



25-26



2025-2026 Fall/Winter Program Guide

(Season Dates: 9/07/25-3/30/26)

NJBARRACUDAS.COM





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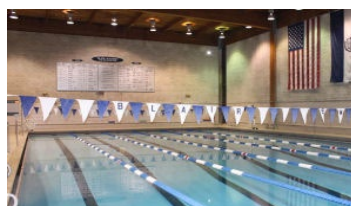
ABOUT US

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 swim team 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 USA Swimming certified and are experienced, accomplished, and dedicated to the sport. Their bio's can be found on our website.
- Our swimmers have qualified for such prestigious meets as Junior Olympics, Speedo Sectionals, Zones, USA Swimming Futures Championships, have been selected for the NJ All-Start Zones Team, and more.
- We have two swim team seasons. Our Fall/Winter season (short course) runs from September-March, and our Spring/Summer season (long course) runs from April- July (a swimmer's season may end earlier depending on what championship they qualify for).
- Parents are required to volunteer at a few meets as timers. No experience necessary.
- We offer a Learn-To-Swim program (swimming lessons) which meets for 30 minutes, once a week, for 12 weeks.
- We also offer a Pre-Team program to help swimmers bridge swimming lessons and our swim team. This meets for one hour, once a week, for 12 weeks.
- Our Swimming Lessons and Pre-Team programs are offered during Session 1 (Sept- Dec), Session 2 (Jan- March), and Session 3 (April- July).
- 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

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Kittatinny Regional
77 Halsey Rd, Newton

2024-2025 NJB "SCHEDULE at a GLANCE"

(Season Dates: 9/07/25-3/30/26)

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

Group Sites →	Mon Blair	Tues KRHS*	Wed Blair	Thurs KRHS*	Fri Blair	Sat 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*		
Junior		J1 6:00-7:30 J2 7:00-8:30 pm @KRHS (Includes dryland 7:00- 7:30)	J1 6:00-7:00 J2 7:00-8:00 pm @Blair			J1 9:00-10:30 J2 10:00-11:30 am @KRHS* (Includes dryland 10:00- 10:30)
Intermediate Prep	6:00-8:00 pm @Blair				6:00-8:00 pm @Blair	9:00-11:30 am @KRHS* (Includes dryland)
Intermediate	6:00-8:00 pm @Blair	6:00-8:00 pm @KRHS* (Includes dryland/weight room)	6:00-8:00 pm @Blair		6:00-8:00 pm @Blair	9:00-11:30 am @KRHS* (Includes dryland)
Senior Prep		6:00-8:30 pm @KRHS* (Includes dryland/ weightroom)	6:00-8:00 pm @Blair		6:00-8:00 pm @Blair	
Senior	6:00-8:00 pm @Blair	6:00-8:30 pm @KRHS* (Includes dryland/ weightroom)	6:00-8:00 pm @Blair	6:00-8:00 pm @KRHS*	6:00-8:00 pm @Blair	9:00-11:30 am @KRHS* (Includes dryland- weightroom)

***Due to pool availability, during 11/25/25-2/7/26 all KRHS lessons/practices may be held at Blair Academy during our regularly scheduled times. Reminder/confirmation 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 or weather cancelations.

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. Swimmers registered in an incompatible program will be moved into an appropriate one providing there is room.

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 three 12 Week Sessions (all dates approximate)

Lessons meet on Thursdays, PreTeam meets on either Mondays or Thursdays (must attend the day you registered for)

Session 1: Mon's 9/8/25-11/24/25 or Thurs' 9/11/25-12/4/25 (registration opens in July/August)

Session 2: Mon's 1/5/26-3/23/26 or Thurs' 1/8/26-3/26/26 (registration opens in December)

Session 3/Spring/Summer: Mon's 4/20/26-7/13/26 or Thurs' 4/23/26-7/9/26 (registration opens in March)

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. *One 30-minute lesson per 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.

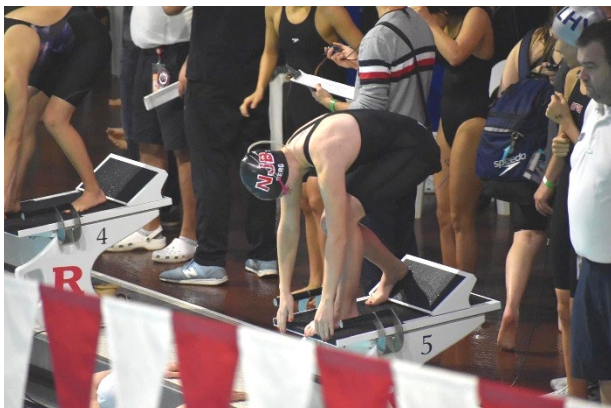
Pre-Team (ages 7-18) ***Note: This is a very popular program and fills quickly.***

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. *One Hour practice per week for 12 weeks.*

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

PreTeam 1 (7-12 year olds)

PreTeam 2 (13-18 year olds)



COMPETITIVE SWIM TEAM (SHORT-COURSE SEASON)

Tryouts are usually required for these programs, unless already a current USA Swimming athlete; please see our tryout page or contact us about scheduling a tryout.

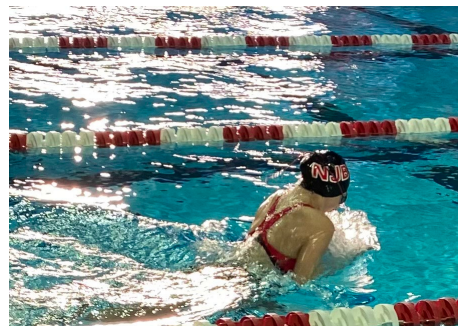
Practices begin in September and are scheduled at our three sites throughout the season (see page 2 for details). Practices are anywhere from 3-6 times a week, depending on practice group. See the [calendar](#) on our website for actual dates and [locations](#). Swimmers may attend their scheduled practices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

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. 3-4 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. Dryland Training is included. *5 times per week (approx. 10 hours/week)*



Intermediate Prep

While swimmers who wish to reach their full potential are recommended to opt for the above Intermediate group, this option provides the same quality program above geared towards those trying Intermediate for the first time or who are unable to commit to five days a week. *3 times per week (approx. 6 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)*

Senior Prep

While swimmers who wish to reach their full potential are recommended to opt for the above Senior group, this option provides the same quality program above geared towards those trying Senior for the first time or who are unable to commit to six days a week. *3 times per week (approx. 6 hours/week)*

MEETS

We attend 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), Jersey 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 offer 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 to qualify, while other meets will be open to the entire team. There are championship meets at the end of the season.

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 offsets USA Swimming team fees, pool time, and coaching for all practices from September thru March. (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).

GROUP	GROUP FEE (Pay In Full Option)	INSTALLMENT PLAN (Three payments: Upon registration, 10/1, & 12/1)
LESSONS	\$185.00	NA
PRE-TEAM	\$200.00	NA
JUNIOR*	\$900.00	\$300.00
INTERMEDIATE PREP*	\$900.00	\$300.00
INTERMEDIATE*	\$1,500.00	\$500.00
SENIOR PREP*	\$900.00	\$300.00
SENIOR*	\$1,800.00	\$600.00



**These swimmers must be registered with USA Swimming annually. The fee (currently \$100.00) is paid directly to them and is not included in this price. We will provide information on how to register.*

Installment Plan

Our installment plan option spreads out payments of the above *Swim Team group fees (not available for Lessons or PreTeam)

1. Upon Registration
2. Oct 1
3. Dec 1

Additional Costs

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

- team suits
- caps (team cap must be worn at competitions)
- spirit wear
- gear/training equipment
- 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 prior to the start of practices.

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.

Any returning swimmers who had participated on our 2024-2025 Fall/Winter or 2025 Spring/Summer programs do not need to tryout and may register beginning Sunday, 7/27. Note: swimmers should register for the same group they participated in last; training groups will be finalized at the preseason coaches meeting and swimmers recommended to move groups will be notified. This allows us to arrange compatible training groups.

Current USA Swimming athletes from other clubs considering a move to ours may bypass the tryout process (we have access to your times) by emailing us your intention.

Swimmers who participated on a summer (rec) swim team teams may be able to bypass the tryout process if they can provide accurate meet results for us to review. Email us for more information.

All others should follow the directions below.

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

Tryout Locations:

Kittatinny Regional HS, 77 Halsey Rd, Newton, NJ
Blair Academy, 2 Park St, Blairstown, NJ

Tryout Dates (Please Pre-Register, see directions below):

Monday 8/4 10:00-11:00 am @KRHS
Wednesday 8/6 7:00-8:00 pm @Blair Academy
Tuesday 8/19 7:00-8:00 pm @KRHS
Thursday 8/21 10:00-11:00 am @Blair Academy

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 to your tryout along with \$10 tryout fee (cash).
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.



REGISTRATION

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



REGISTRATION!

Space is limited- first-come, first served.

Returning Swimmers: 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 Sunday, 7/27

Registration for all others Tuesday, 8/1 (New Swimmers: Please email us to schedule a tryout!)

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!

