

Blazing Barracudas

Important Information



[Blazing Barracudas Home \(gomotionapp.com\)](http://gomotionapp.com)

Practice Groups/Descriptions

Beginner 1 - Passed ARC Level 3. Knows freestyle with rhythmic breathing and backstroke. At least 1 meet and Championships are encouraged. Swimmer is able to change in the locker rooms on their own.

Beginner 2 - Meets all Beginner 1 standards. Knows three strokes, including freestyle and backstroke. Has completed the USA Swimming diving progression. At least 1 meet and Championships are encouraged.

Age Group 1 - Meets all Beginner 2 standards. Has all four legal strokes. At least 2 meets and Championships are encouraged.

Age Group 2 - Meets all Age Group 1 standards. Age appropriate. The swimmer has 11-12 3 B cuts (at least one 100). At least 4 meets are required plus Championships.

Pre-Senior - Coaches Discretion. Meets all Age Group 2 standards. 6 Meets required plus Championships.

Senior - Coaches discretion. Mostly High School swimmers and/or has a Sectional cut. Meet Requirement: Meets recommended by coaches.

The above is an outline and may be adjusted based on the competitive needs of the team and coaches' discretion of practice effort and attendance.

Practices

- Length of practice depends on the practice group.
- Items Needed for Practice
 - Suit
 - Towel
 - Waterbottle
 - Swim Cap (required unless hair is close cut)
 - Goggles
 - Warm clothes for after practice as the weather starts to get colder
- **Equipment Needed for Practice:**
 - **Beginner 1 & 2** – Kickboard, Trialon Fins, Mesh Bag
 - **Age Group 1** – Kickboard, Trialon Fins, Paddles, Pull Buoy, Mesh Bag
 - **Age Group 2** – Kickboard, Trialon Fins, Paddles, Snorkel, Pull Buoy, Mesh Bag
 - **Pre-Senior** – Kickboard, Trialon Fins, Paddles, Snorkel, Pull Buoy, Parachute, Mesh Bag
 - **Senior** – Kickboard, Switchblade Fins, Paddles, Snorkel, Pull Buoy, Parachute, Mesh Bag

Swimmers can choose any color kickboard & Mesh Bag

Strokes

- Freestyle
- Backstroke
- Breaststroke
- Butterfly

Communication

- The Week Ahead is sent on Fridays - Saturdays at the latest - with the most up to date information for the next week including any practice cancellations or changes
- We will email and social media will also have any immediate day of changes
 - Facebook - Blazing Barracudas
 - Instagram - @blazingbarracudas
- We try to make all day of cancellations by 1:00 pm whenever possible.

Communication (continued)

- For coaching questions, contact your swimmers' coach first.
- For billing or meet entry questions, contact Sarah Tobin at stobin@hb.edu
- For administrative questions, Stacey Aroney at saroney@hb.edu

Safe Sport

We are working to be SAFE Sport certified - but we need your help!

- Parents are not permitted in the locker rooms at Hathaway Brown; Parents are discouraged to enter the locker rooms at Twinsburg, Cleveland State, and Mayfield
- [Parent Webinar](#)
- [Swimmer Webinar](#) for those 12-17 years old
- Additional Family Resources are available at <https://www.usaswimming.org/safe-sport/recognize>
- Reporting an issue <https://www.usaswimming.org/safe-sport/report-a-concern>

Parent Involvement:

Parent volunteers are vital to the success of BBA. Without help from our families we would not be able to provide swimmers with a great swimming experience.

Every family agrees as part of registration for Blazing Barracudas that they will commit to helping at swim meets. Without volunteers at meets, we cannot have them! Whether it is timing, running to post results or grab a time, hospitality, medical director (or more!) there is something everyone can contribute to. Thank you in advance for your assistance in supporting the club.

The Parent Advisory Board (PAB) plans activities and extras for the club and makes recommendations to the club while acting as day to day liaisons to the club administration. The PAB has no stake in club operations. To get involved, reach out to the PAB at bbaparentchair@hb.edu. There are available committees for club support such as club activities, apparel, awards and more!

To view the current service policy and important agreements such as the Community Agreement, Pickup Policies, USA Swimming Code of Conduct and Safe Sport, please click [here](#).

Apps

- OnDeck – Connects with the BBA's Team Unify database. You can see your swimmers best times, register swimmers for meets, sign up to work at a meet, and convert your swimmers times. This is the fastest way to receive any cancellations or notifications outside of email and social media!
- Meet Mobile - Many swim meets use this app. There is a yearly fee for this app. If it is kept up to date it will provide all the information you need for a meet, including heat and lane assignments and results. However, not all internet is the same at all pools so barring technical difficulties, most meets try to use Meet Mobile.
- USA Swimming – Connects with your USA Swimming account. You can view your swimmers' times. Your swimmers' USA Swimming ID is there too.

Swimmers of the Month

- Coaches choose one swimmer from each group and site as the Swimmer of the Month
- Swimmers of the Month receive a BBA Swimmer of the Month cap
- Swimmers of the Month are recognized on our website

NAG Time Standard Bars/Patches

- [National Age Group Time Standards](#)
- Time standards set by USA Swimming; updated every 4 years. We will receive a new set soon!
- Bars/Patches will be handed at the end of each month to swimmers who achieve a NAG time standard in an event/distance
- [NAG Bar Request Form](#) - Complete the NAG Bar Request Form when your swimmer achieves a NAG Time Standard. One Bar/Patch per time standard per event per distance beginning with the our Intr Squad Meet.

Blazing Barracudas

Swim Meet Information



Introduction

The goal of this is to introduce the basics of swim meets to parents. The coaches will prepare the swimmers meets. This will scratch the surface and allow a basic understanding of what parents can expect and how to be prepared for meet.

Types/Levels of Swim Meets:

- **Timed Finals** – all heats of a particular event are swum once during a meet. Seeding for these heats are determined by the meet host. They may be swum slowest to fastest or fastest to slowest. The final placement of the swimmers is determined once all the heats are swum and the times are ranked.
- **Prelims/Finals** – meet with two sessions. The preliminary heats are usually held in the morning session. The fastest 8 or 10 (Championship Heat) swimmers, and the next fastest 8 or 10 swimmers (Consolation Heat) return in the evening to compete in the Finals.
- **Short Course** – meets are held in 25 yard pools. It typically correlates with the school year, from September through the spring.
- **Long Course** - meets are held in pools with the 50 meter configuration. It typically correlates with the summer season, May-August.
- **Developmental Meets** – These meets have slower than NAG B or BB times
 - **National Age Group Time Standards (NAG)**
- USA Swimming standards for age group swimmers. Time cuts such as B, BB, A, AA, AAA, AAAA are used. These time standards are utilized as cuts for many meets. Once kids get involved in swimming you will hear a lot of talk about these time cuts and goal setting. A link to the current NAG times is posted on our website under Resources.
- **Meets with no Qualifying Times** – All swimmers can swim these meets as there are no qualifying times; Swimmers do not need a slower than or faster than time to swim these meets
- **Qualification Meet** – These meets have faster than NAG times; Swimmers must have the qualifying time in the events in order to swim these meets
- **Championship Meets** – These meets are held at the end of SC and LC seasons. Swimmers must have qualifying times to attend Championships meets excluding 8 & Under Champs. Swimmers should strive to achieve QT to attend these meets.

- **Ohio Mid States Team** – This is an All Star Team with athletes from Lake Erie and Ohio Swimming. The meet is in January at IUPUI Natatorium in Indianapolis, IN. Swimmers MUST apply in order to be chosen to swim this meet. Applications are usually due in December. The faster four swimmers who apply are chosen to swim each event for each age group.
- **14 & Under Central Zone Championships** – This meet is held in August. Swimmers must achieve a NAG AAA in order to compete in this meet. This is an All Star meet where swimmers compete as Lake Erie Swimming against other Local Swimming Chapters (LSC) from the Central US.
- **NCSA Age Group Championships** – 9, 11, 13-year-olds must achieve NAG AA times to swim this meet; 10, 12, 14 year olds must achieve NAG AAA times to swim this meet. This meet is for 14 & Unders and is usually in late March.
- **Other Qualifying Meets:**
 - **Sectional Championships** – Usually is in March and July
 - **Futures Championships** – Usually is in late July
 - **NCSA Championships** – Usually is in March and July
 - **Junior Nationals** – Usually is in December and July/August
 - **National Championships** – Usually is in December and July/August
 - **Olympic Trials** – Usually is in June, every 4 years

Entry Deadline/Choosing Events:

- Meet entry deadlines are usually weeks prior to the meet; Meets fill quickly so entries are sent in early to ensure we are not closed out of the meet.
- Ensure that your swimmer is eligible for the meet (he/she has the time standards for the meet)
- Choose events and enter your swimmer in the events he/she wishes to swim
- If your swimmer is aiming to achieve an IMX score for the season, make sure he/she swims the required events (see page 6 for IMX details).
- Questions regarding meets should be directed to your swimmers coach or the Team Manager.

Swimmers Should Bring:

- **Goggles** - Two pairs, in case a last second emergency occurs.
- **Swimsuits** - It never hurts to have a backup suit in case one rips or straps break, etc.
- **Tech suits** – Swimmers can wear a tech suit at some meets; Tech suits should not be worn at all meets.
 - [USA Swimming 12 and under tech suit rules](#)
 - [USA Swimming restrictions for tech suits 12 and under](#)
- **Swim caps** - Caps are required for those with longer hair. Because it can rip trying to put it on, it helps to have a second one in your bag.
- **Towel** – 2 – 3 towels are helpful; swimmers are at the meet for a few hours
- **Water Bottle** - Filled with water, Gatorade, etc. It's very important to avoid dehydration.
- **Flip Flops** or something similar for locker rooms, pool deck, or if you child wants to walk through concession area with you.
- **Entertainment** - There are times when the swimmers have a lot of time between races, it helps to have something quiet to do – books, cards, small toys, handheld gadgets and travel games are all great. These items will be left with the swimmers things so be sure not to include any items that if lost would be an issue.
- **Sharpie** - Parents can help the coaches out by writing your child's event numbers on their swimmer's hand and with the heat sheet you can add heat and lane information, too.
- **Snacks or Cash** - Most venues have a snack bar or food table, but you may want to bring granola bars, fruit, yogurt, bagels, or similar food to snack on between races. Avoid candy bars, donuts, chips etc. No glass containers. Salt, Sugar = dehydration.
- **Sweats/T-shirts** - Try to bring an extra sweatshirt, t-shirt, shorts to keep your child warm between races. BBA wear is great for this purpose.
- **Dry clothes for after the meet**
- **Good sportsmanship and a fun attitude!**

Before the Meet Starts, a Swimmer Should:

1. **Ensure Your Swimmer Eats** – Don't show up to the meet on an empty stomach.
2. **Arrive Early** – Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. You will be notified of the meet start time by email. (Depending on the size of the meet, plan extra time to find a parking space and navigate your way to the pool within the building).
3. **Sit with the Team** - When you get to the pool, look for familiar faces and set up with the rest of the team. Typically swimmers will sit with the team and

parents will sit in the stands. The swimmers will always sit as a team. This accomplishes two things; it gives the kids a chance to get to know each other better and helps the coaches communicate with the swimmers as needed. The parents typically sit in the stands together to cheer the team on and also get to know one another. Sometimes, a meet will have an area for the swimmers that is not on the pool deck, a gym or similar. In this case, parents may often sit in the gym with the team to help make sure swimmers are well behaved and safe. In this case, then parents will go to the stands when their child swims an event.

4. **Sign in/Circle in** if required for a **Deck Seeded Meet** - Your swimmer may have to circle in for the meet. This means that he/she finds sheets and circles the number next to his/her name. Sometimes they circle in for every event, sometimes just once. They should ask their coach if they need to sign in and new swimmers can ask the experienced swimmers to help them. If the meet is Deck Seeded and your swimmer does not Circle In, he/she will not be permitted to swim the meet.
5. **Get your events written on your hand** - For younger swimmers, Parents should write the events on the swimmer's hand before arriving at the meet. Experienced swimmers should take the initiative to do this for themselves. You can use a sharpie for this.
6. **Get cap/goggles and report for warm up** - Your swimmer should get his/her cap and goggles and report to the coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. A swimmer's body is just like a car on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.
7. **After warm-up go back and sit in the team area and wait for the meet to begin** - After warm-up, your swimmer will go back to the area where their team is sitting and wait there until their first event is called. This is a good time to make sure younger swimmers go to the bathroom if necessary, get a drink, or just get settled in. The meet will usually start about 10-15 minutes after warm-ups are over.

During the Meet, a Swimmer Should:

1. **Know your events and listen for them to be called** - It is important for any swimmer to know what event numbers they are swimming (again, why they should have the numbers on their hand). They may swim right away after warm-up or they may have to wait awhile.
2. **Go to Clerk of Course or line up behind the blocks** - At some swim meets there is a Clerk of Course to assist the younger swimmers in lining up and getting to their events. Swimmers should listen for their event to be called and report to the Clerk of Course. Experienced swimmers should keep track of the

meet and report in a timely manner. The area behind the start end of the pool deck should be reserved for swimmers in the next several heats.

3. **Swim!** - The swimmer will hear the event announced and then a series of whistles. These whistles instruct the swimmer what to do. The first series of 4 or more short tweets means to get ready (cap and goggles should already be on). The next long whistle signals the swimmer to get up on the block, or for the backstroke to get in the water. They will then hear the starter say, "Take your mark." The swimmer should promptly assume their starting position. Once they are in this position, they should not move (adjust goggles, replant their feet). They will then hear an electronic beep signaling the start of the race. If there is movement prior to the start they may be asked to "stand" and then take their mark again.
4. **Be a good sport** - Remind your swimmer that they should be a good sport and congratulate other swimmers at the end of the race. All meet officials, coaches, teammates and members of the other team should be treated with courtesy. Our team mission emphasizes sportsmanship. Please model this behavior for your swimmer and provide positive feedback when you see them demonstrating this virtue.
5. **Go see your coach** - After swimming, the swimmer should then go immediately to his or her coach. The coach will discuss the swim with each swimmer.
6. **Go back to step one and listen for your next event.** The swimmer now waits until his next event and starts the procedure again. These are the times to cheer for teammates and contribute to team spirit.
7. **Once all your events are over, double check with the coach to see if you are on a relay** - When your swimmers have completed all of their events you may be ready to go home. Make sure, however, the swimmer, checks with the coach before leaving find out if he/she is in a relay. One swimmer can scratch a relay for the other three swimmers. In addition to disappointing other swimmers, relay are weighted more heavily than individual events in the team scoring. If you can, stay until the end to cheer for all of our swimmers.
8. **Clean up** - Before you leave, clean up the area where you and your swimmers were sitting. Throw away any empty water bottles, wrappers, etc. and leave the area the way it was when you got there. We ask that each swimmer pick up at least 5 pieces of trash before leaving any meet.

Parents Need to Know:

- **Length of a meet** - Swim meets typically last 4 hours + warm up time. Come prepared.
- **Dress for heat** - Swim meets are hot for spectators; wear cool clothing and layers.

- **Seat cushion** - Parents may wish to bring a seat cushion to alleviate the pain that comes with sitting for long hours.
- **Pen/Highlighter** - Parents may wish to bring a highlighter or pen to use on the program.
- **Meet Mobile** - Many swim meets use an app called "Meet Mobile." There is a yearly fee for this app. If it is kept up to date it will provide all the information you need for a meet, including heat and lane assignments and results. However, not all internet is the same at all pools so barring technical difficulties, most meets try to use Meet Mobile.
- **Admission** - Spectators pay admission at most meets - usually cash admission so bring cash.
- **Vendors** - Depending on the meet there are concession stands, as well as vendors selling swimsuits, goggles, caps, and the T-Shirts and Sweatshirts with the name of the meet printed on it. Some kids get them; some don't, but bring a check book if you think you may want to purchase one.
- **No parents on deck** - In general, parents are not allowed on the pool deck. The kids do a great job taking care of one another. The coaches are there too. This is a good time to allow them safe independence.
- **Photographs** - You are welcome to take photos at meets. No flashes at the starts. No one is allowed to take photos from behind the starting area.
- **Swimmers should have a buddy** - Tell your swimmer they should go to the restroom or to concessions stands with a buddy only. We are often at meets where the venue is open to the public. This is a simple safety precaution.
- **Problems?** If you have a problem getting to the meet, call another parent that is there so he/she can inform the coaches.
- **Results and Awards** - Results are usually posted somewhere in the facility. Ribbons can either be picked up by swimmers after a meet or are gathered for the team and given to the coach at the end of the meet. In the case, ribbons will be available at practice.
- **Heat Sheets/Psyche Sheets** - Psyche Sheets are ranking of swimmers by event and time. Heat Sheets are more specific and will inform you what heat and lane the swimmer will be participating. Most teams will post heat and lane assignments in a public place for swimmers to check.
- **National Age Group Time Standards (NAG)** - USA Swimming standards for age group swimmers. Time cuts such as B, BB, A, AA, AAA, AAAA are used. These time standards are utilized as cuts for many meets. Once kids get involved in swimming you will hear a lot of talk about these time cuts and goal setting. A link to the current NAG times is posted on our website under Resources.

Parents have an Important Role during the Meet

Becoming a Second Goal Parent

- Remember the BIG PICTURE
- Ensure your child will take away the lessons that will help them be successful in life

Fill Your Child's Emotional Tank With:

- Truthful, Specific Praise
- Express Appreciation
- Listening
- Nonverbal Actions

What do you do when your child has a "bad" swim? (What's a "bad" swim anyway?!?)

- Let the coaches coach
- Listen to your child

- Fill your child's emotional tank by celebrating...
 - getting to the race on time and on the block
 - finishing the race
 - sticking a turn, holding a streamline, keeping a breathing pattern
 - giving a hug.

At the end of the day it's about...

- Being Present
- Having Fun

IM READY (IMR)

To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, we've listed the line-up by age groups.

9 & Under, 10-year olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SCY) or 200 IM (LCM)

11-year olds, 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SCY) or 200 IM (LCM)

13, 14, 15, 16, 17, & 18-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Once you've swum each event at least once at an official meet, you can log-in to your USA Swimming Account, and find out where you rank against all the other swimmers on your club team. You do not need to complete the IM Ready program to participate in the IM Xtreme. It is simply a stepping stone.

IM XTREME (IMX)

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC and on your club.

9 & Under, 10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year olds, 12-year olds: 400 Free (LCM) or 500 Free (SCY), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17, 18-year olds: 400 Free (LCM) or 500 Free (SCY), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM