

Westleigh Barracudas

Swim Team



Introduction

- Swimmers must also be members of Westleigh Recreation Club
- Main team + Pre-team = **ONE TEAM**
- Goals:
 - attend practice regularly
 - improve individual time(s) throughout the summer
 - graduate from pre- to main team
 - HAVE FUN!
- Swim Team Committee: volunteer parents; A Reps, B Reps, Officials Manager, Treasurer, Registration Manager
- Coaches: Brian, Ann, Caroline, Max, Lev



Practice, ...

- Direct correlation between number of practices attended and time improvement.
- Practices begin during last 2 weeks of school for main team:
 - 9 - 12: M-F, 4:45-5:30 pm
 - 8 & under: M-F, 5:30-6 pm
 - 13 & over: M-F, 6-7 pm
- Practices begin during last week of school for pre-team:
 - pre-team: M-F, 6-6:30 pm
 - 13 & over: M-F, 6:30-7:30 pm



... Practice, ...

- Summer swim team practice is in the morning:
 - 9 - 12: M-Th, 8-9 am
 - 8 & under: M-Th, 9-9:45 am
 - 13 & over: M-Th, 9:45-11 am
 - Pre-team: M-Th, 11-11:30 am
- Afternoon practices (Camper's Practice) are only for those who cannot attend morning practice:
 - 9 - 12: M, T, Th, 4-5 pm
 - 8 & under: M, T, Th, 5-5:45 pm
 - Pre-team: M, T, Th, 5:45-6:15 pm
 - 13 & over: M, T, Th, 6:15-7:15 pm



... and More Practice!

- **Fridays: Barracuda Challenge!**
 - main team: 8:30-10:30 am
 - 1 hour of practice, 1 hour of team-building games
 - meet ribbon distribution
 - doughnuts!
 - pre-team: 10:30-11 am
 - also doughnuts!
- Private lessons with the coaches.



Regular Meets

- MCSL: 90 teams in 15 divisions (2025)
 - Westleigh currently member of Division F (6th)
- Time Trials (June 7): practice meet to register seed times
- A and B Meets: dual or tri-, every week
- A (July 6) and B (July 1) Relay Carnivals
- Divisionals (July 19): swimmers with top 2 times in each event and gender in team, all 6 teams in division



Special Meets

- Mini Meet (July 13): with other invited teams, 8 & under swimmers in pre-team and main team
- Coaches Long Course (July 8): swimmers with top 8 times in each event and gender in all MCSL
- All Star Relays (July 26): relay teams that won in A Relays
- All Star Individuals (July 27): top 16 fastest swimmers in each event and gender in all MCSL



A vs. B Meets

- **A Meets:**
 - Saturday mornings (9 am-12 pm), competitive, opt-in/-out for coaches' awareness of availability, coaches pick lineup, 6 swimmers in each age group/gender for freestyle, 3 for all other events, lineup posted Thursdays
- **B Meets:**
 - Wednesday evenings (6-9 pm), open to all swimmers, sign-up for chosen events, obtain seed times to swim in A meets, may not swim events swum in previous A meet



Other Events

- Pre-Team Follies (July 11): pre-team only, practice for Mini Meet, last Fun Friday of the season
- Friday Evening Socials (June 13-July 18): all swimmers and families, potluck, meet pep activity
 - July 4th: come to club pool party
- Team Banquet (July 20): whole family, whole team, dinner, dancing, awards, fun!!!
- Winter Social: whole family, whole team, white elephant gift exchange, December



Required Volunteering ...

- **Swim families run all meets and socials.** Committee and officials are also volunteers.
- If your swimmer is swimming in a meet, **at least one family representative must work to run it!**
- Timers (most important), concessions stand workers, set-up, etc.
- There is a job for all personalities and needs - contact Meet Managers to fill the spot that's right for you!
- Jobs for swimmers and siblings in exchange for SSL hours.
- How friendships are made!
- The magic of summer swim depends on your engagement.



... and More Volunteering

- **Intense start of season: we are hosting 6 out of first 9 meets this year (June 7 - July 5).**
- **Back-to-back meets beginning of July:**
 - Tues. & Wed., July 1 & 2: B Relays at home & B meet away
 - Sat. & Sun., July 5 & 6: A meet & A Relays away
- **We need more officials!**
 - trained volunteer positions: Referee, Starter, and Stroke and Turn Judge (especially for Wednesday B meets)



Pre-Team

- Meeting: June 2, 6-6:30 pm
- Objective: teach child to feel comfortable in the water, teach basic skills to stay safe in the water, teach swim strokes, join the main team, form lasting friendships.
- 13 & over main team swimmers are trained to help in the pool.
- Swimmers and families participate in all team socials.
- Fun Fridays, Pre-Team Follies, Mini Meet.
- A pre-teamer may swim B meets at Head Coach's discretion once they are able to swim across the full length of the pool doing the stroke correctly.



Team Website

<https://www.gomotionapp.com/recwbst>

- Calendar for practices, meets, socials, and other events
- Job sign-up for meets and socials
- Opt-in/-out for A meets
- Sign-up for B meets
- Team registration
- Team news



Final Thoughts

Not every race will be faster than the last.

Applaud improvements!

Don't dwell on setbacks.

Cheer on everyone!



***SWIM FAST,
'CUDAS!***

