

2025 ERRA Barracudas Parent Information Handbook

(updated 5/29/2025)

www.errabarracudas.com

2025 Meet Schedule

| Date | Vs. | Where | Be at pool by: |
|---------|-------------|-----------|--|
| June 10 | Mock Meet | ERRA | 5:45 pm |
| June 17 | Westover | ERRA | 4:45 pm |
| June 24 | Spotswood | Spotswood | 5:00 pm |
| July 1 | Massanutten | ERRA | 4:45 pm |
| July 8 | Ashby | Ashby | 5:00 pm |
| July 15 | Broadway | ERRA | 4:45 pm |
| July 26 | CHAMPS | JMU | 10/under - morning 11/older - afternoon |

IMPORTANT LINKS

Barracuda Website: www.errabarracudas.com

Facebook group for parents: <https://www.facebook.com/groups/ERRABarracudas/>

SWIM TEAM VOLUNTEER LEADERS

- Team Manager: Jolanthe Erb, 540.433.5775 – errabarracuda@gmail.com
- Board Member: Amy Hooke - ahooke@rockingham.k12.va.us
- Board Member: Noelle Zook – noelle.zook@gmail.com
- Board Member: Ashley Gordon Becker - agordon3203@gmail.com
- Board Member: Bridget Smith - bridgetsmith124@gmail.com
- Board Member: Rebecca Lafauci – rebhorning@gmail.com
- Board Member/Meet Director: Cher Younger – geoffandcheryounger@gmail.com
- Head Coach: Haley Saunders - erracoach@gmail.com
- VSL Team Rep: Noelle Zook & Jolanthe Erb

WHO WE ARE

The East Rockingham Recreation Association Barracudas are an independent summer swim organization led by parent volunteers and coaches. ERRA pool supports our team, and parent volunteers support the coaching staff.

We are a part of the Valley Swim League (VSL), providing competition at all ability levels structured by age in boys' and girls' individual and relay events. Meets, including a season-ending championship, operate according to VSL rules. The six VSL teams are: Ashby Anacondas (Bridgewater), Broadway Sharks, ERRA Barracudas, Massanutten Marlins, Spotswood CC Dolphins, and the Westover Waves.

COACHING STAFF

Head Coach: Haley Saunders | Assistants: Dylan King, Cole Martin, Marshall Smith, & Chloe Oulette Jr & Transition Barracuda Coaches: Abby Younger, Dominic Davies, Gabriella Davies, Zeke Reid, Grace Roberts, Tori Kaltenborn, and Hannah Markowitz

The coaching staff is **thrilled** to have the chance to work with your child(ren) this swim season. While some of the coaches are new to the Barracuda family, all have extensive swimming with either USA swim teams, high school/college swim teams, or both. We are all excited to help your swimmer(s) grow both in the sport and as individuals.

We appreciate you communicating any needs or concerns you have. We will do our best to address those in an effective and timely manner.

If you have any concerns, please speak with a coach prior to or after practice. It is difficult to give concerns the attention and time we would like to while trying to concentrate on the swimmers during practice.

ELIGIBILITY

- Swimmers on the team must not be older than 18 years as of June 1 and must be able to swim one length of the entire pool unassisted to qualify for the team.
- Swim team meet age groups for 2025 include 6 & under, 7/8, 9/10, 11/12, 13/14, 15-18.
- Junior Barracudas: This program is limited to 25 swimmers that are not able to complete a length of the pool. We will have a 10:1 coach to swimmer ratio assigned to these children. They will have practice five times a week. They will have minimal requirements that they must fulfill to be a part of this group: swim $\frac{1}{2}$ length of the pool, comfortable jumping into water over head, breathe without stopping, and move arms in a freestyle motion.

FEES

Swimmers will be ineligible to attend any swim team practice or function until all fees have been paid. Fees for this season are:

Member of ERRA:

- \$110 for first swimmer in family, and
- \$100 for each additional swimmer

Not a member of ERRA:

- \$100 assessment fee for entire family AND
- \$110 for first swimmer in family, and
- \$100 for each additional swimmer

REFUNDS

Please note the following for ANY refunds that may be processed by the team. Our team is a non-profit and strives to keep things as economical as possible, but we do have fees that are charged in the sign-up process for the website, credit card processing, and pool assessment fees. All refunds are subject to a \$20 administration fee and requests must be sent to errabarracuda@gmail.com. Swimmers may be eligible for a full refund (minus administration fee) PRIOR to the season starting. Partial refunds (50% minus administration Fee) may be an option prior to June 8, 2025.

No refunds will be given for swimmers who have participated after June 10, 2025 of the season, a swimmer losing interest, schedule conflicts, or a swimmer being suspended for disciplinary reasons. All other refunds requests will be assessed on merit.

PRACTICES

- Practices are held at ERRA Pool, Monday - Saturday with a few exceptions. **Prior to Rockingham County schools end of the year (June 6th), practice schedule is to be determined.** Saturday morning practice times will be as scheduled beginning Saturday, June 1. Jr Barracudas will practice from Monday, June 9th through Friday, July 18th (assessments on Saturday, May 31).
- If ERRA Pool is closed due to weather or other function, we will NOT have practices.
- Please have your child(ren) bring/wear sneakers and other appropriate work-out clothes in case water temps are too low and we have dryland practice.
- Lane assignments and spacing will be decided by coaches during practice and based on safety and swimmer ability.**
- Exact practice times will be announced before the season starts. Please refer to the calendar on the website: errabarracudas.com – [info/practice schedule](http://errabarracudas.com/info/practice-schedule) once it is posted.
- Your child(ren)'s safety is our top priority. When we hear thunder or see lightning, the pool deck must be COMPLETELY cleared. We will try to make the most accurate calls we can with the information we are given. If you provide your phone number & e-mail on our team website with your registration, you will receive an e-mail and/or text message with any pressing updates!
- Please respect the practice times and be prompt both when arriving (drop-off) and departing (pick-up).

2025 Practice Schedule

Because of the county and city school schedules, the Barracudas will have **evening only practices – excluding TUESDAY NIGHT** until Saturday, June 6th. Saturday morning practices will begin 5/31/25.

ERRA Barracudas - Summer 2025 Practice Schedule

Weekday AM practices begin 6/9. **We WILL NOT have Tuesday PM practices or Wednesday AM practices.**

| Jr Barracudas (beginning 6/9) | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------|------------|------------|-----------|------------|------------|------------|
| AM (beginning 6/9) | | 9:30-10:00 | | 9:30-10:00 | 9:30-10:00 | |
| PM (beginning 6/9) | 7:15-7:45 | | 7:15-7:45 | | | |
| 10/under | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| AM (beginning 6/9) | 9:30-10:15 | 9:30-10:15 | | 9:30-10:15 | 9:30-10:15 | 9:30-10:15 |
| PM | 7:15-8:00 | Meet Night | 7:15-8:00 | 7:15-8:00 | | |
| 11/older | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| AM (beginning 6/9) | 8:30-9:30 | 8:30-9:30 | | 8:30-9:30 | 8:30-9:30 | 8:30-9:30 |
| PM | 8:00-9:00 | Meet Night | 8:00-9:00 | 8:00-9:00 | | |

APPAREL

All swimmers are required to wear their team cap. It should be a team cap or a solid color (no logos). Team shirts will be available once the season begins, and additional silicone caps are available for \$15. Team suits are optional and can be purchased through the Barracuda website. A solid black or purple/black print suit would be great to show your team spirit. Otherwise, any one-piece solid black or purple suit for girls works, and any purple or black suit for boys. There are great purple/black print suits available as well: swimoutlet.com/errabarracudas.

POOL RULES

Our relationship with ERRA pool is extremely important, so we request that you obey ALL pool rules, Management has specifically requested the following:

- Swimmers are NOT permitted in the pool at any time unless they are engaged in a practice session.
- Parents should stay near any younger children that are not involved on swim team. The only lifeguards on duty during practice are our coaches, and they should be focused on practice.

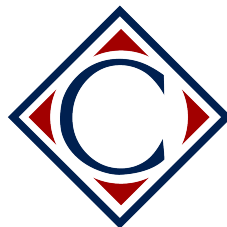
THANK YOU to our Team Sponsors!

This year our team would like to thank the following companies for their financial support. Please be sure to let them know you saw their ad and appreciate them!



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OBLIGATIONS AND RESPONSIBILITIES OF PARENTS

PARENTS/GUARDIANS' CODE OF CONDUCT PLEDGE

- Parents must demonstrate good sportsmanship and direct their children to behave likewise.
- Both parents and swimmers are responsible for signing up for the meets no later than Friday prior to a Tuesday meet. If your child is not signed-up by then, the swimmer will NOT be entered in the meet.
- **Please refrain from approaching the coaches during practices and during meets so the coaches may perform their duties during these times. During swim practices, parents are asked to remain in the pavilion area (under the canopy).**
- Please direct non-swimming concerns to the Team Manager, Jolanthe Erb, or another board member.
- Please speak with coaches and team leaders in a courteous manner at all times.
- Parents are expected to assist in the operation of meets when called upon, to attend meets, and to provide support and encouragement to all swimmers on the team.
- Parents are responsible for ensuring that their swimmers respect all coaches and understand the discipline policy.

PARENT VOLUNTEER RESPONSIBILITIES

While our swim team leaders/board have a large part in running our team, our team requires parent help to keep meets moving and make sure our swimmers can enjoy their summer league experience. Every little bit helps, and the coaches are better able to focus on the kids.

Each meet you attend will provide a variety of positions to be filled, completely with parent volunteers. **We require our parents to volunteer in three half-meets during the swim season, not including mock meet. In addition, you will need to volunteer at Champs if your child is participating.**

Some of the ways you can help volunteer: running concessions, stroke & turn judge (we will provide training reimbursement), timers (12 per meet), hospitality, clerk of course, set-up, break down, and a few other positions. We can ALWAYS use help! We will have sign-ups available for each meet at the beginning of the season (via the website → Events / Job Signup) and ask that you contact Cher Younger if you have any questions.

- Each swimmer is required to provide one adult for volunteer duties for one of the two away meets. For home meets, one adult per family is expected to assume volunteer duties that take place before, during, or immediately after the meet.
- If you cannot make it to the volunteer assignment you have been assigned, you are responsible for finding and posting a replacement and for notifying Cher Younger.
- These volunteer responsibilities are intended for adults. Children under 16 may not fulfill adult responsibilities.
- Parents who are assigned duties that take place during the meet (except timers) will have the opportunity to leave their work post to watch their child swim and are expected to promptly return to their position between their child's scheduled events. All parents are expected to be on time for their duties.

OBLIGATIONS AND RESPONSIBILITIES OF SWIMMERS

Each swimmer has a responsibility to the ERRA Barracudas Swim Team and his or her teammates and agrees to the following:

SWIMMER'S CODE OF CONDUCT PLEDGE

- Swimmers should make every effort to attend daily swim practice and should arrive 10 minutes early for their scheduled practice, so they are on deck and ready to swim at their scheduled practice time. Practices are not REQUIRED.
- Swimmers/parents are responsible to sign-up or out of meets, no later than Friday prior to a Tuesday meet.
- Swimmers are responsible for checking the Bulletin Board for changes and for new information regarding events.
- Swimmers should get plenty of rest and be hydrated before a meet.
- Once entered in a meet, a swimmer must swim in all events s/he is entered in unless unable to do so for medical or other emergency reasons and has notified a coach.
- During meets, swimmers are expected to stay on the pool deck in the designated area.
- Swimmers are expected to know their event numbers and be ready to report to the Clerk of Course when events are called.
- Swimmers will display a courteous and sportsmanlike behavior at all practices, meets, and other team events.
- Swimmers are encouraged to show good team spirit by encouraging and cheering on teammates during their individual events and during relays.
- Each swimmer is responsible for respecting the property of other swimmers on their team and opposing teams.
- At all meets and practices, swimmers will leave the pool area in the same condition (or better) in which they found it.
- Swimmers will not use any controlled substances, including alcohol or tobacco at any team activities.
- All swimmers are expected to respect ALL COACHES during practice, meets, and swim team functions. A swimmer, at the coaches' discretion, may be excused from practices, meets, or even the season when behavior is disruptive. The coach will notify the parent/guardian if this action is necessary.

MEET INFORMATION

- **The Friday before the meet it is important for you to declare whether your child(ren) will be attending the swim meet that Tuesday.**
- **HOW TO SIGN UP FOR MEETS:** You will sign out of or declare for a meet on the website. Go to Events, then click on Edit Commitment, then click on the Swimmer's Name, then Choose either 'Yes, sign _____ up for this event.' or 'No, _____ will not attend this event.' Do this for each swimmer in your family. Don't forget to click Save Changes!
- All meets begin at 6 pm. If a meet is AWAY, warm-ups begin for us at 5:30 PM. If a meet is at HOME, warm-ups begin at 5:00 PM. Please arrive half an hour before warm-ups so each swimmer has time to see what events they are swimming and we have time to stretch as a team.
- Meets consist of 62 events and must end by 10:00pm.
- Under VSL rules, swimmers may compete in up to five events per meet, including up to three individual races and up to two relays.
- **Swimmers MUST CHECK IN WITH COACHES upon arriving and before leaving the meet** – this is to ensure they are not scheduled for any relays during the meet.
- Most swimmers bring a Sharpie and write their Swimmer ID number on their arm and events down on their hand. If they do this, it is easy for any adult to help them get to where they need to be, and the Clerk-of-Course to know they are in the correct place. You may wish to put a grid on your child as follows:

| | | | |
|----|---|---|------------|
| 13 | 1 | 4 | 25 Fly |
| 25 | 1 | 6 | 25 Back |
| 45 | 1 | 3 | 25 Free |
| 53 | 1 | 2 | Free Relay |

In the above example, the child is swimming: event 13, heat 1, lane 4 (25 fly); event 25, heat 1, lane 6 (25 back); event 45, heat 1, lane 3 (25 free); and even 53, heat 1, lane 2 (free relay)

- Swimmers are responsible for getting to Clerk-of-Course by themselves; however, there will be poles with the event number that is being called placed around the pool so everyone knows who is supposed to report.
- In the event of inclement weather, the meet may be delayed. Thunder or lightning may require you to clear the pool deck and wait in your car. **PLEASE DO NOT LEAVE THE MEET UNLESS IT IS CANCELLED.** We do our best to keep meets on the evening scheduled, but your safety is our top concern! Please see our full weather policy (located in this handbook) for more information on rescheduling of meets and inclement weather.
- **SWIMMERS NEED THE FOLLOWING AT EACH MEET:**
 - **TEAM SHIRT, team cap**, swimsuit, goggles, towel, & Sharpie. Sunscreen is optional.
 - Bring sweatshirt, sweatpants, or pjs for when swimming is completed – it may get chilly!
 - Drink: water, sports drink, or juice.
 - Snacks (keep it healthy).
 - Games and small toys for between events.
 - A good attitude and lots of cheering!
 - Bring chairs and blankets (parents). Every meet will have a concession booth available as well with dinner choices if you are running late or do not wish to pack a meal.

- **Awards** – Ribbons are awarded for places 1 through 8 in each individual event and places 1 through 3 for relays for all meets. Best time ribbons are awarded to swimmers who improve their times during the swim season.
- **Ribbon Boxes** – Swimmers will receive their earned ribbons throughout the season. Ribbons can be found in the ribbon box located on the counter inside the ERRA pool house. Please be sure to check the box and counter regularly for ribbons and information.
- **Champs Meet** – Any swimmer who has participated in at least two meets over the course of the season will be eligible to participate at the final Champs meet held at JMU after the end of the season.

MEET LOCATIONS

- **Ashby Anacondas** – Ashby Recreation Association is located at 1887 Mt. Crawford Ave., Bridgewater - just east of Oakdale Park. Tel: (540) 828-6231.
- **Broadway Sharks** – Broadway Community Park Pool is located at 102 South Sunset Dr., Broadway. Tel: (540) 896-9771.
- **Massanutten Marlins** – Stonewall Terrace Recreation Center is located at 3980 Massanutten Dr., in the Massanutten Resort in McGaheysville. Tel: (540) 289-6021.
- **Spotswood Dolphins** – Spotswood Country Club is located at 1980 Country Club Rd. in Harrisonburg, east of I-81 (near the Target intersection). Tel: (540) 433-2659.
- **Westover Pool** - Westover Pool is located at 305 S Dogwood Dr, Harrisonburg, VA 22801

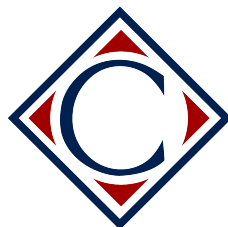
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ERRA Barracudas Weather Policy

Effective 5/1/17

ERRA has adopted the following policies regarding weather and the delay/cancellation of meets and/or practices to keep our team members and families safe. Please read the following guidelines that have been established. Know that our goal, along with the competing team, is to complete the meet, but if the weather intervenes there is little we can do.

1. **If it rains, we will still swim** (the swimmers get wet anyway) so pack an umbrella and rain gear just in case. Lifeguards will make safety decisions. If the weather worsens, we will keep you updated via a text update, email, or our FB group
2. **Follow ALL directions by the ERRA pool and the lifeguards – no exceptions!** In the event of a weather interruption all meet participants must leave the pool area completely and go to the parking lot. Pool policy is no one is allowed back onto the pool deck until 30 minutes has elapsed from the most recent thunder or lightning. A minimum of two lifeguards will attend each meet and keep the team leaders aware of any additional weather delays.
3. **For practice days, if the water is too cold (below 70 degrees), we will plan to have a dryland practice.** We don't want your kids shivering and sick, so make sure kids are prepared with shoes and appropriate clothing in case we do not get in the water.
4. **We will not postpone any home meet to start later than 6pm.** Swimmers need to warmup prior to the meet starting. Warm ups will start at 5pm regardless of rain. VSL (Valley Swim League) bylaws require all meets must begin by 7pm and must end no later than 10pm. Getting started early is key to keeping the meet on track, and we want to get you home early!
5. **We will not delay the re-start of a meet more than one hour total.** We know that your time is valuable and keeping the kids cooped up in the car can be crazy, so we have set a maximum wait time before we call the meet. VSL requires us to get through at least half of the meet events for the meet to "count."

Example – If the meet starts on time at 6pm, but the weather causes a delay 10 minutes later at 6:10pm and the pool deck needs to be evacuated until 6:40, we will continue. If the delay continues and there is another showing of thunder and/or lightning at 6:40, delaying the meet until 7:10pm, we will postpone the meet until the following day.
6. **Home meets will be rescheduled for the following night (Wednesday) if the visiting team agrees.** At away meets we will abide by their pool policies and decide with the coaches on a day to reschedule. We will decide before leaving the pool when the rescheduled meet will occur, so you know immediately. Again, keep your phone handy for alerts.
7. **Each pool will have their own policy, and ERRA will need to abide by their guidelines.** Just as we are asking visiting teams to follow our weather policy, we will follow other pool policies, even if they are not the same as ours. Some of the pools we swim with are public and need to reschedule meets on different days.

2025 MEET EVENTS LINEUP

| Event | Age | Gender | Race |
|-------|-----------|--------|------------------|
| 1 | All | Girls | Graduated Relay |
| 2 | All | Boys | Graduated Relay |
| 3 | 8 & under | Mixed | 100 Medley Relay |
| 4 | 9 & 10 | Mixed | 100 Medley Relay |
| 5 | 11 & 12 | Mixed | 200 Medley Relay |
| 6 | 13 & 14 | Mixed | 200 Medley Relay |
| 7 | 15-18 | Mixed | 200 Medley Relay |
| 8 | 6 & under | Girls | 25 Freestyle |
| 9 | 6 & under | Boys | 25 Freestyle |
| 10 | 8 & under | Girls | 25 Butterfly |
| 11 | 8 & under | Boys | 25 Butterfly |
| 12 | 9 & 10 | Girls | 25 Butterfly |
| 13 | 9 & 10 | Boys | 25 Butterfly |
| 14 | 11 & 12 | Girls | 50 Butterfly |
| 15 | 11 & 12 | Boys | 50 Butterfly |
| 16 | 13 & 14 | Girls | 50 Butterfly |
| 17 | 13 & 14 | Boys | 50 Butterfly |
| 18 | 15 - 18 | Girls | 50 Butterfly |
| 19 | 15 – 18 | Boys | 50 Butterfly |
| 20 | 6 & under | Girls | 25 Backstroke |
| 21 | 6 & under | Boys | 25 Backstroke |
| 22 | 8 & under | Girls | 25 Backstroke |
| 23 | 8 & under | Boys | 25 Backstroke |
| 24 | 9 & 10 | Girls | 25 Backstroke |
| 25 | 9 & 10 | Boys | 25 Backstroke |
| 26 | 11 & 12 | Girls | 50 Backstroke |
| 27 | 11 & 12 | Boys | 50 Backstroke |
| 28 | 13 & 14 | Girls | 50 Backstroke |
| 29 | 13 & 14 | Boys | 50 Backstroke |
| 30 | 15 – 18 | Girls | 50 Backstroke |
| 31 | 15 – 18 | Boys | 50 Backstroke |

| Event | Age | Gender | Race |
|-------|-----------|--------|-----------------------|
| 32 | 8 & under | Girls | 25 Breaststroke |
| 33 | 8 & under | Boys | 25 Breaststroke |
| 34 | 9 & 10 | Girls | 25 Breaststroke |
| 35 | 9 & 10 | Boys | 25 Breaststroke |
| 36 | 11 & 12 | Girls | 50 Breaststroke |
| 37 | 11 & 12 | Boys | 50 Breaststroke |
| 38 | 13 & 14 | Girls | 50 Breaststroke |
| 39 | 13 & 14 | Boys | 50 Breaststroke |
| 40 | 15-18 | Girls | 50 Breaststroke |
| 41 | 15-18 | Boys | 50 Breaststroke |
| 42 | 8 & under | Girls | 25 Freestyle |
| 43 | 8 & under | Boys | 25 Freestyle |
| 44 | 9 & 10 | Girls | 25 Freestyle |
| 45 | 9 & 10 | Boys | 25 Freestyle |
| 46 | 11 & 12 | Girls | 50 Freestyle |
| 47 | 11 & 12 | Boys | 50 Freestyle |
| 48 | 13 & 14 | Girls | 50 Freestyle |
| 49 | 13 & 14 | Boys | 50 Freestyle |
| 50 | 15 – 18 | Girls | 50 Freestyle |
| 51 | 15 – 18 | Boys | 50 Freestyle |
| 52 | 8 & under | Mixed | 100 Free Relay |
| 53 | 9 & 10 | Mixed | 100 Free Relay |
| 54 | 11 & 12 | Girls | 100 Individual Medley |
| 55 | 11 & 12 | Boys | 100 Individual Medley |
| 56 | 13 & 14 | Girls | 100 Individual Medley |
| 57 | 13 & 14 | Boys | 100 Individual Medley |
| 58 | 15 – 18 | Girls | 100 Individual Medley |
| 59 | 15 – 18 | Boys | 100 Individual Medley |
| 60 | 11 & 12 | Mixed | 200 Free Relay |
| 61 | 13 & 14 | Mixed | 200 Free Relay |
| 62 | 15 – 18 | Mixed | 200 Free Relay |