

# Barracudas Bubble # 3



Barracuda Website: [www.bcssa.bc.ca/sf/bur](http://www.bcssa.bc.ca/sf/bur)

June 2005

July 2

Last day for  
Registration

## Did you get your book of Raffle Tickets?

When you paid swim fees, a \$60.00 fundraising fee was included. In exchange for your fundraising fee, you should have received a book of raffle tickets worth \$60.00 to sell. If you did not receive a book of raffle tickets when you registered to swim, please contact our registrar: Sue Clarke by e-mail at: [sueclarke@hotmail.com](mailto:sueclarke@hotmail.com)

Families who have not received their raffle tickets will be able to pick them up from Sue at the Splash Party on June 21.

Keep up to date.  
Read your pool  
bulletin boards.

The Bubble is your newsletter. It keeps all Barracuda members informed of issues and events important to all club members. Submissions to the editor are always welcome. Issues come out once a month or more if necessary. Contact the editor Marie Slama with your ideas.



Everyone had fun warming up at our Mock Meet in May!

## Calling All Barracuda Families! It's Time To Prepare To Host Our Fabulous, Fun, Burnaby A/B Meet!

Make sure you mark your calendars for our very own Burnaby Barracudas A/B Meet on June 25th & 26th held at Central Park Pool.

The Barracudas have the best facility with the most parking and host the best swim meets around! If you've never attended a meet or plan to only go to one meet this season, make sure you attend our own Barracudas Meet. It's exciting, lots of fun and there's a lot of swimming to be had! We'll be expecting well over 800 swimmers this year! Watch for sign-up sheets posted at your pool!

### *All Hands on Deck!*

Calling all Volunteers-- it's our turn to host a meet and we need everyone's help on June 26th & 27th. If you would like to pitch in and have not yet been enlisted by Meet Manager, Dino Fantillo or Assistant Meet Manager, Wendy Jung, please call: Dino at 604-526-9484 or Wendy at 604-522-1199 to offer your services. There are plenty of different jobs available. The sooner you sign up, the better your choice!

### Set-up:

Set up for our meet takes place on Friday, June 25th at Central Park Pool starting at TBA. Drop by if you can help out. Late comers are always welcome!

*Continued on page 2 see Night Security..*

## Important Cuda Dates

(watch for changes)

June 21 Central Park  
Picture Day & Splash Party  
Hosted by MacPherson Families  
go to page 4 for more info.

June 24 Central Park  
Set Up for Burnaby A/B Meet  
3 pm until it's done

June 25 & 26 Central Park  
Burnaby A/B Meet

June 30 Central Park  
Burnaby P3  
Water Polo Tournament

July 2  
Last day of swim club registration

July 9,10 Team Away Meet  
Courtenay, Vancouver Island  
Details on page 4

July 11 Central Park  
Burnaby P1, P2  
Water Polo Tournament

July 18 Central Park  
Raffle Draw & Splash Party  
Hosted by Kensington Families

July 30, 31  
Water Polo Regionals  
Central Park, Burnaby

August 6,7  
"A" Swimming Regionals  
Central Park, Burnaby

August 13, 14  
"B" Swimming Regionals  
Port Moody

August 15-21  
Provincials, Watermania, Richmond

*Continued from page 1...*

**Night Security:**

Do you like to stay up all night? Do you have a big dog? Would you and a friend like to earn some money? The Club is in need of two adults, preferably with a tough-looking dog, to stay overnight at Central Park Pool on Friday, June 24th from 8:30pm to 5:30am Saturday & from Saturday, June 25th, 6pm to 5:30am Sunday.

This is to deter anyone from entering the secured pool area overnight. To offer your services or for more info: call please call: Dino at 604-526-9484.

**Deck Food:**

Deck food is one of the reasons why the Barracudas have the reputation of hosting the best swim meets around.

As the host swim club for the meet, the Barracudas supplies "deck food" (snacks and drinks) for all volunteers working the meet. It's a way of thanking volunteers for helping out. Marie Slama, Deck Food Co-ordinator, will be calling everyone shortly to ask what your deck food contribution will be. You can save her a call by signing up at the pool. Please remember that you'll be asked to bring deck food for both Saturday & Sunday, and it should be something that can be easily passed out and eaten by hand.

**Concession:**

One of the highlights of our Meet is our famous concession stand! Help serve or take cash. Or those who have Foodsafe I, you can help prepare the food. Debbie Massullo is the Concession Stand coordinator.

**Take Down:**

Take down happens immediately after the Meet ends on Sunday, June 27th. We'll all be tired, so if everyone could stay for a short time and help out, it would be greatly appreciated.

**Runners, Recorders, Timers, Marshalls, Data Entry:**

Jim Gritchen will be coordinating timers, recorders, marshals. Other volunteers will be organizing the Crash Desk and the Office.

Many other volunteers are needed. No Experience necessary- training will be provided on-site!

If you are new to all of this swimming stuff, please don't be shy or think we don't need your help- we really do! Everyone is expected to do their part. It's an excellent way to get to know some of the great people involved in the Club- plus you'll get to indulge in yummy deck food as well! Please call Meet Manager, Dino Fantillo at 604-526-9484 (so he doesn't have to call you). The sooner you sign up, the more choices in jobs and shifts you'll have.

***Barracuda team members and their families can participate in an away meet this year. We have been invited to go to the resort town of Courtenay on Vancouver Island July 9th & 10th. See page 3 for details.***

**BARRACUDA  
PUB NITE  
& PUTTING  
CONTEST**



**EAGLE CREEK  
BURNABY MOUNTAIN GOLF COURSE  
7600 HALIFAX STREET, BURNABY  
SAT. JULY 16TH  
6:00 P.M.**

TICKETS ON SALE SOON

Help To Plan Our Future. Become a New Member Of Our Executive Board !



**COME TO THE NEXT MEETING OR TALK TO US IN PERSON IF YOU ARE INTERESTED IN JOINING A GREAT TEAM AND INCREASING YOUR INVOLVEMENT WITH OUR CLUB. THE NEXT MEETING OF THE EXECUTIVE IS:**

**7:00 P.M.  
TUESDAY JULY 5  
STUDIO J  
MATHERS HOUSE  
NEXT TO  
SHADBOLT CENTRE  
DEER LAKE PARK**

**Board of Directors  
Positions open in 2005**

- President
- 2nd Vice President
- Registrar
- Head Pool Rep
- Director at Large
- Director of Officials
- Director of Fundraising
- Director of Publicity (web page)
- Director of Equipment
- Water Polo Rep

## Head Coach's Report

By Matt Skomorowski

Congratulations Barracudas on an awesome job so far, the summer swim season is almost half way through. It was great to see all the new swimmers out at the Mock Meet, there were lots of fast swims and everyone had a lot of fun. Thanks to all the parents for helping out to make sure the day ran smoothly.

Our first real meet of the summer was the Coquitlam A\B. We had outstanding attendance at this meet. There was a ton of best times swam, and even some meet records broken! The coaches are really pleased with how everyone swam. Now that our first meet is under our belt, we are going to have a swim meet almost every weekend. Swim meets can be the most fun and rewarding times of the summer so I encourage everyone to attend as many as they can. There can be a lot to remember about swim meets so here is a quick recap of the warm-up procedure.

On the Morning of the swim meet you should arrive at least 15 minutes before stretching and warm-ups, so you can find a parking spot, and get your area set up for the day. The swimmers will stretch for about ten minutes before we get in for warm-ups. Stretching is an opportunity for the swimmers and coaches to chat and ease

their nerves while loosening up before the big day starts. After stretching, the swimmers get in for a group warm-up. The group warm-ups are an extremely important part of the swim meet and they are **MANDATORY FOR ALL SWIMMERS**. If a swimmer does not attend warm-ups then they are not allowed to swim their first race, and if they miss warm-ups repeatedly then they will not be able to swim in the meet at all. There are important physiological reasons for the warm-ups such as preparing the nervous system, joints, and muscles for racing. Although the water may be cold so you do not feel warm, these physiological needs are still being met. Warm-ups are also a very important team building ritual. It can be easy to forget that swimming is a team sport. From training to competing, your teammates are critical to your success. Think how much fun it would be to train by yourself five to seven times a week and then go to a swim meet with no one to cheer you on and no one to hang out with in between events? The Barracuda's compete at swim meets as a team, so we warm up as a team. We strive to do our personal best, and can achieve more as a team. By enduring the stresses of training together, by spending almost 20 hours at a swim meet to race for less than 10 minutes, and by cheering each other on, we are stronger as a team!

I hope to see everyone at the Port Coquitlam meet coming up!



*Matt*

## Thank You From Our Water Polo Rep

By Jim Toy

I hope all had fun during our first tournament. I sent out some pictures (files were quite large) if you did not receive them you can go to our website: <http://www.bcssa.bc.ca/sf/bur/index.html> under the Water Polo section to see the pictures.

I just want to thank Bruce and Marie for helping out during the two days.. I believed you two learnt a lot. Also for Debbie for arranging the concession and all the parents who helped out at the official's table. With out you the tournament would not have run so smoothly... We had a great turn out of new referees (great job guys!!): Farbod, Harrison, Chris, James, David and Roger.

It was a great turn out of players and I saw a lot of new faces.. again try to make as many practices and games through out the summer so that you can see how fast you can improve. The coaches were quite pleased with what they saw with only a few practice under your belt. Please have a look at the tournament list I attached and please let

me know which one you can go to. To everyone, make sure you check your email the night before any tournament your child will be going to. There may be last minute changes. I know a few players will be going on holidays so if you can let me know which tournament you can attend I can make proper arrangements. For your information SF Regionals is on July 31 and Aug. 1, 2005.

*Jim*

### CONGRATULATIONS CHRIS TOY

Our very own Christopher Toy has made it onto the Junior National Water Polo team. He is listed as one of the top 30 players on the Junior Centralization Players roster in the 1987 and younger division. Good Work Chris! Way to go!

### THANK YOU FROM OUR FUNDRAISING REP



Thank you for coming out to the Marine Pub & Brewhouse fundraiser. Though the turnout was small, everyone

had a great time. In total, we raised about \$400. for the club. We'll be having a putting contest at our pub nite on Saturday July 16 at Eagle Creek, Burnaby Mountain Golf Course, 7600 Halifax Street, Burnaby. The fun starts at 6:00 p.m. Hope to see you there. Tickets will be available soon. If you have any items we could use for raffles, please contact me, Wendy Murao 604.322.2960 or e-mail [canasawa@aol.com](mailto:canasawa@aol.com)

### PICTURE DAY JUNE 21

Everyone meet at Central Park Pool at 4:15 p.m. A group photo of everyone in the club will be taken at 4:30 p.m. Individual photos will be taken after the group photo, probably around 5:00 p.m.

Cost: A Memory Mate packages starts at \$8.00. The basic package includes a group photo and 1 5"x7" individual photo. Please bring cash to purchase your photo package.

### OUT OF TOWN MEET



**Travel with your teammates. Come to the Blue Devils Swim Meet in Courtenay on Vancouver Island July 9 & 10!**

The team has been invited by the Courtenay Blue Devils to attend their swim meet on July 9 & 10. All swimmers and their families are welcome to come. We'll be able to spend lots of time together as a team. Make your reservations and reserve your spot on the ferry! It's sure to be lots of fun!

Colleen Lee has requested rooms be blocked off at the Coast Westerly Hotel 1590 Cliffe Avenue 1.800.668.7797 and the Courtenay Travelodge 2605 Cliffe Avenue 1.800.795.9486. The rooms are under the Burnaby Barracudas.

For those of you who wish to camp, there is a campsite quite close to the pool. Maple Pool Campsite 4685 Headquarters Road 1.250.338.9386 or [maple-pool@shaw.ca](mailto:maple-pool@shaw.ca). For information, contact:

Colleen Lee  
604-762-2614  
e-mail [allthelees@shaw.ca](mailto:allthelees@shaw.ca)

Make your travel and room reservations soon. We have been advised that there is a music festival happening in town at the same time.

*Let's go and let's have lots of fun!*

### MEMORY ALBUM

We may be putting together a committee to produce a Barracuda Summer Souvenir album this year. Watch your pool's bulletin board for more details.

### CLUB SPONSORS

We wish to thank the businesses and individuals in our community that lend their support to our club. Please support them with your patronage.





| <b>SWIM MEETS</b>                    |                                   |
|--------------------------------------|-----------------------------------|
| <i>(Dates are subject to change)</i> |                                   |
| Date                                 | Meet                              |
| June 17                              | Port Coquitlam Development        |
| June 18, 19                          | Port Coquitlam A/B                |
| June 25, 26                          | Burnaby A/B                       |
| July 2,3                             | Port Moody Spike                  |
| * July 9, 10                         | Courtney Vancouver Island         |
| July 12                              | Burnaby Mountain Mantas Best Ever |
| July 16,17                           | Coquitlam A                       |
| July 23, 24                          | Port Moody B                      |
| * July 23/24                         | WRASA Pentathlon                  |
| July 30, 31                          | Port Coquitlam B                  |
| August 6,7 (Burnaby)                 | "A" Regionals                     |
| August 13, 14 Port Moody             | "B" Regionals                     |
| August 15-21 (Richmond)              | Provincials                       |



### Water Polo Schedule

(subject to change)

| Date         | Time                            | Team       | Host Club    | Pool         |
|--------------|---------------------------------|------------|--------------|--------------|
| June 29      | 13:00h-21:00h                   | P1         | Abbotsford   | Centennial   |
| June 29      | 13:00h-21:00h                   | P3, P4     | Port Moody   | Westhill     |
| June 30      | 07:00h-20:00h                   | P3         | Burnaby      | Central Park |
| July 1       | 08:00h-17:30h                   | P1, P2     | Haney        | Maple Ridge  |
| July 6       | 13:00h-21:00h                   | P1, P2     | Port Moody   | Westhill     |
| July 6       | 13:00h-21:00h                   | P3, P4     | Vancouver    | Sunset       |
| July 7       | 08:00h-20:00h                   | P3, P4     | Coquitlam    | CCAC         |
| July 11      | 08:00h-20:00h                   | P1, P2     | Burnaby      | Central Park |
| July 13      | 13:00h-21:00h                   | GIRLS ONLY | Vancouver    | Sunset       |
| July 14      | 13:00h-21:00h                   | P3, P4     | N. Vancouver | Griffin      |
| July 20      | 07:00h-20:00h                   | P4         | Burnaby      | Central Park |
| July 20      | 13:00h-21:00h                   | P1, P2     | Vancouver    | Sunset       |
| July 21      | 10:00h-22:00h                   | P3         | Coquitlam    | CCAC         |
| July 21      | 12:00h-21:00h                   | P1, P2     | N. Vancouver | Griffin      |
| July 30, 31  | Simon Fraser H2O Polo Regionals |            |              | CCAC         |
| Aug 15,16,17 | H2O Polo Provincials            |            |              | Watermania   |

| Provincial Championships Aug. 15 -21 Watermania, Richmond, B. C. |           |                  |         |          |          |         |
|--|-----------|------------------|---------|----------|----------|---------|
| Mon  | Tues      | Wed              | Thurs   | Fri      | Sat      | Sun     |
| Aug.15   | Aug. 16   | Aug. 17          | Aug. 18 | Aug. 19  | Aug. 20  | Aug. 21 |
| Waterpolo  | Waterpolo | Waterpolo Diving | Synchro | Swimming | Swimming | Swimmig |

\*July 9, 10 Out of town meet open to all members. See page for more information.

\*July 23 / 24 Swim your "A" times at the WRASA Killer Guppies meet. More details to follow. Watch your pool bulletin board.

**Atoms, play H2O Polo free for your 1st season!**



Would you like to try water polo? If you are 11 years old or younger (born in '94, '95, '96, or '97) and have never played water polo on a team before, come to an Atom practice and try the game out. As a new, first year atom, you can play the remainder of this season for free. Come and learn the game. Practices are held every Tuesday and every Thursday from 4:45 p.m. to 7 p.m. at Central Park Pool. Our coaches Tracy, Cole, Kara and Sydney would love to meet you. For more information, e-mail Jim Toy at [toy\\_jim@yahoo.com](mailto:toy_jim@yahoo.com).



## Barracuda Contact List

### 2005 Executive Board Members

|                         |                  |              |  |
|-------------------------|------------------|--------------|--|
| President               | Wendy Jung       | 604.522.1199 | <a href="mailto:wendyjung@shaw.ca">wendyjung@shaw.ca</a>                 |
| 1st Vice President      | Dino Fantillo    | 604.526.9484 | <a href="mailto:Dino.fantillo@shaw.ca">Dino.fantillo@shaw.ca</a>         |
| 2nd Vice President      | Lila Gritchen    | 604.520.1230 | <a href="mailto:gritchen@shaw.ca">gritchen@shaw.ca</a>                   |
| Secretary               | Colleen Lee      | 604.293.1214 | <a href="mailto:allthelees@shaw.ca">allthelees@shaw.ca</a>               |
| Treasurer               | Gordon Robinson  | 604.434.1201 | <a href="mailto:robinsonrolland@telus.net">robinsonrolland@telus.net</a> |
| Registrar               | Sue Clarke       | 604.525.5798 | <a href="mailto:sueaclerke@hotmail.com">sueaclerke@hotmail.com</a>       |
| Head Pool Rep           | Judy Melton      | 604.434.4254 | <a href="mailto:dmelton@telus.net">dmelton@telus.net</a>                 |
| Director at Large       | Carrie Marsh     | 604.522.7242 | <a href="mailto:cp_marsh@telus.net">cp_marsh@telus.net</a>               |
| Director of Fundraising | Wendy Murao      | 604.322.2960 | <a href="mailto:canasawa@aol.com">canasawa@aol.com</a>                   |
| Director of Publicity 1 | Marie Slama      | 604.521.8451 | <a href="mailto:henry_slama@shaw.ca">henry_slama@shaw.ca</a>             |
| Director of Publicity 2 | Rosella Heinonen | 604.540.2655 | <a href="mailto:derros@telus.net">derros@telus.net</a>                   |
| Director of Equipment   | Tom Routtu       | 604.526.6065 | <a href="mailto:rowtwo@telus.net">rowtwo@telus.net</a>                   |
| Water Polo Rep          | Jim Toy          | 604.671.5273 | <a href="mailto:Toy_jim@yahoo.com">Toy_jim@yahoo.com</a>                 |

### YOUR POOL REPRESENTATIVES

|                     |                  |
|---------------------|------------------|
| Robert Burnaby Pool | Derrick Heinonen |
| Kensington Pool     | Linda Izumi      |
| MacPherson Pool     | Hendricka Kidd   |

### BARRACUDA MERCHANDISE

|              |              |
|--------------|--------------|
| Shirley Yuen | 604.299.1028 |
|--------------|--------------|