



# 2021 Participant Guide



## Blanchette Barracudas Swim Team Summer 2021

### **Important Numbers:**

<b>In the Process of Interviewing</b> Head Coach <a href="mailto:swim.team@stcharlesparks.com">swim.team@stcharlesparks.com</a>	<b>Abigail Beckerle</b> <b>Vanezza Brasher</b> <b>Gayle Adams</b> League Representatives <a href="mailto:acheckerle@gmail.com">acheckerle@gmail.com</a> <a href="mailto:vanezza77@yahoo.com">vanezza77@yahoo.com</a> <a href="mailto:popupro1@yahoo.com">popupro1@yahoo.com</a>	<b>Missy Hollander</b> Aquatics Coordinator 636-949-3369 <a href="mailto:missy.hollander@stcharlesparks.com">missy.hollander@stcharlesparks.com</a>
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### **Important Websites:**

**Summer Swim League Website:** <https://www.stcharlesswimleague.com/>  
**St. Charles Parks Website:** <http://www.stcharlesparks.com>  
**Blanchette Barracudas Website:** <https://www.teamunify.com/Home.jsp?team=recscsslbb>

### **Practice Times:**

<u>Level</u>	<u>Age Group:</u>	<u>Time</u>
1-2	<b>8 &amp; under</b>	6:30-7:15pm
3-5	<b>9-12 year olds</b>	7:15-8:15pm
6-7	<b>13-18 year olds</b>	8:15-9:30pm

Our program will be structured into 7 different levels this season and each level has criteria for placement. Age will be determined for the season as of June 1<sup>st</sup>, 2021 and groups will be assigned during the first week of practice, with primary placement on skill level.

#### Level 1, Yellow Barracudas

This group is for beginner swimmers ages 6-8 that have not been on the team before, but can swim at least 25 yards of freestyle unassisted. Practices for this group will be 100% instruction and time will be spent refining freestyle and learning backstroke.

#### Level 2, Orange Barracudas

This group is for swimmers ages 6-8 that have swam competitively before. These swimmers are proficient in freestyle and backstroke and will be learning breaststroke and butterfly.

#### Level 3, Blue Barracudas

This group is for swimmers ages 9-12 that are new to competitive swimming. Swimmers in this group will learn freestyle and backstroke, as well as an introduction to breaststroke and butterfly.

#### Level 4, Green Barracudas

This group is for swimmers ages 9-12 who have swam competitively before and can swim all four strokes legally. Time will be spent improving strokes and turns as well as building endurance.

#### Level 5, Red Barracudas

This group is for swimmers ages 9-12 who have swam competitively, can swim all four strokes legally, and are looking for more of a challenge. Practice emphasis will be on building endurance and refining strokes. Younger or older swimmers may attend this group with special permission from the Head Coach.

#### Level 6, Silver Barracudas

This group is for swimmers ages 13 and up. Swimmers in this group should have an understanding of all four strokes. Time will be spent improving strokes and turns as well as building endurance.

#### Level 7, Gold Barracudas

This group is for swimmers ages 13 and up that have swam competitively before and are proficient in all four strokes. This is the highest group and offers a challenge to our older swimmers, with opportunities to refine stroke techniques.

Practices will be held **Monday-Thursday evenings**, unless it's a meet day and then the meet will take the place of practice. It will be the coaching staff's decision to move swimmers up or down practice times or grant special permission to be in certain groups. Please talk to a coach if you have concerns or questions about what time your child is going to be swimming.

#### **Important Dates:**

**Team Picture Day: TBA**

**End of Season Meet: TBA**

**End of the Year Party: TBA at Blanchette Aquatic Center**

#### **Meet Schedule:**

<b>Date</b>	<b>Location</b>	<b>Time</b>
<b>Monday, June 14, 2021</b>	Home vs Monticello	<b>5:30p</b> warm-ups, <b>6:00p</b> start
<b>Monday, June 21, 2021</b>	O'Fallon	<b>5:30p</b> warm-ups, <b>6:00p</b> start
<b>TBA</b>	Home vs Twin Chimneys	<b>5:30p</b> warm-ups, <b>6:00p</b> start
<b>TBA</b>	Home vs Laurel Park	<b>5:30p</b> warm-ups, <b>6:00p</b> start
<b>TBA</b>	Wentzville	<b>6:30a</b> warm-ups, <b>7:00a</b> start

#### **Meet Attendance**

It is highly encouraged that all swimmers participate in all meets. Each swimmer must have a parent volunteer at every meet as well. It is understood that a swimmer may have to miss a meet due to prior commitments or unforeseen circumstances; it is asked that you contact the coach and the volunteer coordinator at least 24 hours prior to the start of the meet so the required adjustments may be made.

Relays and individual events will be determined by sign up through the team website. Swimmers and parents are asked to sign up for which meets they will be attending. The sign up will close the Thursday before the meet and entries will be emailed out over the weekend. If you miss the deadline, please email the coach ASAP. Relay swims can only be guaranteed to those who sign up for each meet. Instructions for how to sign up for meets can be found later in this handbook.

#### **Practice Attendance**

All swimmers are encouraged to attend practices as often as possible.

#### **Items to bring/wear to practice**

Swim suit, towel, swim cap, goggles, pool deck shoes, and water bottle. Practice equipment such as kickboards and fins will be provided.

#### **Team Suits**

Team suits will be available at B & B Aquatics in Chesterfield. Team suits are **highly encouraged but optional**. Any suit may be worn at practice; girls must wear a one piece suit for practices and meets.

### **Swimming Ability**

Every swimmer must be able to independently move themselves forward, unassisted, one length of the pool or 25 yards. The purpose of a swim team is to refine strokes and techniques, to become a stronger swimmer and to participate in friendly competition against other teams. It is not to learn how to swim. The Head Coach reserves the right to limit participation based on ability.

### **Weather**

If the weather is questionable please call the Rainout Line at 636.944.6001 ext. 17. You may also visit online at <http://rainoutline.com/search/dnis/6369446001> or download the free Rainout Line App. Meets and practices will be held whenever the weather permits. Cancellations will occur if there is heavy rain, thunder or lightning.

### **Parent Support**

As a parent we ask that you be encouraging to your swimmer. At practice the coaching staff will be working with all swimmers to teach proper swim stroke technique. It is asked that parents refrain from “coaching” their children and remain off the deck during practices. We encourage parents to communicate directly with the coaches before or after practice to discuss any specific issues.

### **Additional Parent Responsibilities:**

Each family is required to provide one person to volunteer for ½ of a meet at all swim meets during the season, or 3 whole meets, if that is easier. It takes a tremendous amount of energy to run a meet and if everyone contributes the meets will run smoothly. The volunteer assignments are scheduled on a first come basis. Every effort will be made to honor a volunteer’s job preference. If you have any issues please contact our league representative. They will assist you with any questions you might have. Sign-ups will be online, which makes it easier for everyone to sign-up at their convenience. The various volunteer jobs are listed below.

1. **Stroke Judges** – For every swim meet 8 total stroke judges are assigned (4 per half, 2 per team). These individuals watch the swimmers to determine if they are swimming each swim stroke within regulation. This position requires attending a stroke judge clinic to be certified. Information for when the 2021 clinics will be held will be available at a later date. Certification is good for 3 years.
2. **Ribbon/Scoring Table/Meet Manager Data Entry** - Assists in determining awards and keeping score. These parents will write ribbons and post the scores throughout the meet.
3. **Bullpen** - Assign swimmers to lanes according to the heat sheet and bring them to the starting blocks.
4. **Timers** - Times the swimmers as they swim their events.
5. **Runners** - Take event cards and disqualification slips to the scoring table.

### **Swim Team Website and Registration:**

In addition to registering with the Parks Department, each swim team family should register with the swim team’s own website, TeamUnify. Although you will still be able to submit a registration on-line for TeamUnify, it must be “accepted” by an administrator for your child to be registered. A reminder that since payment is submitted through the Parks Office, you **MUST** pay your balance in full before your registration will be accepted.

Email invitations will be sent out to those who have already registered with the Parks Office. If you did not receive an email invitation, here are the instructions:

- ☐ On the Blanchette Swim Team website, <https://www.teamunify.com/Home.jsp?team=recscsslbb>, there is an option of “Start Registration” in the left column.
- ☐ After reading the registration information, please click on the “REGISTER NOW” button at the bottom of the screen.
- ☐ Select the appropriate choice on the next screen indicating if you are currently logged in or not and

then click the "NEXT" button at the bottom of the screen.

☒ You will then be asked to verify the information on your Account. Please make sure you have entered the appropriate names and numbers under the "Guardians" tab and that you have entered an emergency contact under the "Insurance/Emergency Contact" tab. Once you have completed all information or confirmed it, please click the "NEXT" button at the bottom of the screen.

☒ Next you will select the swimmer that you wish to register at this time. When you change the "NO" next to your swimmer's name to "YES" additional information will be available for you to review and update if necessary. Repeat these steps for each of your swimmers and then click the "NEXT" button at the bottom of the page.

☒ On the next page will be a list of the swimmers you are registering. If the information is correct, please click on the "Checkout Using Secure Server" button at the bottom. No payment will be submitted through TeamUnify. Click the "Submit the Registration" button at the bottom of the page.

☒ You can check the status of your registration at any time by selecting the "Check Registration Status" button on the Start Registration introduction page. Click on the "Start Registration" button in the left margin of our web page. If you have questions, please send an email to team administrators by selecting the "Feedback Zone" command in the left margin. An email will be sent to the administrators and they can address your questions or concerns.

### **Meet and Volunteer Sign-Up**

To sign up for volunteer positions for this summer's meets, go to,

<https://www.teamunify.com/Home.jsp?team=recsccsslbb>

Sign in and click on the top tab labeled "Events".

To volunteer: Choose the meet you will be attending and click the "Job Signup" button. You will then click the slots that you want for each meet and press "Signup". Everything is divided up by position (first half timers, second half timers, etc.) **Please note the volunteer times listed are an estimate, some meets may switch earlier or later than 7:30pm!** A reminder that you must sign up for 6 half meets or 3 whole meets. If you will be out of town for a meet, you will still need to meet the requirement of 6 half meets or 3 whole meets. If you do not sign up for each meet you will need to contact our volunteer coordinator via email.

To sign up swimmers: Choose the meet you will be attending and click the "Edit Commitment" button. Click the swimmer's name you wish to declare and choose "yes" or "no" box. If you have multiple swimmers, please indicate which swimmers will or will not be participating in the meet. If you require any accommodations, please indicate those in the comments section as well.

Email reminders for volunteers and RSVPs will be sent out before each meet. Email reminders will also be sent to those who have not declared their intentions or have not volunteered.

If you do not sign up for a meet, you will not be entered and cannot swim. The league has established firm deadlines to help speed up the meets and new swimmers may not be added to meets less than 72 hours before the meet. Meet signups will close on Thursday night prior to the meet and entries will be completed the next day.

### **Rules and Expectations:**

- Swimmers should not run, roughhouse, mistreat pool equipment, or play in other pools during meets or practice.
- All swimmers should respect the pool equipment including deck chairs, kick boards, fins, and pull buoys.
- Swimmers should not get into the water until the lifeguard is on the stand.

- At home and away meets, it is your responsibility to clean up trash in your area or around the pool deck. If you see trash after the meet, pick it up so we can all go home in a timely manner.
- Coaches will pick the child's events for the meets. Suggestions may be made to the coaches, but that does **not** guarantee that the child will be in the event that is suggested. An ample amount of time and effort is made to ensure that all swimmers are placed accordingly and that a swimmer is not placed into an event they should not swim.
  - If a swimmer wants to swim in a different event or switch with another swimmer it **MUST** be approved by a coach. This must also be done **before** the event is in the bullpen or the switch will not be approved.
  - Coaches realize that swimmers may not like certain events, we choose events for specific reasons, and sometimes your swimmer is not going to get their favorite event. We are all part of a team and we need to work together to win.
- Show sportsmanship at practice and meets to your coaches and other swimmers.
- It is imperative that swimmers are on time for meets and practice. We understand that work conflicts with practice and meets sometimes, just let us know you are going to be late so we can plan meet events accordingly.
- Meet warm-ups are not optional. All swimmers must swim warm-ups before a meet. We understand the parent's may be running late from work, especially with early meet times, so if that happens, please be in contact with one of the coaches.
- If your child is not going to attend a meet then you need to email the coach at least **24 hours** before the start of the meet, so he can make the necessary changes. If the coach is not notified then your child cannot swim in a relay during the next meet they attend.
  - We understand emergencies happen, so if you find out you cannot attend a meet the day of, please call the coach and let them know as soon as possible. Please do not wait.
- Due to safety reasons, your child must **ask** a coach before they leave practice. This includes if your child is sick, needs to use the restroom, needs to leave early, etc.