimmers' progress over the last few seasons have exceeded averages of teams in our LSC (per USA Swimming analytics). We are proud of that!

