

2017 Parent Handbook

Bartlett



Barracudas

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Welcome

Welcome to the 2017 Bartlett Barracudas Swim Team! The coaching staff cannot wait for this fun and competitive season to begin!

We've made some significant improvements for 2017, including

- New mobile-friendly site bartlettbaracudas.org with meet schedules, maps, and more
- Real-time communication using [remind](#), a popular messaging service used by schools
- New semi-automatic timing system, with watches that start automatically
- Later practice starts for swimmers ages 13+

Communication

Website

All of the information you need for the 2017 season is now online at bartlettbaracudas.org, including practice times, meet schedule, pool locations, contact emails, and more. Bookmark the page and refer to it for changes throughout the season.

Remind

New for 2017, the [coaches](#) and [key volunteers](#) will be sending messages through [remind](#), an incredibly easy-to-use system for real-time communication of announcements and changes. Many of the swimmers already use remind at school. We need everyone – **swimmers and parents** – to [sign up](#) for this free service with an email address, a mobile number, or using the remind app on a smartphone.

Contact

Remind is a one-way communication method from the coaches and key volunteers to swimmers and parents. If you need to contact a coach or volunteer, use the website to find email addresses for [coaches](#), [board members](#), and [key volunteers](#).

Mailbox

At most morning practices there is a 'mailbox' with a hanging file folder for each family. Check your folder regularly for ribbons, DQ slips, and flyers.

Preseason To-Do List

- Sign Up with [Remind](#)
- Complete [Parent Participation Agreement](#) per **family**
- Complete [Swimmer Participation Agreement](#) per **swimmer**
- Complete [Meet Availability](#) per **swimmer**
- Suit & Apparel Fitting or [Purchase Suit Online](#)

Oak Room at Bartlett Park District
Thursday, May 4th & Tuesday, May 9th
4:00 - 7:00PM

All forms can be found on the website at bartlettbaracudas.org/forms.html

Practices

Indoor Practices - Week of Monday, May 22

- **Ages 8 & Under**
Mon, May 22: 4:15 - 5:15PM
Wed, May 24: 4:15 - 5:00PM
- **Ages 9-10**
Mon, May 22: 4:15 - 5:15PM
Wed, May 24: 5:05 - 6:05PM
- **Ages 11-12**
Wed, May 24: 6:10 - 7:30PM
Thur, May 25: 4:15 - 5:15PM
- **Ages 13-14**
Wed, May 24: 7:30 - 9:30PM
Fri, May 26: 4:15 - 6:15PM
- **Ages 15+**
Fri, May 26: 4:15 - 6:15PM

Outdoor Practices - Starting Tuesday, May 30

- **Ages 8 & Under**
Arrival Time: 7:30AM
Practice Time: 7:45 - 9:00AM
- **Ages 9-12**
Arrival Time: 7:15AM
Practice Time: 7:30 - 9:00AM
- **Ages 13+**
Arrival Time: 6:20AM
Practice Time: 6:30 - 8:15AM

Thursday Practices

Following a Wednesday meet, the coaches may make changes to a Thursday practice. Swimmers and parents will be notified with [remind](#).

General Rules

- **Be on time**
- All pool rules apply to swim team members
- No parents allowed on deck
- [Email the coaches](#) if you will miss a practice

Attendance

[Practices](#) are mandatory! Each practice we focus on a different essential skill for success in the pool. The coaches understand swimmers participate in other activities outside of swimming, but we have a minimum practice attendance requirement to participate in the week's meets:

- Wednesday Meets - at least one of the Monday, Tuesday or Wednesday practices.
- Saturday Meets - at least one of the Thursday or Friday practices.

Equipment

- Non-team suit
- Cap
- Goggles
- Towel
- Dryland gear

Dryland

Some practices will include non-swimming activities, known as Dryland -- cardiovascular, flexibility and strength activities. Bring gym shoes and appropriate clothes, in addition to the regular practice gear. Dryland days are Tuesday & Thursday.

Weather

Coaches may decide to postpone or cancel practices for weather. The coaches will use [remind](#) to notify swimmers and parents of changes.

If lightning is seen or the Thorguard alarm sounds a single, continuous tone, the pool deck must be cleared immediately. The all-clear signal for Thorguard is three separate tones.

The Head Lifeguard has the final decision for allowing swimmers into the pool.

Meets

Schedule

- Bartlett @ Itasca - Wednesday, June 7
- Carol Stream @ Bartlett - Saturday, June 10
- Wooddale @ Bartlett - Wednesday, June 14
- Bye - Saturday, June 17
- Bartlett @ Bloomingdale - Wednesday, June 21
- Hanover Park @ Bartlett - Saturday, June 24
- Butterfield @ Bartlett - Wednesday, June 28
- Bartlett @ Woodridge - Saturday, July 1
- No Meet - Holiday - Wednesday, July 5
- Bartlett @ Villa Park - Saturday, July 8
- Addison @ Bartlett - Wednesday, July 12
- Bartlett @ Roselle - Saturday, July 15
- B Conference - Saturday, July 22
- A Conference - Saturday, July 29

Attendance

Use the [Meet Availability](#) form **for each swimmer** to help the coaches know which meets you can make. In order to qualify for season-end Conference Meets, you must participate in 4 meets. **If your availability for a meet changes, let the coaches know** immediately!

Volunteering

A meet takes [dozens of volunteers](#), so it's required that each family does their share. **Families that don't fully participate can have their swimmer(s) removed from meets.** You can sign up for volunteer jobs through the [website](#).

What to Bring

- **Team suit**
- **Goggles**
- **Team cap**
- Towels
- Sharpie
- Food & drink
- Sunscreen
- Mosquito repellent
- Sweatshirt & sweatpants

Positive Check-In

All swimmers must check-in at the check-in table. Simply highlight your name to show that you're present. Positive Check-in closes well before the meet begins, see the [meet schedule](#) for details. **Swimmers that are not checked in before warmups will be scratched from the meet.**

Warm-Ups

Due to the large number of swimmers on the team, it is imperative that we arrive to meets on time for proper warm up and attendance. In the most instances, the clerk of course has to close the bullpen for preparation and if a child is not at warm-ups, they have to be taken out of the line-up. Therefore, it is requested that everyone leave plenty early for the meets, and for away meets, leave time for getting lost and traffic!

Events Posted

After warm-ups, the coaches will post the events for each swimmer at the pool. Bring a sharpie and write down the events on the back of the swimmer's hand.

Pre-Race

Listen for the event number called to the **Clerk of Course**. Be prompt, get your entry card, and wait for your event in the Bullpen. When prompted, go to your assigned lane and give the Timer your entry card.

Post-Race

The swimmer should ask a Timer for their time, then go see a coach for feedback.

Scoring & Awards

Individual Events

- 1st Place - 5 points
- 2nd Place - 3 points (0 if unopposed)
- 3rd Place - 1 point (0 if unopposed)
- No Sweep Rule - 3rd place point awarded to swept team
- Ribbons are awarded based on actual finish

Relays

- 1st Place - 7 points (4 if unopposed)

Misc

- Heat winners may be awarded a bag tag, depending on the home team
- Exhibition swimmers get no points, but times count for Conference meets

Ribbons

Ribbons are awarded for all participants, unless the swimmer is disqualified. Ribbons are typically available about a week after the meet. Ribbons are completed by [volunteers](#), not the coaches.

Disqualifications

If the swimmer is [disqualified](#), they will get a DQ slip at practice. The coaches will discuss the DQ with the swimmer so make sure to attend the practices after meets.

Weather

A meet can not be cancelled until 30 minutes after the scheduled start time. Swimmers are expected to be at the pool, ready to swim, once the pool is deemed safe. The Head Referee and/or Park District of the home team has the decision to call the end of the meet. Coaches will use [remind](#) to notify swimmers and parents of any changes.

Special Events

Buddy Program

Younger and older swimmers are paired up in a buddy program -- a really fun way for the different age groups to interact. Sign-up will be at practices and/or the Pizza Party.

Suit & Apparel Fitting

Thursday, May 4th & Tuesday, May 9th
4:00 - 7:00PM
Oak Room at Bartlett Park District

Parent Meeting

Thursday, May 11
7:00PM
Oak Room (Bartlett Park District)

Pizza Party

Monday, May 22
5:30PM
Jensen Pavilion

Picture Day

Tuesday, June 13

7:30 - 9:00AM

Bartlett Aquatic Center (Rain Location BCC Gym)

Fourth of July Parade

Sunday, July 2

1:00PM

Senior Day

Wednesday, July 12

At the final home meet, High School Seniors are honored in a special ceremony. important: you must attend enough meets to qualify for A or B Conference to participate in Senior Day.

Swim Across America

Sunday, July 16

5:30 - 8:30PM

Conference Meets

- B Conference
Saturday, July 22
Bartlett Aquatic Center
- A Conference
Saturday, July 29
Itasca Caribbean Water Park

Season End Picnic & Party

Saturday, July 29

Jensen Pavilion

Calendar and Reference Documents