



2022 Participant Guide



Blanchette Barracudas Swim Team Summer 2022

Important Numbers:

Sarah Frerker Head Coach swim.team@stcharlesparks.com Assistant Coaches Trent Beskorovany Jillian Vaughn	Abigail Beckerle Vanezza Brasher Gayle Adams League Representatives acbeckerle@gmail.com vanezza77@yahoo.com popuppro1@yahoo.com	Missy Hollander Aquatics Coordinator 636-949-3369 missy.hollander@stcharlesparks.com Shanna Fugina Volunteer Coordinator shanna.fugina@gmail.com
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Important Websites:

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

Practice Times:

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

<u>Practice Schedule</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Saturday</u>
Week 1 (5/30-6/2)	No Practice	Practice	Practice	Practice	-
Week 2 (6/6-6/9)	Practice	Practice	Intersquad Meet	Practice	-
Week 3 (6/13-6/16)	Away Meet	Practice	Practice	Practice	-
Week 4 (6/20-6/23)	Home Meet	Practice	Practice	Practice	-
Week 5 (6/27-6/30)	Away Meet	Practice	Practice	Practice	-
Week 6 (7/4-7/7)	No Practice	Practice	Practice	Practice	-
Week 7 (7/11-7/14)	Home Meet	Practice	Practice	Practice	-
Week 8 (7/18-7/21)	Practice	Practice	Practice	Practice	-
*Week 9 (7/25-7/30)	Home Meet	Practice	Practice	Practice	Away Meet

****Due to the volume of children in the second practice, some older swimmers in that practice may be asked to swim in the 8:15-9:30 PM practice. If you are not able to move practice times, that is ok, we just ask you to do so if you are able to.****

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.

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 **May 31st, 2022** 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 & under-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 & under-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.

Meet Schedule:

Date	Location	Time
Wednesday, June 8, 2022	Home Intersquad Meet	6:00p warm-ups, 6:30p start
Monday, June 13, 2022	Twin Chimneys Tidal Waves	5:00p warm-ups, 5:30p start
Monday, June 20, 2022	Home Vs. Monticello Killer Whales	5:30p warm-ups, 6:00p start
Monday, June 27, 2022	O'Fallon Torpedoes	5:30p warm-ups, 6:00p start
Monday, July 11, 2022	Home Vs. Lake St. Louis	5:30p warm-ups, 6:00p start
Monday, July 25, 2022	Home Vs. Laurel Park Dolphins	5:30p warm-ups, 6:00p start
Saturday, July 30, 2022	Wentzville Sea Dragons	6:30a warm-ups, 7:00a 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 or as soon as you know you or your swimmer will not be at the meet so the required adjustments may be made.

Relays and individual events will be determined by sign up through the Team Unify website. Swimmers and parents are asked to sign up for which meets they will be attending and decline which meets they will not 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 fitting date will be Sunday, May 1st, 2022 from 10-5 PM at the Chesterfield location. Female Suits are \$36.75 & Male Suits are \$31.50.** 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. In the event your swimmer is unable to satisfy this requirement, your registration fee may be used towards swim lessons or it may be placed on your household as a credit to be used towards any Parks Program, Facility Rental, etc.

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. We will also attempt to send out an email to communicate any weather updates as well.

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 representatives, they will assist you with any questions you might have. Sign-ups will be on the Team Unify website, 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 2022 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, new & returning, 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.

* On the Blanchette Swim Team website, <https://www.teamunify.com/Home.jsp?team=recscssslbb>, there is an option of "Start Registration" in the left column.

* After clicking on the start registration button, please click on the green "Continue or Check Status" button at the bottom of the screen.

*If you are a returning member to the team, you will click the blue "Continue" button. If you are a new member of the team, you will click the green "+ Create New Account" button.

***Returning** members will be asked for their email address that they have previously used for their account.

* 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 "Parents/Guardians" tab and that you have entered two different contacts if possible. Once you have completed all information or confirmed it, please click the "Continue" button at the bottom of the screen.

*Next you will select the swimmer(s) 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 "Continue" button at the bottom of the page. In this step you will be able to add a new swimmer if needed.

* 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.

***New** members will be asked to provide an email address.

*You will then be asked to create an account. (First Name, Last Name, Password, Date of Birth, & then Click the blue Sign up Button)

*Follow all prompts that follow asking you to provide your emergency contact information, Parent/Guardian Information, all swimmer information, etc.

*Once you have completed filling in all required information and have confirmed that it is correct, you will need to submit the registration.

***Both New & Returning member will need to be approved by a team administrator.** Once an administrator approves you, you will then have access to login to Team Unify and sign up your swimmers up for meets, to volunteer, or to view your swimmer's times once they've competed in meets.

Meet and Volunteer Sign-Up

We will track volunteer completion this summer so please be sure that you are fulfilling the volunteer requirement per family.

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 they 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.

More Information To Come on the Following Events

***Volunteer Position Training Day on June 7th**

***Stroke Judge Training Clinics**

***Team Picture Day/Rain Make Up Day If Needed**

***End of the Year Party @ Blanchette Aquatic Center on July 31st**