

# Burnaby Barracuda Basics

Welcome to the Burnaby Barracuda's Aquatic Club. This season our club offers swimming, water polo and masters swimming. The information below will hopefully answer some of the more common questions about swimming. Please don't hesitate to ask questions... we all remember being new to summer swimming and having those same questions ourselves.

## STAYING INFORMED – How did you know that?

It is your responsibility to stay informed. This can seem daunting when you are new to summer swimming. There are so many activities and other things you need to know about. Fortunately, there are lots of ways to stay informed.

- **Barracuda Handbook** This is the booklet you would have received when you signed up with the club. A great source of information. As a "new" summer swimmer, it is well worth the read.
- **Bulletin Boards**  
The bulletin board is the key to staying informed and up to date. There is a special Barracuda bulletin board put out at each practice. The bulleting board will have information about upcoming swim meets, results from past meets, scheduling information, notices about upcoming events, and anything else important. You should check the bulletin board for new information every single practice.
- **Your Coach** is a valuable source of information. It is important to remember that the coaches are very busy just before practice and during practice, so make sure you wait until after practice to talk to your coach.
- **The Bubble** is the Barracuda's newsletter that is sent out every few weeks. The Bubble has information about upcoming events, recaps of past events and messages from the Coaches and Executive.
- **Pool Rep** Each Pool had a "representative"...a parent volunteer who is a good first point of contact for any questions you may have. If they can't answer your questions, they will find someone who can. They also assist in organizing the "Splash" Parties.
- **Executive Team** The swim club has an elected executive team (again, parent volunteers) who are happy to assist you in any way they can.
- **Website** The Barracuda's website is another good place to check. There is all kinds of information about our club at [www.bcssa.bc.ca/sf/bur](http://www.bcssa.bc.ca/sf/bur) If you would like to know more about the British Columbia Summer Swimming Association (BCSSA) go to [www.bcssa.bc.ca](http://www.bcssa.bc.ca)

## SCHEDULES – When and where is my Practice?

- Make sure you have a practice schedule.
- Each pool has a different schedule, so make sure you have the correct schedule for each swimmer.
- There is a new schedule each month and it will be posted on the bulletin board.
- Some Monday practices are held at Central Park Pool, so read your schedule carefully.

## THE DAILY ROUTINE - What am I going to be doing at practice and what do I need to bring with me?

- The practice will consist most days of "dry land" training and swimming.
- Dry land training typically consists of running, strength exercises, organized games, and stretching.
- Be at the pool and ready to go at least 5 minutes before the scheduled start time.
- In May, each practice consists of 15 minutes of dry land and 60 minutes of water time. The dry land will consist of stretching and core strength exercises.
- In June and July, there is usually 30 minutes of dry land before each 60 minute swim practice. The dry land training during this period will consist of running, strength exercises, organized games, and stretching. Shorts, a shirt, socks and running shoes are needed for this.
- Bring a water bottle full of water or watered-down Gatorade to every swim practice. An extra swim cap and goggles are also a good idea.
- **PARENTS** - During the swim practice it is important for all parents to stay off the pool deck. The Barracuda's are liable for the safety at the pool during practice and the parents are not insured. Bring your lawn chair and relax on the "other side of the fence".

## SWIM MEETS

Swim Meets can be the most fun and exciting times of the summer. They are a great opportunity to experience the joys of personal challenge, team spirit, and the camaraderie of the Barracudas. Each swim club in our region will host at least one swim meet throughout the swim season.

### Ø When are they?

- Swim meets are held on most weekends throughout June and July at pools in Burnaby, Port Moody, Coquitlam and Port Coquitlam.
- Most are early morning starts (arrival time often before 7 a.m.). There are also a few Friday evening swim meets.
- Check the bulletin board to see when stretching and warm-ups are, this will be earlier than the official swim meets start time.
- You can attend one or more days.
- Different strokes are swum on each day.
- Some meets are specifically for new swimmers, some are specifically for faster swimmers and others are for everyone. The coaches can help you decide which swim meets would be best to attend.
- Swim meets are held rain or shine.

### Ø How do I sign up for a swim meet?

- Sign-up sheets for upcoming meets will be on the bulletin boards, with an entry deadline. When the first sign-up deadline has passed, a validation list showing everyone entered will be posted and there will be a day or two to make changes.
- The club will pay for four individual races and one relay for each swimmer at each swim meet. If you sign up and do not attend, you will be responsible for reimbursing the Barracuda's for the entry fees (about \$4 per event)

Ø What do I bring to the swim meets?

- Ideally the swimmer will have a large dry towel for each race (plus one for warm-ups). A dry bathing suit for each race is also best... especially on the cooler days.
- It is important that the swimmer has a warm and dry area to spend time between races. A sleeping bag or warm blankets, warm clothes, and a tent make for a perfect resting place. It is also important to have some shade for the hot sunny days.
- Swimmers must rest and relax between their races. Cards, books, and music should be brought for entertainment between races.
- Most families bring a cooler of healthy food and drinks. Concession food is also available at most of the swim meets.
- Parents, remember to bring lawn chairs, a coffee and a good book for yourself.

Ø On the day of the swim meet...

- Arrive at least 15 minutes before stretching and warm-ups so there is time to get ready.
- The swimmers stretch for 10 - 15 minutes before getting in the pool for a group warm-up. The group warm-ups are mandatory for all swimmers, as they are important physiologically for preparing the nervous system, joints, and muscles for racing, and a team building ritual.
- Once warm-ups are over the swimmer must pay attention to the events being announced. When their event is coming up they get ready for their race and go over to the coach's area on the pool deck and talk to their coach.
- Each event is numbered ...when the swimmers event number is called, they should go to the "Clerk of the Course" area. They will want to wear flip flops and have a towel with them (and their goggles and swim cap). The swimmers event and name will be called out by the Clerk and the swimmer will receive a 'card'. Once all the swimmers in the event have arrived, they will be directed to sit in the "marshalling area" to wait for their turn to race.
- When it is their turn to swim, they will be directed to the pool deck. They will hand their card to the person sitting at the end of their lane and wait for their race to start.
- After their race, they should collect their flip flops and towel and head over to the coach's area to have a quick chat with their coach about their race.

What is the "Mock Swim Meet" on May 28<sup>th</sup>?

This is the perfect opportunity for swimmers and parents to see how a swim meet works. This very casual swim meet is put on by our club for our club members only. It allows the new swimmers a chance to go through all the steps they would at an official swim meet. It is also a chance for parents to learn about a volunteer job they may like to try during the season. This is followed by a fun free swim and a barbeque. Hamburgers, hot dogs, chips and drinks are available at very reasonable prices and salads and desserts will be supplied by the families of the "Robert Burnaby Pool" swimmers.

What is the most important thing to remember? **HAVE FUN!**