

Parent and Swimmer Information

Practice Guidelines for Swimmers

1. All Barracuda swimmers are expected to conduct themselves in a safe and sportsmanlike manner. Respect your coaches, teammates and pool property at all times.
2. All swimmers are expected to be on time for practice. If you are late, quickly find your coach and get your workout instructions.
3. If you must leave early, inform the coach at the beginning of the practice.
4. Sign in the attendance book on the table at the entrance to the pool deck.
5. Please remember caps and/or goggles for practice.
6. Evening practices requires coach approval and sign up.

Practice Guidelines for Parents

1. Parents are to remain behind the glass separation wall of the pool during practice.
2. Help your child remember to bring their goggles/ drag shirts or other items to ensure they have a good practice.
3. If you have a question for the coaches, please approach before or after practice, but preferably through www.braddockheights.org, Chris Coghill will follow-up.
4. Meet sign up forms (two included in this packet/others will be in the folders on deck) are required for each swimmer for each meet. Meet forms are due by Tuesday morning before each meet. If your meet forms are late, your child will not be able to participate. If your child cannot participate in the meet, the form must be completed also with a reason.

Meet Rules for Swimmers

1. All swimmers are expected to be on time for warm-ups, report to their designated coach and be ready to compete at the beginning of the meet.
2. Meet information (events that each swimmer will participate in, heat and lane) will be provided for all swimmers on the website by the evening before the meet.
3. Swimmers are expected to check in at the meet at 7am and write down their event information and Sharpie the information on his/her wrist ☺. Help each other, especially the younger ones.
4. All swimmers will be required to sit together and cheer for their team. Also wear your team shirts/caps to show your team spirit! Please do NOT wear apparel from other teams or clubs at Barracuda meets.
5. All swimmers are to remain at the pool for the duration of the meet. This is especially important if the substitutions are needed, changes do occur during meets and we need all swimmers on deck.
6. Each swimmer is allowed 4 individual events and 1 relay. If a swimmer does not show up for a meet, the team will be penalized 1 point per event. ☹
7. Frederick Summer Swim League rules, regulations and qualifying times for all stars can be found at www.swimfssl.org

Braddock Heights Barracudas 2011 Practice Schedule

Swimmers should be on deck ready to swim at the designated times below.

Pre Season Practice at Middletown High School

5:00pm – 6:00pm

May 31st, June 1st, June 2nd
June 6th, June 7th, June 8th
June 13th, June 14th, June 15th

Regular Season Practice at Braddock Heights Pool - June 16th – July 29th

8:00am – 9:00am – 10 years old and under

9:00am – 10:00am – 11 years old and up

Mon-Fri (except Monday July 4th)

*Alternative Evening Practice at Braddock Heights Pool

Swimmers must have coach's prior approval to attend.

8:15–9:00pm

June 20th, June 21st, June 22nd

June 27th, June 28th, June 29th

July 5th, July 6th

July 11th, July 12th, July 13th

July 18th, July 19th, July 20th

* This practice is offered to those who are attending camps (or another activity) and cannot make the morning practice for the week. This is a modified practice and is not to be used in lieu of getting up early.



Braddock Heights Barracudas 2011 Schedule

- May 18th** (Wed) Open House 7-9p (@BH Comm Ctr)
- June 9th** (Thu) Spirit Dinner 6-8p (@ BH Comm Ctr)
- June 17th** (Fri) Team Pictures 9a
- June 18th** @ Dearbought
- June 25th** @Brunswick
- July 2nd** NO MEET
- July 9th** @Robin Meadows (BH hosts)
- July 16th** @Whittier (tri-meet)
- July 23rd** @Dearbought - Divisionals
- July 24th** (Sun) Team Picnic 12-2p (@ BH Comm Ctr)
- July 30th** @ Mt. Airy - All Star Meet

All swimmers must be ready to begin meet warm-ups at 7am

BH Comm Ctr = Braddock Heights Community Center

BRADDOCK HEIGHTS SWIM TEAM MEET ENTRY FORM 2011

*Please complete one form per swimmer for each meet. Forms MUST be placed in the Meet Entry Box by the Tuesday prior to the meet or the swimmer will not be able to participate.

Name of swimmer _____

Circle one: Male or Female _____ Age on June 1, 2011 _____

Name of adult attending meet: _____ phone _____

Name of meet: (Circle One) Dearbought(6/18), Brunswick (6/25), Robin Meadows (7/9), Whittier (7/16), Divisionals (7/23), All Stars (7/30)

I CAN SWIM: (Circle all that apply)
Medley Relay – Free - Indiv. Medley – Breast – Back – Fly - Crescendo Relay

I CANNOT SWIM

WHY? (Circle reason) Arriving Late DQ Conditioning Injury Medical Leaving

The coaches take into consideration what you put on this form; however, the coaches ultimately decide who swims in what events.



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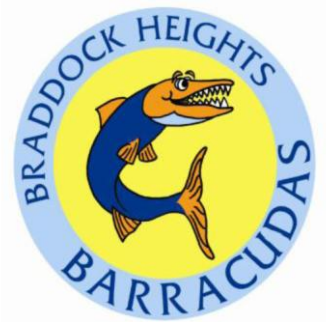
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Support Your Swimmer(s)

Send in a supportive message to be printed in the summer program meet on 7/9/11.

Anyone is welcome to sponsor additional ads.

Your contact: _____ Phone: _____

Your email: _____

Message:

Cost

Business Card size \$15.00

½ page ad \$25.00

Full page ad \$50.00

Deadline: 7/2/2011

Make checks payable to Braddock Heights Swim Team

c/o Renee Weaver, Treasurer

415 East Green Street

Middletown, MD 21769



Advertise Your Business & Support Your Community Swim Team

Your ad will be printed in B/W in the summer program meet on 7/9/11. Typical distribution >200.

Feel free to insert coupons or special offers. Attach your business card if an ad is not available.

Your contact: _____ Business Phone: _____

Your business email: _____

Ad language if not attached:

Cost

Business Card size \$15.00

½ page ad \$25.00

Full page ad \$50.00

Deadline: 7/2/2011

Make checks payable to Braddock Heights Swim Team

c/o Renee Weaver, Treasurer

415 East Green Street

Middletown, MD 21769

FAQs for the Braddock Heights Barracudas Swim Team

General Questions:

Q: Do I have to be a member of the Braddock Heights Pool in order to join swim team? A: No, you do not have to be a member of the Braddock Heights pool in order to join the Barracudas swim team. However, all swim team participants must pay the \$35 per family Braddock Heights Community Association (BHCA) membership fee to be included under the insurance policies. If you join the BH pool, you typically pay this fee in the winter when you register for the pool membership - if so, then you do NOT need to pay this again when registering for swim team. However, if you have not registered for the BH pool, then you need to pay this fee when registering for the swim team. There is a spot on the registration forms to include this fee. Again, it's only \$35 per family, not per swimmer.

Q: In general, how long does the season run? A: The season is quite short, and usually runs for just 2 months – from late May until late July. Check your parent pack for specific practice and meet dates.

Q: Will I need to volunteer? A: Yes, we expect each family to contribute at least 3 half-meets per season and contribute to the pot-luck end-of-year picnic. A half-meet is defined as one half of one meet. Each swim team is also required to host one meet per season and we look for volunteers to help on concession contributions or time slots to sell food. Signups for all weekly meet volunteering needs are included this year in the registration packet. Additional volunteering opportunities (ex: home meet concessions and pot-luck picnic) will be communicated throughout the season.

Q: I want to volunteer but I don't know what's needed – where can I find descriptions of the volunteer opportunities? A: Check out our website at <http://braddockheights.org/swimteam.html>, and view the Volunteer Support form, which contains a brief description of each volunteer opportunity and what's required for each meet. You can email us at braddockcoach@yahoo.com and let us know what volunteer opportunities you are interested in and for which meet dates. Also, we will have the volunteer forms available at the Open House. You can see where we are swimming and what positions are available. Please be aware that you will not be able to get your parent package without volunteering for at least 3 half meets.

Q: What is Open House? A: Open House is where we distribute lots of information on upcoming practices and meets, where you can meet the coaches and your swim board members, register your swimmer, purchase swim wear items including suits and goggles, and learn more about the upcoming season. We encourage all parents to come to Open House at any time during the time 7pm-9pm – you do not have to attend for the full 2 hours.

Q: What is Family Night? A: We all meet to start off the season with a dinner and introductions/plans. Get to know your swim team board members, coaches, and other swimmers!

Q: Can we buy suits and goggles/caps? A: Yes, we have a vendor that provides an array of swimwear and spiritwear items on multiple days prior to the first meet. We encourage, but do not require, all team members to have a Barracudas swim suit. If you prefer your child to wear a plain blue/black suit, that's fine. Suit Exchange - feel free to email us at braddockcoach@yahoo.com to request a suit exchange if needed. Maybe someone on the team has grown out of a suit that is just the right size for your child!

Q: What are weekly meet sheets? A: Every week, we require you to sign your swimmer up for that week's meet. Meet Sheets need to be turned in by the Tuesday am prior to the meet. This gives the coaches time to determine who is attending that week's meet, and which events your child will swim in. It is VERY important that you show up for each meet that you have submitted meet sheets for, since we lose points at the meet for "no-shows".

Q: Do you do fundraising? A: We do collect money for ad placement in our home meet program. We look for businesses and families who want to support us and ads can be a full page to a quarter of a page size. This is a great way to offset operating costs.

Q: Are we looking for corporate sponsors? A: Always. See Debbie McCutcheon at dustyclair@aol.com.

Q: Do the children receive awards/trophies/plaques? A: At each meet there are ribbons for places 1-8 for each race and heat winner ribbons. At the end of the year the kids may receive outstanding achievement awards at the picnic based on performance and coach's discretion. We are working on getting a trophy case in the guardhouse to display all of our past team awards.

Q: Where will the end of year picnic be? A: In the past, we have gotten the Braddock Heights pavilion and paid for non pool members (Guest fee is \$5.00) to swim on the picnic day. The Swim Team board and the BHCA are in discussions about the cost of using the pool during or after normal pool hours for this year's picnic. Look for more information as the season goes on about the end of season picnic.

Q: Do we have team pictures? A: Yes, we have a professional photographer shoot the team picture and individuals similar to other portrait packet prices. The specific day for swim team pictures will be in June and will be announced at least one week prior to the picture day.

Communication Questions:

Q: Will I be sent regular emails about swim team activities or requirements/reminders? A: yes. Emails will come from a Yahoo account braddockcoach@yahoo.com. Please make sure we have a valid email address for you on your registration forms, as this is the primary way we communicate with all of our families. Please also adjust your spam settings to allow receipt of these emails in your Inbox.

Q: Does the website post results? A: yes the BHCA website has a subfolder for the swim team where all results and times are posted - <http://braddockheights.org/swimteam.html>. Also check out the Frederick Summer Swim League (FSSL) website <http://www.swimfssl.org/> for directions to each pool and our standings within our league/division.

Practice Questions:

Q: In the event of inclement weather, how will I know if the practice is still on? A: If you can hear thunder or see lightning, we cannot use the pool for at one half hour after the last round of thunder is heard by the lifeguards. We will also make every effort to get an email blast out to all family members using our braddockcoach@yahoo.com email.

Q: Will there be swim team practices pre-season or before school is out? A: Yes, we are looking at MHS indoor pool and evening hours at the Braddock Heights pool. A full practice schedule will be posted on the website and will be distributed in the parent packets at Open House.

Q: Are we allowed to wade in the baby pool during practice? A: **NO**, this is completely not allowed by family members while they are waiting for the practice to complete. Please encourage siblings to stay out of the water during practice and behind the clear wall of the pool. The coaches need full deck access to help the swimmers practice effectively.

Q: What are Fun Fridays? A: THIS IS A FUN GROUP! We make every effort to ensure your swimmer enjoys practices and meets. We specifically focus on Fridays as a way to loosen things up before the meets on Saturdays. Friday practices might have pool games, contests, awards, and treats for the swimmers. We usually try to provide doughnuts on Fridays – so if your child has any food allergies, please let us know!!!

Q: Will my child learn to swim each stroke? A: The coaches encourage and review strokes with all swimmers depending on their level. However, we do encourage all swimmers to get the necessary swim training prior to the start of practices – coaches are there to coach, not necessarily teach kids how to swim. Swimmers will practice with kick boards and wear tee-shirts on practices called “drag days.” This builds strength and endurance. Coaches will help the swimmers focus on their strengths.

Meet Questions:

Q: How will I know how to get to each pool? A: Directions to each pool are included in the parent packet and on the FSSL website <http://www.swimfssl.org/> .

Q: If my child will be late to the swim meet, who should I call? A: Please call the Head Coach or the Asst Head Coach. These phone numbers are available in the parent package you will receive at Open House. Please be aware that we lose points at the meet if your swimmer does not swim their assigned events, so please make every effort to have your swimmer present and ready to swim.

Q: Do you sing the National Anthem at each meet? A: yes.

Q: When do meets start? A: Meets generally start at 8am. However, we request that all swimmers be there at least ½ hour earlier to join their team in the pool for practice laps. We want your swimmer to be primed and ready to swim by the start of the meet!

Q: How long are meets? A: Meets tend to last for about 4-5 hours, but your child is NOT swimming that whole time! Meets are organized into separate “events”, which is what the child actually swims. Events can last for a few seconds, up to several minutes, depending on the stroke and distance. Note that your child can swim in multiple events in a given meet, depending on the number of strokes they can swim. Swimmers are allowed to swim in up to 5 events in a given meet.

Q: Do we have to stay for the whole meet? A: Yes. We strongly encourage all swimmers to stay for the entire meet. We expect all of our swimmers to support and cheer for each other. Also, there may be times when we need someone with your child’s skills to fill in at the last second. If you do need to leave a meet early, please notify the coaches BEFORE the meet so they can adequately address any needs prior to the day of the meet.

Q: What is expected of my child at each meet? A: Show up on time for meet warm-ups (about 1/2 hour prior to meet start time) and give it their all. Additionally, they will be required to check in with the coach/coordinators BEFORE starting practice to find out their events.

Q: Why should I bring Sharpie pens to the meets? A: The kids love this part! Every meet, we encourage the swimmers to write (in Sharpie) on the swimmer’s arm or leg their event #, heat # and lane #. Meets are very fast paced and take some getting used to. Having all swimmers “labeled” with their respective events helps them to be on time for lining up, and helps us identify the swimmers we need to gather. We want all swimmers to understand how to get in line and when to be ready for their event. The Clerk of Course volunteer parent is in charge of gathering the swimmers and organizing them by event so they are prepared to swim on time.

Q: What else do I need to bring to each meet? A: We always suggest that parents bring some sort of shade (tent, canopy, etc.) – it can get very hot during the meets and you may be waiting awhile for your swimmer between events. Feel free to partner with a buddy family and share tents! We strongly encourage you to bring lots of water, towels, and sunscreen for your swimmer, and maybe snacks, or toys/games to keep your kids occupied. There is usually a concession stand (provided by the hosting team) at each meet where you can buy food and drink items.

Q: What do I do if I have more questions? A: Call one of us, or send us an email – our general email box is braddockcoach@yahoo.com. Please be aware that we try to monitor this email address, but it may take a few days to respond to your question. Check the website at <http://braddockheights.org/swimteam.html> for current phone numbers and contact information. Your swim team board members are here to help you make this a successful season for our swimmers!

Directions to Pools in the FSSL

Brunswick Pool

101 Cummings Dr. Brunswick MD
Take Holter 340W then get off on 17S
Pass the Sheetz, pass the Roy Rogers
Straight through the next light and you will see our pool on your left.
Pool is right next to the High School. Park in the High School Parking lot.

Cloverhill Pool

15N to Rosemont Avenue West
Go about 2 miles
Right on to Stone Ridge
Right on to Springhill
Left on to Glendale Road
Pool is on your left

Dearbought Pool

Rt 15 N to Rt 26 East past Wal-Mart, then right into Dearbought to pool at end.

Fort Detrick Pool

Rt 15 to 7th Street West to entrance to Ft Detrick to pool on right

Glade Towne Pool

15 north to 26 East
26 East to 194 North
194 North to right on Glade Boulevard
Glade Boulevard to right on Chapel Place.
Pool is on right
Please park either in the adjacent church parking lot or at the shopping center.

Holly Hills Pool

From Frederick, Take I-70 east
Take MD 144 exit, #56 toward Patrick Street
Keep left at the fork in the ramp
Turn left onto MD 144
MD 144 becomes Baltimore National Pike
Turn right on to Ijamsville Road
Turn first left on to Ritchie Way
Turn right onto Ritchie Drive
Follow road to entrance on right to Holly Hills Country Club

Hood College Pool

15N to Seventh Street Exit
Go to the stop light at the end of the exit ramp
Turn left on to 7th Street
Make a right on to Magnolia Avenue
(if you go pass the hospital, you have gone too far)
Go about two blocks and turn left into Hood College gates

Go to the end of the short lane
Turn right and the pool is on the right (you may to park on the street)

Linganore Pool

From South and East => I-70 to Rt 75 N to immediate left onto Rt 144 W through New Market to right on Boyers Mill Rd to left on Finn Dr.

From North => Rt 26 to Wal-Mart onto Monocacy Blvd to left on Gas House Pike to right on Boyers Mill Rd to right on Finn Drive.

Mount Airy Pool

Take 70E to exit 68 Md 27N towards Mt. Airy
Make a left onto Md 27 N
Make a left onto Twin Arch Rd
Make a right onto Becks RD (this comes up pretty Quick)
the pool is about a block down on your right at the dead end.

Robin Meadows Pool

270 North to exit 31B
Buckeystown Pike/Route 85 South
Right @ 1st light onto Crestwood Blvd
Left @ 2nd light onto Corporate Drive
Left @ 1st light onto New Design Road
Pool will be on your right about ½ mile down at intersection of New Design Road and Robin Dr.

Spring Ridge Pool

Take 144E to Spring Ridge Entrance
Make a left (or right if coming south on 144)
Into the Spring Ridge development
At 4 way stop, make a left at the Visitor Center
Pool is behind the Visitor Center

Villages of Urbana Pool

270 South to 80 East
80 East to left on Urbana Pike
Urbana Pike to right on Sugarloaf Parkway
Sugarloaf Parkway to left on Bush Creek Circle
Bush Creek Circle to 3rd left onto Harris Street
Recreation center is on your left. 9023 Harris Street

Whittier Pool

270 North becomes 15 N
Take exit 14 - Rosemont Ave
At the end of the exit which is a light - turn right
You will pass Ft Detrick on the right
Look for a McDonald's on the left, right next to it is a CVS
Turn left on Tuscanny (between the CVS and the Amoco station)
Follow this road to the first right - East Greenleaf (there are soccer fields on the corner)
The pool is on the right - park in the parking lot or on the street.

Windsor Knolls Pool

Take 270 south to Route 80 Urbana exit
Go thru the traffic circle and stay on Route 980
Go to the stop light at Route 75 (Green Valley Road)
Turn right on to Route 75
Turn left on to Knolls Parkway (Windsor Knolls sign at entrance)
Continue to the top of the hill at Winmoor Drive
Turn right and the pool is on your immediate right

YMCA Pool

15N to Motter Avenue Exit
Turn left on to Motter Avenue (high school on left)
Go about three blocks to 10th Street
Turn left on to 10th Street
At the stop sign, make a right on to Market Street (YMCA is right across from stop sign)
Make a left into the YMCA parking lot
Pool is located through the lobby and downstairs

YMCA swims at Frederick High School

Rt 15 to Exit 13 Patrick St East to left on Carroll Parkway to school on left.