

# **2011 New Parents**

## **First things first**

LC Barracudas is first and foremost a family. With most families, you will have to find your natural groove.

If you have questions, either ask me (information below) or talk to a board member (Red Shirts that say LC Barracuda Board Member).

- The coaches should never be approached during a practice since they have a great deal to do in order to prepare the swimmers.
- Please be reminded to stay behind the lines that make up the waiting area near the concession stand.

Each family must volunteer for an activity, position, etc. throughout the season. The swimmers, parents, and coaches are depending on you to do your part.

Please make every effort to reach your appointed assignment for the week, swim-meet, or event on time, and to complete your activity with a smile.

Take part in other activities and do more than you are asked, volunteer to help move things, clean-up, set-up, etc.

- As an example, I grabbed trash bags and changed the cans out when getting near capacity.
- Also, I assisted with setup (after setting up my tent).
- Every little bit helps

Please always presume that every thing that happens is solvable.

We use swim suits that are complimentary for not only the team colors, but also between girls and boys styles. Please purchase yours before the season begins.

- Swimmers may, and are often suggested, to use an alternate suit during practice. This keeps the meet suits in the best possible condition.
- You should also have a pair of "backup" goggles, since we all know that things happen and you should be prepared.
- If you have a question on the style of goggle to purchase, feel free to ask me or a board member. We are always happy to talk the ear off of anyone.

## **Prior to the swim-meet**

By 9 PM on the Monday before the swim meet you will need to:

Go to the main-web site ([www.lcbarracudas.org](http://www.lcbarracudas.org)) and find the link below (in the middle of the page):

**[Click here for MEET ENTRY Form](#)**

Fill in the form (example below) and press Submit, this will help the coaches determine the meet schedule for the week.

Complete this form to signup each swimmer for the selected meet.

**\*Required**

<b>*Select Meet</b>	<input type="text" value="Select from list..."/>
<b>*Swimmer's Name</b>	<input type="text"/>
<b>*Swimmer Age Group</b>	<input type="text" value="Select from list..."/>
<b>*Swimmer Sex</b>	<input type="text" value="Select from list..."/>
<b>*Parent Email Address</b>	<input type="text"/>
<b>*Parent Name</b>	<input type="text"/>
Notes to Coach	
<input type="text"/>	
<input type="button" value="Submit"/>	<input type="button" value="Cancel"/>

# How to read the upcoming meet lineup for your child

Please find below an example of the Pre-Meet Lineup, you will find this on the back board at our home pool a few days before the meet.

Find your child's name and you will know everything about what they are going to do for the meet that week (note: this changes every meet).

The header has Event Number and Event Description information: EV#12, 8 & UN, 100, MED (means Event #12, 8 & UN, 100 yard, Medley Relay)

Relays (a team of four swimmers taking turns to swim a leg of the race)

- A Medley relay is in this order 1st leg - Backstroke, 2nd leg - Breaststroke, 3rd leg - Butterfly, 4th leg - Freestyle

- A Freestyle relay order only indicates the leg a person will swim since the stroke is the same (Freestyle)

RED: You will find the relay they are swimming in (MED is MEDLEY relay, F.R. is FREESTYLE relay)

BLUE circle: Child #4 will be swimming the 3rd leg of the Medley Relay with Relay group A.

BLUE circle: Child #6 will be swimming the 1st leg of the Medley Relay with Relay group C.

As an example Green Rectangle below, This swimmer will be swimming in

Event #12 the Medley relay #C and will swim the second leg (Breaststroke)

Event #24 the Individual Freestyle (their best time is 27.68 seconds)

Event #52 the Individual Breaststroke (their best time is 33.15 seconds)

Event #72 the Freestyle relay #C and will swim the first leg

6/30/2010 League City *Note: Medley Relays are at the beginning of a meet, Freestyle Relays are at the end of a meet*

**Barracudas** Summer 2010

MEET ENTRY FOR:		League City vs Friendswood						Event Number	Event Description
Times as of: 05/01/2009		Ages as of: 05/01/2010							
Swimmer Name	Age	EV# 12 8&UN 100 MED	EV# 24 8&UN 25 FR	EV# 42 8&UN 25 BA	EV# 52 8&UN 25 BR	EV# 62 8&UN 25 FLY	EV# 72 8&UN 100 F.R.		
1 Swimmer Name	8	C 2ND	:27.68		:33.15		C 1ST	2 relays, 2 individuals	
2 Swimmer Name	8	A 4TH	:16.92			:20.67	A 2ND	A Relay, 3rd leg (Butterfly)	
3 Swimmer Name	7		:35.60	:43.75	:45.75				
4 Swimmer Name	7	A 3RD		:20.67		:16.94	A 4TH	C Relay, 1st Leg (Backstroke)	
5 Swimmer Name	7		:27.40	:35.64			C 2ND		
6 Swimmer Name	7	C 1ST		:28.16	:36.63		C 3RD		

*Relays A, B, C, D are indicated here - Freestyle & Medley Relays Medley is Back, Breast, Butterfly, Free*

## **Swim-meet is finally here, What is going to happen?**

Swimmer "Check In" is at 6:30 AM the day of the meet with a coach (another announcement is made to this effect) and a large gathering of kiddoes is seen.

Two things are going to happen at this time:

- A sticker will be received to each swimmer in order for parents to have a copy of the event numbers.
- Swimmers will have the same information put on their arm by a coach with a magic marker.

Soon after, the kiddoes will gather for our Team Cheers. These cheers are in the handbook, and will have been practiced prior to the swim-meet.

- Nearly 300 hundred children's voices are heard.
- Each Swimmer will receive a piece of Cabbage to be placed in their swim suit. This is our good luck charm!

Another announcement will be made to indicate that warm up is about to start.

Please know that your child will always be told where to go for their event.

Each event is called up in time to line the kids up and keep the meet flowing. An announcement is made on the loudspeaker to that effect.

- "Swimmers for Event #22 to the ready area", as an example.

The coaches and board members are wonderful, and your kids are going to have a blast. After you first meet you will be a veteran.

## **Final notes:**

- All practices to be at League City Pool.
- Practice may be cancelled due to weather conditions. Rain does not cancel practice.
- Parent or guardian must be present during practice for kids 8 & under.
- No Barracudas allowed in baby pool during practices or meets.
- All Barracudas need to clean up pool area after practices and meets.
- All parents need to stay back 20 feet from the pool's edge, behind the line, as this allows our coaches to properly coach our swimmers.
- For the older kids we ask that Parents be prompt picking up your child as soon as his/her practice is over. We do not have the personnel to supervise your children.
- Time noted for swim meets are for start time. Sign in time for swimmers will be announced at swim practice and is typically at 6:30 AM.
- Fun Friday (Each Friday during the swim season, a change in the usual routine) & Marvelous Monday (The last Monday of the regular season)

## **Do you need more information:**

- Who to talk to: Victor Esquivel III (713-962-6105), [victor@esquivel.com](mailto:victor@esquivel.com)

## **Things to remember for the swim meet:**

- Swimsuit (back up swimsuit) , goggles (backup goggles), and the team cap
  - Team Spirit and Great Sportsmanship
- Get to know your Neighbors, talk, laugh, and cheer for each others kiddoes!
- Towels
  - Clothing for in between events
  - 10 x 10 canopy tent - You need shade....and sun screen.
- Keep an eye on the Academy paper. They usually have a 10 X 10 in their advertisements for \$50 - \$75, this is big enough. You can find them at other stores as well.
- Chairs
  - Blanket, pillows
  - Cooler, Ice & Drinks
  - Games & Books. note: electronics do not mix well with water.
  - Bug/Mosquito Repellant
  - Water, Gatorade, or Powerade (Energy drinks are not recommended as they typically can make you sick in the extreme heat)
  - Food & Healthy Snacks – Meets typically last 5-6 hours (Concession stands are typically available at all meets with food and drinks)
  - For **home** meets you can come by around 7PM and set up the framework of your tent. Otherwise bring everything on the day of the meet.