

2018 Parent Handbook

Bartlett



Barracudas

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Welcome

Welcome to the 2018 Bartlett Barracudas Swim Team! We cannot wait for this fun and competitive season to begin! In 2018, we are returning all four of our coaches: Cecily Herby (Head), Rachel Tomazin, Grant Gilchrist, and Emily Trenn!

The Bartlett Barracudas compete in the DuPage Swim and Dive Conference (DSDC), against other Park District teams in DuPage county. Swim practices and home meets are held at the outdoor pool at the Bartlett Aquatic Center, (some practices are indoors at Splash Central). Away meets are held at other Park District pools.

Planning for the 2018 season is a joint effort between [DSDC](#), the [Bartlett Park District](#), the [Coaches](#), and volunteers on the [Parent Board](#) and in [Key Positions](#). We want to make our swim team the best experience possible for our swimmers and families. Our goal is to have a team that Bartlett kids want to join every year, be proud of, and walk away with lasting memories while having great parent engagement and support.

We've made some significant improvements for 2018, including

- 3rd Dolphin Stopwatch for All Lanes
 - Full Online [Calendar](#)
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Communication

Website

All of the information you need for the 2018 season is online at bartlettbarracudas.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

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.

Email List

Remind is great for small, quick messages. For more in-depth information, [subscribe](#) to our Email List. Please be sure to check your spam folder if you're not receiving messages.

Calendar

New this year, the full calendar of meets, practices, and special events is [on the website](#). Print with just a few clicks, or if you have a Google account, subscribe to the Barracudas calendar and have it show on your Google Calendar -- look for this icon



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.

How to Contact Us

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

To-Do List

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

Apparel Fitting

Wednesday, April 25th -and- Tuesday, May 1st

4 - 7PM

BCC - Party Room

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

Practices

Schedule

Being on the swim team means getting in the pool bright and early. Practices are every weekday morning, with start and end times depending on the age group. Regular practice times for each age group are on the [website](#), and details/exceptions are on the [calendar](#).

Indoor

For the first week of the season (before Memorial Day), practices are indoors. This year indoor practice is the week of Monday, May 21, and there are unique times for each age group. See [website](#) for details.

Outdoor

Starting Tuesday, May 29 through the Friday before A Conference. After the final dual meet, practice times will change depending on which conference meet your child is assigned.

Thursdays

Following a Wednesday night meet, the coaches may make changes to a Thursday practice.

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.

Dual Meets

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 using Signup Genius, more information is on our [website](#).

Concession Donations

Each family is required to donate food or drink to concessions. Information about donations will be sent out during the season.

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, confirm your heat and lane, and wait for your event in the Bullpen. When prompted, go to your assigned lane.

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.

Conference Meets

About

After the final Dual Meet, the coaches will select a Conference Meet for each swimmer. The selections are based on swimmer availability and on the coaches' discretion.

A Conference

This is a competitive meet against other teams in the division. Points are awarded for 1st thru 10th place.

B Conference

This is a non-competitive meet -- overall places are not awarded points. Instead, each swimmer earns points by beating their best time from the season.

Meet Schedule

- Bartlett @ Itasca - Wednesday, June 6
- Bartlett @ Roselle - Saturday, June 9
- Bloomingdale @ Bartlett - Wednesday, June 13
- Wood Dale @ Bartlett - Saturday, June 16
- No Meet - Bye - Wednesday, June 20
- Butterfield @ Bartlett - Saturday, June 23
- Lombard @ Bartlett - Wednesday, June 27
- Bartlett @ Addison - Saturday, June 30
- No Meet - Independence Day - Wednesday, July 4
- Villa Park @ Bartlett - Saturday, July 7
- Bartlett @ Carol Stream - Wednesday, July 11
- Bartlett @ Glendale Heights - Saturday, July 14
- B Conference @ Villa Park - Saturday, July 21
- A Conference @ Bartlett - Saturday, July 28

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 announced at a later date.

Suit & Apparel Fitting

Wednesday, April 25th

-and-

Tuesday, May 1st

4 - 7PM

BCC - Party Room

Parent Meeting

Wednesday, May 16th

7:30 - 9:30PM

BCC - Oak Room

Pizza Party

Monday, May 21st

5:30 - 7:30PM

Jensen Pavilion (Rain Location: Oak Room)

Picture Day

Tuesday, June 12th

7 - 10AM

Bartlett Aquatic Center (Rain Location: BCC Gym)

Senior Day

Saturday, July 7th

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.

Independence Day Parade

Sunday, July 8th

Time TBD

Swim Across America

Date TBD

Time TBD

Pasta Party

Friday, July 20th

Time TBD

Location TBD

Conference Meets

- **B Conference**
Saturday, July 21
Jefferson Pool, Villa Park
- **A Conference**
Saturday, July 28
Bartlett Aquatic Center

Season End Picnic & Party

Saturday, July 28

5:30 - 10PM

Jensen Pavilion & Bartlett Aquatic Center
