



# Quarterly Newsletter

FALL 2023

 [Barracuda Swim Club](#)

 [@barracudaswimclub](#)

Website: [barracudaswimclub.org](http://barracudaswimclub.org)

## Greetings From Coach Chris

### Welcome to a new season of great swimming!

When I was pondering what to write in this space, I remembered a question a parent once asked me: **“What can I do to help support my child in swimming?”**

What a great question – and what an open-ended question, at that! Many articles and books have been written that covers being a great parent to a young athlete. Let me see if I can highlight a couple of keys that I have noticed in my coaching career:

**1. Memorize and use this phrase: “I love watching you race!”** When a child finishes a race, the coach will go through a de-briefing, letting him/her know what was done well and where some improvements can be made. This may not be all-inclusive, but it will be appropriate for the moment. Your child just needs to know that his/her value to you is not in how much time was cut off or what place was won. The swimmers need to know that no matter how they do, there is one constant – your love and support – that will always be there for them. If you do have a child who wants to talk with you about a race, asking “What did you and coach talk about” is a good place to start. Some swimmers appreciate parental feedback, some do not (and this changes!) But all swimmers seem to appreciate their parents’ love and care for them as a person.

**2. Help take care of the “hidden training”.** The coaches will handle developing the training plan for the swimmers when they are at the pool. However, we only get them for one to a few of hours per day. What occurs in the rest of those 24 hours can positively or negatively affect performances at practice and in meets.

Things like adequate sleep and proper nutrition, having regular health exams, maintaining a consistent schedule, staying up on schoolwork to avoid late nights, and making good choices in their social lives are all areas where your diligence and guidance can have a profound effect on a swimmer’s enjoyment and success in our sport.

**3. Let the coach be the coach.** There is a reason why our staff enjoys spending time with your children. We enjoy teaching them the skills and lessons that will allow them to succeed in swimming and in life. We have been trained to do this. Let us do our job. Now, that does not mean that your input is not valuable or important. If there is something we need to know about your son/daughter which will help us be a more effective coach, let us know. If you have questions or concerns, we want to hear those, too.

After all, both parents and coaches are there for the same thing – having the child be happy, healthy, and successful. One thing I ask: If you do think that we are messing up, bring it to the coach’s attention directly. Do not gossip or vent about it with other parents or criticize the coach in front of your child. Take the opportunity to share meaningful dialog with the coach. Your concern may already have been addressed, you may gain an understanding of the coach’s perspective or strategy, or you may give us some background information of which we were unaware. We will not undermine you as a parent and ask the same respect in return.

**4. Encourage and nurture friendships on the team.** By far, the most successful teams I have coached have been the ones where the swimmers genuinely liked each other and hung out outside the pool.

Why? I think it is because no one really knows what goes on in the sport of swimming better than other swimmers. By socializing outside of the pool, swimmers are able to talk about their sport, offer support, or even just bond over the ridiculous set that the coach made them do. In addition, they can develop an appreciation of their teammates above and beyond what they see in the pool.

The stronger the bond, the more support they can give each other when things do get tough, and the more fun it will be to spend time with their friends (who just happen to be their teammates). What can you do? Host a team meal after a workout (this may require copious amounts of food!). encourage and facilitate them doing things with their teammates outside of the pool environment, like any other kid would – movies, sleepovers, video games, watching TV, or just hanging out with unstructured time. Let them invite some teammates to do something special with your family (a day at the lake, hiking, biking). Get together with other families to explore a city when on an away meet. Eat with other families after a meet (home or away).

I am sure that there are a ton more things that I didn’t point out here, but I hope you can use the ones that were shared.

**GO BARRACUDAS!**



## President's Report

Dear Barracuda Families,

I hope this newsletter finds you in good spirits and good health. As we dive into the 2023-24 season, I wanted to take a moment to reflect on the essence of our club, the incredible opportunities it presents for our swimmers, and the immense value of our tight-knit community, especially when families come together to volunteer.

Our swim club is not just about swimming laps or beating personal records. It is a place of learning and growth. Here, swimmers not only refine their techniques and build physical strength, but they also develop discipline, resilience, and a camaraderie that lasts a lifetime. A week ago in a school essay about a lesson he learned from an adult he is not related to, my son wrote: "My swimming coach, Coach Chris, influenced me by teaching me that focus, concentration, and determination can lead to great things happening." We aim to create an environment where every swimmer, regardless of age or skill level, feels welcomed, valued, and encouraged to reach their full potential.

While we are fortunate to have a great staff of full time professional coaches and enthusiastic assistant coaches, our club thrives because of our collective efforts. Much of what we achieve is due to the selfless dedication of our volunteers. When families volunteer, it enriches the club experience for everyone. Swimmers get to see their families involved and invested in their passion, which can be a huge motivator. Through volunteering, you become an integral part of your child's journey and the larger swim club family, creating memories and experiences that are truly unique.

I urge each family to consider offering a bit of their time, be it timing, getting ribbons ready at meets, running the bull pen, or becoming an official. Every bit counts and adds a ripple effect of positivity. Besides, it can be fun. I became a swim official eight years ago because volunteering was required back then. Now I look forward to walking into the officials' room at swim meets and catching up with people I have worked with for years.

In conclusion, I want to express my deep gratitude to each one of you for your continued support and involvement. Let's make this season a remarkable one, filled with accomplishments, joy, and unforgettable moments.

Swim fast, stay passionate, and keep supporting one another.

Best regards,  
Andy Slap



**RECORD  
BREAKER**

## Club Record Breakers

**RECORD  
BREAKER**

### Top Scoring Barracuda's at RPS Meet @ KAC

Swimmer	Group	Points
Kamdyn Hallmark	8 & under	63 points
Raylan Clifton	8 & under	58 points
Claire Arnold	10 yr old	39 points
Nate Kitzmiller	10 yr old	14 points
Skylar Burke	11 yr old	23 points
Sophia Angelopoulou	12 yr old	48 points
Isabela Blackburn	13 yr old	25 points
Hayden MacDonald	13 yr old	25 points
Joshua Slap	13 yr old	21 points
Avery Brown	14 yr old	14 points
Conor Lilley	14 yr old	40 points
Tia Spivey	15-16 yr old	26 points
Wyatt Pierce	15-16 yr old	28 points
Anna Johnson	17 & over	57 points



**RECORD  
BREAKER**

## Club Record Breakers 2022-2023

**RECORD  
BREAKER**

<b>10 &amp; Under</b>	<b>FREE</b>	<b>BACK</b>	<b>BREAST</b>	<b>FLY</b>	<b>IM</b>
Audrey Bailey (9)		B			
Claire Arnold (10)			B	B	BB
Emory Christie (10)			B		
Everett Armentrout (7)		B	B		
Gage Chandler (10)		B			
Jerry Liang (9)		B	B		
John Melinsky (9)		B			
Kamdyn Hallmark (7)	BB	BB	B		B
Katie Baceman (10)	BB	B			B
Kayla Bailey-Fortney (10)			B		
Laney Varnier (9)		BB	BB		
Raylan Clifton (8)	B	B	B		
Skylar Burke (10)		B	B		B

<b>11 - 12</b>	<b>FREE</b>	<b>BACK</b>	<b>BREAST</b>	<b>FLY</b>	<b>IM</b>
Britton Lassiter (12)	B	B	B		
Chloe Deng (11)			BB		
Eliza Momberger (12)				AA	AA
Hayden MacDonald (12)	AAA	AA	AA	AA	AAA
Izzy Blackburn (12)	AAA	AA	B		A
Joe Ayres (12)	BB		BB		B
Josh Slap (12)	AA				A
Kate Morse (12)			B		
Kevin Zheng (11)	B	B	BB		
Lilli Woodward (12)		B	B		
Lizzy Melinsky (12)	BB	BB		BB	BB
Riley Conley (12)	BB	B		B	B
Sophia Angelopoulou (11)	AA	AA	BB		A
Zhuolin Liang (12)	B		BB		B



**RECORD  
BREAKER**

## Club Record Breakers 2022-2023

**RECORD  
BREAKER**

<b>13 - 14</b>	<b>FREE</b>	<b>BACK</b>	<b>BREAST</b>	<b>FLY</b>	<b>IM</b>
Abby Melinsky (14)	BB	BB	BB		BB
Addie Smith (13)	BB	B			BB
Anna Rose Culver (14)	BB	B	BB		BB
Annalee Price (14)				AA	
Anton Cervo (13)	BB	B		B	
Ari Trinidad (14)	B				
Arthur Zagolin (14)	BB			B	
Avery Brown (13)	AA	A	B		
Ben Park (13)		B			B
Blake Streitz (14)	AA		AA	BB	AA
Chelsea Connolly (14)	B				
Conor Lilley (14)	A	B			BB
Eli Johnson (14)	A	BB	B		B
Eliza Momberger (13)	A	A	B	B	BB
Emmet Chandler (14)	BB	B		BB	B
Ethan Bowman (14)	AAA	AAA	A		
Gracie Pierce (13)	BB				
Haleigh Bronsetter (14)	A		BB	BB	BB
Hayden MacDonald	A		A	BB	AA
Izzy Blackburn (13)	AA	BB		B	
Jack O'Connor (14)		BB		B	BB
Joe Ayres (13)	B				
Jolie Ayres (14)	A		A	A	A
Madison Johnson (14)			BB		
Riley Conley (13)	BB				
Riley Tharpe (13)	BB	B	BB		BB
Sarah Leerssen (14)			BB		BB
Seilah Pickering (13)	BB				
Sophia England (14)	B				
Tory Oudom (13)	BB	B	B		B
Yasin Shams (14)				B	B



**RECORD  
BREAKER**

# Club Record Breakers 2022-2023

**RECORD  
BREAKER**

<b>15 - 16</b>	<b>FREE</b>	<b>BACK</b>	<b>BREAST</b>	<b>FLY</b>	<b>IM</b>
Abby Adams (16)	AA	AAA	BB	BB	BB
Anna Johnson (16)	AA	A	B	BB	A
Anna Rose Culver (15)	BB		B		B
Annalee Price (15)	AAA	AA		AA	BB
Avery Padgett (15)		BB			
Blake Streitz (15)	BB	BB	BB		BB
Cooper Wells (15)	BB	B		BB	BB
Deanna Miller (16)			A	BB	
Eden Alsbrook (15)	B				
Emmet Chandler (15)	BB			BB	B
Gabriella Simpson (15)		BB			
Jolie Ayres (15)	BB	B	BB	BB	BB
Josh Kovac (15)	BB	B	BB	B	BB
Katelyn Williams (16)	AAA	BB	BB	AA	AA
Madison Johnson (15)	BB	BB	B	B	BB
Nate Trinidad (15)	BB		B		
Sarah Leerssen (15)	BB			BB	B
Tia Spivey (15)			B		
Wyatt Pierce (15)	AA		BB	AA	A
Zoe Angelopoulou (15)	A	A	A		

<b>17 - 18</b>	<b>FREE</b>	<b>BACK</b>	<b>BREAST</b>	<b>FLY</b>	<b>IM</b>
Anna Johnson (17)	AA	A		BB	BB
Colin Burnette (17)	AA	AA		AA	BB
Dustin Niebauer (17)			BB		
Katelyn Williams (17)	AA			A	AA



## The Funny Pages



**Seven days without swimming makes one weak.**



**No matter how slow you go, you are still lapping everybody one the couch,**

**What has two knees and swims?**

A: A two-knee fish!



**Why do dolphins only swim salt water?**

A: Because pepper makes them sneeze!

## Happy Birthday Barracudas

### SEPTEMBER

- Mary Ridlehuber 4<sup>th</sup>
- Deanna Miller 7<sup>th</sup>
- Elijah Oakley 7<sup>th</sup>
- Avery Brown 10<sup>th</sup>
- Emerson Yarger 12<sup>th</sup>
- Abigail Adams 14<sup>th</sup>
- Joshua Jung 21<sup>st</sup>
- Gage Chandler 23<sup>rd</sup>
- Kayla Bailey-Fortney 27<sup>th</sup>
- Julia Decker 28<sup>th</sup>

### OCTOBER

- Nathaniel House 7<sup>th</sup>
- Elijah Johnson 13<sup>th</sup>
- Zhuolin Liang 14<sup>th</sup>
- Peyton Edwards 15<sup>th</sup>
- Samantha Ward 15<sup>th</sup>
- Nathaniel Kitzmiller 17<sup>th</sup>
- Jovee Liang 18<sup>th</sup>
- Joseph Ayres 23<sup>rd</sup>
- Mehal Dubey 26<sup>th</sup>

### NOVEMBER

- Kamdyn Hallmark 3<sup>rd</sup>
- Conor Lilley 5<sup>th</sup>
- Raylan Clifton 6<sup>th</sup>
- Evan Erdelji 11<sup>th</sup>
- Sidalack Oudom 11<sup>th</sup>
- Abraham Brogan 11<sup>th</sup>
- Brayden Cox 15<sup>th</sup>
- Sawyer Hill 15<sup>th</sup>



## We DESPERATELY Need YOU!!!!.....

### OFFICIALS

Did you know that becoming a meet official has some benefits? It's fun (honest), join the community of white shirts and be more involved with your swimmer meets. Training is available as well as job shadowing at meets.

If you are interested in becoming an official for the first time or have any questions you can reach out to Mark Johnson at [msjohnso638@gmail.com](mailto:msjohnso638@gmail.com).

### COMMITTEES

We are also looking for parents that are looking that are interested in joining a fundraising committee. This is committee is in the earlier stages but if you would like to learn more, please contact Erica Streitz at [estreitz@gmail.com](mailto:estreitz@gmail.com).

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## Important Dates

Make sure to check the Barracuda website for any updates.

- **9/23/23 – [ISCA Open Water Festival](#):** Smith Mountain Lake, VA
- **9/23/23 – [RPS Meet](#):** Kingsport Aquatic Center
- **10/14/23 – [McCallie Invitational](#):** Chattanooga, TN
- **10/28/23 – [BSC Pumpkin Patch Meet](#):** Kingsport Aquatic Center
- **11/18/23 – [BSC Cranberry Classic](#):** Kingsport Aquatic Center
- **12/07/23 – [HOKI Prelim/Final Meet](#):** Christiansburg, VA
- **01/05/24 – [TNAQ Invitational](#):** Knoxville, TN
- **01/26/24 – [Regional 2 Meet](#):** Chattanooga, TN
- **02/16/24 – [Southeastern Championship Meet](#):** Huntsville, AL
- **03/07/24 – [Senior Sectional Meet](#):** Greensboro, NC
- **03/19/24 – [NCSA Junior National](#):** Orlando, FL
- **03/27/24 – [NCSA Age Group Championship Meet](#):** Orlando, FL



## Fuel and Stretch

### **BAKED BREAKFAST OATS:**

Olympian Abbie Wood really likes having baked oats for breakfast ahead of a busy day of training in the pool. This is her delicious recipe; you can either go for fruit or chocolate chips in the mixture. She then finishes it off with some vanilla yoghurt.

### **INGREDIENTS:**

- 60g rolled oats blended
- 1 egg
- 1 banana, mashed
- 1 tsp baking powder
- 1 tsp vanilla extract
- Chocolate chips/selection of fruit, chopped



### **METHOD:**

1. Blend the rolled oats down to a fine consistency.
2. Mix the blended oats, egg, vanilla extract and baking powder in a bowl.
3. Add the mashed banana and the chocolate chips or chopped fruit into the mixture and stir until well mixed.
4. Transfer the mixture to an ovenproof dish and bake for 15 minutes at 180 degrees celsius.
5. Remove from the oven, allow to cool slightly and then serve with a helping of fresh vanilla yogurt.

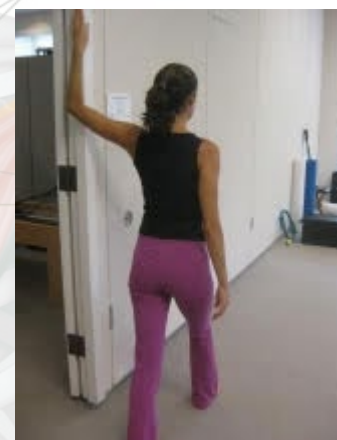
Pec Major  
Sternal head  
Clavicular head

Pec Major  
excised

### **Pectoral Major Stretch**

#### **Instructions:**

1. Place arm in a doorway
2. Very gently lean forward until you feel a stretch in your chest muscle
3. Hold this position for 30 seconds
4. Repeat 3 times on each arm.



Minor  
Pec Major  
excised  
Gracobrachialis