

2021 BARRACUDA SWIM TEAM HANDBOOK



QUESTIONS OR CONCERNS

Questions regarding practice and meets should be directed to the head coach. Questions, problems, or concerns team related should be directed to the team president Trisha Sutherland at mazopresident@gmail.com or call (608) 712-2311.

<http://www.inacudamooda.net>

GENERAL INFORMATION

The Mazomanie Barracudas is a summer recreational swim club organized and managed by the parents of swimmers in the Wisconsin Heights school district that compete against seven swim clubs in the Tri-County League. We are dedicated to providing young people with an integrated swimming program they can remain part of from elementary through high school. The team promotes the ideals of honesty, integrity, fair play and good sportsmanship through discipline and hard work. We also believe that swim team should be a fun sport for both the kids and the coaches! We rely on the volunteer efforts of our parent members, the financial support of local businesses and fund raisers.

GOALS

The goal of our coaches is to help each individual develop swimming skills to the best of their ability along with building their self-confidence and self-esteem. This is accomplished with a program of technical stroke instruction and endurance training. Attendance at competitive meets is encouraged but is the option of the swimmers and their families.

We try to provide a sense of team identity and pride of accomplishment that our swimmers can carry with them throughout their lives. We will work with area schools, community groups and the business community to promote membership on the team.

MEMBERSHIP

Barracuda Swim Team membership is open to all children through age 18 living within the Wisconsin Heights School District during the summer. *Contact the team president if you are out of district but would like to swim with us.* We are always looking for new swimmers! For safety reasons, children must be able to swim one length of the pool to be on the team.

FEES

There is a registration fee of \$75 per swimmer. This registration fee has an added concession cost fee of \$80 (\$20 X 4 home meets) per family. For example, 1 swimmer would be \$75+\$80=\$155, 2 swimmers \$75+\$75+\$80=\$230, 3 swimmers \$75+\$75+\$75+\$80=\$305 and so on. This year, we are making it an option for the family to pay for the village fee per swimmer - \$35 per swimmer. If the family chooses not to pay for the village swimmer fees, the swim team will pay for the fees. In addition, families are expected to volunteer their time to support the team during swim meets and participate in fundraising activities. We encourage families to support the Mazomanie pool by purchasing a pool pass. Scholarships are available.

SWIM SUITS/TEAM APPAREL

We encourage team members to purchase a team suit. The Suit Fitting is scheduled for March 22 from 4:00pm-7:00pm at New Heights Lutheran Church. If you are unable to attend suit fitting, you may purchase suits directly from our distributor, Simply Swimming. Team apparel is also available for purchase to promote team spirit – pictures and order forms will also be available on the website.

The league has banned the use of fast/tech swimsuits. These are the suits that gained so much notoriety during previous Olympics, National and State competitions because of their buoyancy characteristics. These suits cost hundreds of dollars and in order to keep the league fair for all, these suits are not allowed for our summer swim league.

REGISTRATION

Register online at www.inacudamooda.net. This must be completed before practices begin.

COMMUNICATION

- **Email/Website** www.inacudamooda.net. The website is also your source for forms, team handbook, meet entries, meet results, registration forms, photos and anything Cuda related throughout the season. It is important that each family check their email regularly for schedule changes, important announcements, etc. will be communicated via email. Anyone is able to register to receive email notifications (grandparents, babysitters, etc.) by adding their email to their account.
- **Phone tree for fast-breaking news** In the event that we need to get information out quickly to the whole team, especially in the event of a meet cancellation or change in practice schedule, we will be using an automated phone tree system. Because of cost for the system, we are only able to contact each family via one telephone number. Please make sure that you have listed a phone number on your registration form which will reach a member of your family at any time (a cell phone works best).
- **Swim team bulletin board:** Located by the pool entrance this bulletin board will contain meet information, meet results, photos, and information about up-coming team activities.
- **Family folders at the pool.** Ribbons, forms etc. will be located here. Please check your folder regularly.

If you have information that should be distributed to the team or requires us to trigger our phone tree, please contact Trisha Sutherland at thsutherland@gmail.com.

PRACTICE SCHEDULES

SPRING TRAINING

Spring Training 7 Week (Saturdays)

April 10 – May 22 from 12:00pm – 1:00pm, or 1:00pm – 2:00pm

The cost per swimmer is \$50 each to help defray the cost of the pool rental.

Location: Lodi High School Indoor Pool

At the Mazomanie Pool

May 24-June 3: 4:30-5:30pm and 5:45-6:45pm

Friday, June 4: 4:30-5:30pm only!

PRACTICE TIMES Regular Season starting June 7

Regular season practice times that are available:

Monday – Friday 6:45 – 8:15AM – 11&12 and older

Monday – Friday 8:15 – 9:15 AM – 8&U and 9&10

Monday – Friday 8:00 - 9:30PM – All age groups

All practices include endurance, sprint and technique work.

Swimmers are encouraged to practice a minimum of 3 days per week. More is encouraged for them to see improvement throughout the season.

Practices will be canceled due to thunder and lightning and may be canceled due to extremely cold or rainy weather. If the weather is somewhat inclement, land-based drills may be substituted for in-water practice. Use your own judgment as to whether or not to send your child if there is questionable weather and you have not received notification from the phone tree.

2021 MEET SCHEDULE

<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Team</i>
June 5	8:00am	Wl. Dells	Mazomanie
June 12	8:00am	Mazomanie	Mt. Horeb
June 19	8:00am	Spring Green	Mazomanie
June 26	8:00am	Mazomanie	Sauk Prairie
July 3	6:00pm	Sun Prairie	Mazomanie
July 10	8:00am	Mazomanie	Baraboo
July 17	8:00am	Mazomanie	Cross Plains
July 24	8:00am	Mazomanie	Dual 'Conference' hosting Dells

POTLUCKS

Traditionally we have a potluck at the Turk Shelter starting at 6:00pm for all swimmers and their families on Friday nights before home meets. We encourage families to stay until 8pm when the pool closes and then we can start setting up the pool for the next morning's meet. Potlucks are pending this summer due to Covid guidelines.

We typically have a Spaghetti Dinner or other type of pre-conference event before the Conference meet. Due to Covid-19 and no Conference Meet this summer – this spaghetti dinner will not take place.

END OF SEASON AWARDS BANQUET AND ANNUAL MEETING

At the end of the season, an End of Season Awards Ceremony and Parents Meeting to prepare for the 2022 season will be Thursday, July 29. Potluck is pending due to Covid Guidelines. Please watch for the details and plan on attending, as this is an important evening for your swimmer and the team.

OTHER TEAM ACTIVITIES

If you have other ideas for team activities, and would be willing to organize them, please talk to a board member.

SWIM MEETS

PROCEDURES AND MEET SCHEDULE

Dual swim meets are meets in which our team competes with one other team. For away meets, please be to the pool at least 45 minutes before the start of the meet. For home meets, please be at the Mazo pool at least 1 hour before the meet. Meets officially begin at 8:00 A.M. If we are the home team, our warm-up begins at 7:10 A.M. If we are the visiting team, our warm-up begins at 7:30 A.M. Parents provide transportation to and from the pools unless a bus has been arranged. If you or your swimmers need a ride, please contact another team family or call a team board member for help. Upon completion of the

season, a 2-day Conference Meet is held with all league teams participating. The first day is for qualifying heats in individual events. The second day includes final heats for individual events, as well as relay events. The Conference Meet is hosted by a league team on a yearly rotating basis.

At the conference meet, we are limited to 3 swimmers per event. Individual events will be filled based on times. Some swimmers may have both individual events and relays, other swimmers may participate in only relays. Swimmers must participate in 3 meets in order to qualify for conference. We try hard to ensure every swimmer is in at least one event at conference.

ORDER OF EVENTS

Each swim meet is run according to the Order of Events. (This may be modified by the hosting team.)

- | | | |
|-----------------|----------------------|--------------------|
| 1. Medley Relay | 4. Individual Medley | 6. Long Freestyle |
| 2. Freestyle | (no 8 and U) | 7. Butterfly |
| 3. Backstroke | 5. Breaststroke | 8. Freestyle Relay |

Each event begins with the younger swimmers and moves through the oldest swimmers.

Age groups are determined by the swimmer's age on the June 1st cut-off.

8 and under girls	13-14 women
8 and under boys	13-14 men
9-10 girls	15-18 women
9-10 boys	15-18 men
11-12 girls	
11-12 boys	

EXHIBITION SWIMMERS

Coaches are allowed to choose 3 swimmers to swim for points in each age group for each gender for each event. Coaches make this decision based on skill, times, and stroke proficiency. The coaching staff uses their best judgment as to which swimmer will benefit the team score the most. Additional swimmers in an event are exhibition swimmers and are not eligible to score points but are improving skills while competing against other swimmers.

RESPONSIBILITY

SWIMMERS . . .

Sportsmanship

It is the team expectation that you will lose and win your races with grace and respect for your competitor. This means saying 'good luck' before the race to your teammates and competitors. This means saying 'good race' to the person in the lane next to you and shaking their hand at the end of the race. It does not mean bragging about a good race. It means cheering your team on during the races. It means swimming the events the coaches enter you in at each meet -- without complaint. Assist younger and new swimmers, especially at meets. We encourage families to stay until the end of the meet to cheer on the team.

Swim/Pool etiquette and safety

Do not get in the pool until a coach tells you to.
Do not sit on or pull on the lane lines.
Do not start swimming immediately after the person in front of you. Wait a few seconds between each swimmer unless directed otherwise.
Don't swim on the person's feet in front of you. Tap lightly on their feet to let them know you're passing, and let people pass if they are swimming faster than you.

Reliability

Be on time for practices and meets. Warm-ups are important for away meets because some pools are of different lengths, may have touch pads or have starting blocks that you may not be accustomed to or be familiar with.
Bring your goggles to practices and your races!
Swimmers MUST let the coaches know if they will be swimming in the next dual meet by a designated sign out day. This will change according to the day of the meet. The coaches put together the line-ups (who is swimming what) for each meet several days in advance and it is IMPORTANT that they know which swimmers will be absent. Please let the coaches know AS SOON AS POSSIBLE of any last minute illness or unexpected absence for meets.
****This is especially important for relay teams. The relay team may not be able to compete if one of the team members does not show up as expected. ****

Positive Attitude

Maintain a positive attitude for the sport, yourself, your fellow swimmers and coaches. Swimming success is greatly affected by your attitude!

Effort

If the coaches give you a technique or adjustment for your strokes, it is expected that you will attempt to adjust your stroke or technique. It is expected that you are on the team because you want to improve and have fun. If you have something you want to work on, it is your responsibility to speak to the coaches. They want to help, so seek them out if you have a particular need you feel isn't being met.

Attendance

Attend a minimum of 3 practices per week, more if you are able to. If you miss a practice, you'll miss valuable practice time.

PARENTS . . .

Parental involvement is crucial to the success of our team!

We are a small team and need everyone's help to run home swim meets and have a successful swim season. Our experienced parents are always there to answer questions and help!

- Make sure your swimmer(s) get to practice and meets.
- Make sure your swimmer lets the coach know each week if he/she will be swimming in the next meet by the designated time.
- Provide or arrange for transportation to and from swim meets.
- Help us run our home meets (there will be a sign up for volunteer spots online):
 - help set up and tear down the pool before and after the meet
 - be a timer (good starting point for new parents)
 - at the scoring table/ribbons
 - at the concession stand (also good for new parents)
 - in clerk of course or as a runner
 - as an official (requires training session at beginning of season).
- Help with brat fry and other fundraisers.
- Pick up your belongings and any trash in the pool, deck, locker rooms and outside areas after practices and meets.

RECOGNIZING ACHIEVEMENT

Ribbons are awarded at dual meets. In individual events, the first, second and third place winners will receive a ribbon. In relays, only the first-place relay team members each receive a ribbon. In addition, the 1st place exhibition winners receive a ribbon (teams may do this differently). Participation ribbons will be awarded to swimmers that do not place. The Conference Meet provides additional opportunities to win awards. Medals are awarded for 1st, 2nd and 3rd place winners in both individual and relay events. Ribbons are awarded through 16th place in individual events and 8th place in relays. Other team awards are presented at the end of the season award banquet.

Team Awards

Barracuda Award

Eligibility: Any Barracuda team member.

Basis: *Participation:* Consider the contribution the swimmer has made to the team over his/her years on the team. This swimmer has not only won ribbons but is also:

- A well-rounded swimmer; swims all strokes well.

-Cooperative – shows team spirit

-Has demonstrated leadership on the team

Selection Process: The coaches will be choosing the recipient of this award.

Justin Hoffman Award

Eligibility: Any Barracuda team member.

Basis: -Dedication to the team -Gives his/her best at all times

-Self-motivated -Cheerfully cooperative with teammates and coaches

Selection Process: The coaches will be choosing the recipient of this award. The award is in honor of Justin Hoffman, a member of our team years ago who was killed in an accident. Justin was someone who was dedicated to the team, worked hard at every practice, and tried to make every practice. The winner of this award should exemplify these same qualities.

Rookie of the Year:

Eligibility: Any Barracuda team member

Basis: She/he must be a first year swimmer who has shown significant improvement over the year.

Selection Process: The coaches will select the swimmer for this award.

Team Spirit Award:

Eligibility: Any Barracuda team member

Basis: She/he must display and encourage team spirit.

Selection Process: The coaches will nominate three swimmers for this award. The Barracuda Board will select the winner of this award.

Sportsmanship Award

Eligibility: Any Barracuda team member

Basis: - Cooperation – This swimmer listens respectfully to coaches, parents and other swimmers.

- Ability to take direction – This swimmer takes direction in stride

- Team Spirit – This swimmer encourages and displays team spirit\

- Positive Behaviors – She/he encourages and displays positive behaviors such as helpfulness and encouragement during the season and at meets. Some of these behaviors at meets include shaking hands and offering encouragement to member of the opposing team and timeliness on deck.

- Negative Behaviors – This swimmer does not engage in negative teasing, horseplay at meets etc.

Selection Process: The coaches will select the winner of this award.

Age Group Awards No swimmer can receive more than one age group award.

Most Points Award:

Eligibility: One boy and one girl from each age group

Basis: All points scored in dual meets and the Conference Meet will be counted towards this award.

Points are awarded as follows:

Dual meets:

Individual events: 1st =5 points, 2nd = 3 points, 3rd =1 point.

Relay events: 1st place, each swimmer on the team will receive 3 points.

At the Conference meet:

Individual events: 1st = 20 points 2nd =17 points, 3rd = 16 points, 4th=15 points, 5th=14 points, 6th=13 points, 7th=12 points, 8th=11 points, 9th=9 points, 10th=7 points, 11th=6 points, 12th=5 points, 13th=4 points, 14th=3 points, 15th=2 points, 16th=1 point.

Relay Events: Each swimmer on the team will receive the following points: 1st = 20 points 2nd =17 points, 3rd = 14 points, 4th=12 points, 5th=10 points, 6th=8 points, 7th=6 points, 8th=4 points.

Selection Process: The coaches will select the swimmers for this award.

Most Improved Award:

Eligibility: One boy and one girl from each age group

Basis: This swimmer has shown significant improvement over the year. Times taken at the beginning and the end of the season as well as strokes learned or improved upon, style, techniques, starts, turns and finishes will also be considered. Points earned will not be a consideration.

Selection Process: The coaches will select the swimmers for this award.

Most Dedicated Award:

Eligibility: One boy and one girl from each age group

Basis: This swimmer has come to practice consistently for the entire season. She/he is on time and eager to practice. This swimmer works hard during the entire practice. Points earned will not be a consideration.

Selection Process: The coaches will select the swimmers for this award.

SWIM TEAM DEFINITIONS

Free	Freestyle means swimmers can swim any stroke. Swimmers usually swim the front crawl since this is the fastest stroke.
Back	Backstroke is the back crawl.
Fly	The butterfly uses a dolphin kick and both arms pulling through the water simultaneously. The butterfly requires a two-hand touch on all turns and finishes.
Breast	Breaststroke uses both arms and legs moving simultaneously in the water. Swimmers must keep their head from going below the surface although they are allowed to take one pull and kick under the water after the start and turn (pullout). A two-handed touch is required on turns and finishes.
IM	Individual Medley swimmers swim one length of each of the four strokes in the following order: fly, back, breast and free.
Medley Relay	Four swimmers combine to form a relay team. Each member swims a different stroke for two lengths of the pool (8 and under swim one length) in the following order: back, breast, fly, and free.
Free Relay	Four swimmers combine to form a relay. All swimmers swim two lengths of freestyle (8 and under swim one length).
DQ	A disqualification occurs when a swimmer does not swim according to the rules. An official makes this call. No points are scored. Officials may call DQ for swimming the stroke improperly, an incorrect touch or for a false start.
Exhibition	A swimmer/relay who swims at a meet, but their time does not count for points. It provides all swimmers the experience to swim at a dual meet.

COACHING STAFF

Name	Position
Brooke Presny	Co-Head Coach
Kara Loy	Co-Head Coach
Carson Hughes	Assistant Coach
Karsten Flogel	Assistant Coach
Kiley Beuthin	Student Volunteer Coach
Sydney Groshek	Student Volunteer Coach
Sam King	Student Volunteer Coach

BOARD MEMBERS

Trisha Sutherland, President	608-712-2311
Jodie Szudy, Vice President	608-669-1110
Aaron Tigert, Treasurer	608-999-1605
Pam Beuthin, Secretary	608-767-2373
Julie Presny, Personnel	608-212-2527
Brett Stampfli, Fundraising	608-767-5251
Jessica Hittesdorf, Past President	608-658-0077

Team History

Thirty-one Mazomanie boys and girls competed against each other in twenty-seven events at the Mazo Swim Team's very first meet held on July 18, 1970. The new pool, completed just one year earlier, was the place to be for Mazomanie kids that summer, and pool manager Doug Vance assisted by Hiya Trager and Lynn Gegan, organized the meets and coached the swimmers on a volunteer basis. Both Mt. Horeb and Cross Plains fell to the victorious Mazo team in its first season.

The team's first paid coach, Dorian Ring, came on board in 1972 and led Mazo swimmers to at least four victories. It seems that the rules at that time did not limit the number of events a competitor could swim. According to a News-Sickle-Arrow account, two boys were allowed to swim on the girls' 10 & under relay team and also on the boys' 10 & under team.

The first swimathon, called a "Swimeron Swimerama", was organized in 1972 to buy new pool equipment. The event was successful that year and even more successful in 1973 when, led by Tony Walker with a total of \$120, the team earned a total of \$1200.

At the first Tri-County Conference Championship Meet, held in Middleton on August 11, 1973, the Mazomanie Swim Team placed 3rd. Scores of that first conference meet were: Middleton-204, Sauk Prairie-182, Mazomanie-153, Evansville-104, Cross Plains-77.5 and Sun Prairie-66.5

The information for this little bit of history was taken from past issues of the News-Sickle-Arrow, researched by local historian Virgil Matz.