

Barracudas Bubble #2



Late Spring Edition

Barracuda Website: www.bcssa.bc.ca/sf/bur

May 2005

Inside:

- Parent to Parent
- Head Coach's Report
- Coaches' Corner
- Schedules and Social Events

Welcome New Cuda Parents!

Ask questions.

Say "hello" to your neighbor.

Learn more about our sport from returning parents.

Volunteer to Strengthen our team.

Join our board of directors.

Become a BCSSA Official.

Join our sub-committees

Create great memories!

Enjoy your summer!

THANKS FOR GETTING US READY!

Our Storage Shed at Central Park is all cleaned up. The dust is gone. The concrete is sealed, the new sound equipment has been tested and all our equipment is ready for our season! We're looking forward to the Mock meet May 28th.



Thank you Peter Marsh, Jim Gritchen, Gil Ang and Tom Routt for coming down to Central Park on a day filled with rain to fix things up for the team.

Mock Meet, Free Swim BBQ and Clothing Drive

Saturday May 28th

Swimmers, Water Polo players, parents and siblings, it's time to warm up for our swim season. We're having a short, recreational meet which we call our "Mock Meet" to warm up. The mock meet starts at 9:00 a.m. and runs about 2 hours. Afterwards all our registered swimmers (swimming & water polo) are welcome to enjoy a free recreational swim. After the swim everyone can come to enjoy our Barracuda barbeque.

For all our new swimmers who have never raced before, the mock meet provides you with the opportunity to try your hand at racing. Don't be nervous, it's just for fun. Your race will be timed, but it won't be official. Returning swimmers and your coaches will answer any of your questions and lend their support. Our youngest swimmers will have coaches and volunteers in the water to help them finish their race.

For new families it is a chance to experience how a meet is run. Every swim meet is run by volunteer parents. Veteran parents will be on hand to welcome you to our sport, to answer your questions and to demonstrate the many jobs to be done to run a swim meet.

Parent's with swimmers at Robert Burnaby Park will host the barbeque. Hamburgers, hot dogs, chips and pop at bargain prices will be for sale to feed your hungry swimmer. Veggies, fruit and desserts to compliment your meal are provided by the host pool families.

Important Cuda Dates

(watch for changes)

May 21 (P1,P2) & May 22 (P3,P4)
Central Park Water Polo Icebreaker

May 28 Central Park
Mock Meet & Splash Party
hosted by Robert Burnaby Families

May 28 Central Park Parking Lot
Clothing Drive 9am-12noon

June 21 Central Park
Picture Day & Splash Party
Hosted by MacPherson Families

June 25 & 26 Central Park
Burnaby A/B Meet

June 30 Central Park
Burnaby P3
Water Polo Tournament

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

Cuda's Clothing Drive May 28 9 am-12

Central Park Pool Parking Lot

Bring standard sized black garbage bags filled with clothing, footwear, linens and bedding for Big Brothers to collect.

VOLUNTEER OPPORTUNITIES

CAN YOU HELP?

WE NEED A CONCESSION MANAGER AND CONCESSION TEAM MEMBERS NOW !

No one has stepped forward to take on the task of coordinating our food services for the season. Our big A/B meet, famous for its varied concession is just over one month away. We have the concession for the Regional "A" meet as well. In addition to that, our water polo players appreciate the hot dogs and drinks available to them at their tournaments.

We quickly and desperately need a person / persons to coordinate our concessions for the season.

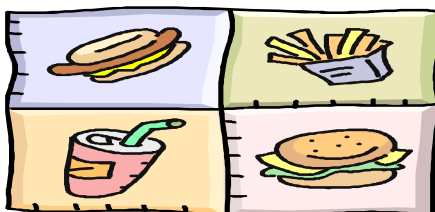
Ideally, you will have Food Safe Level 1. If you do not have Food Safe, our club will pay for the cost of the course.

As concessions manager(s), you will apply for the licenses to run the concessions and you will need to be on site while the concession is operating to ensure that food safe requirements are being met by the volunteers cooking, serving, cleaning up and handling cash.

We need committee volunteers to assist the concession manager with equipment rental / acquisition, food purchases, coordinating volunteers for food preparation, cooking, washing, serving and handling cash.

Our concession provides vital income for our club. Please respond soon, contact us today if you can help. We hope to have a team onboard by the end of the week.

Marie Slama 604-521-8451
Wendy Jung 604-522-1199



WE NEED NEW EXECUTIVE BOARD MEMBERS FOR NEXT SEASON

At our last executive board meeting, we realized that there are only three meetings left before the term is up and a new board will be elected.

We will have numerous vacancies next year. A large group of experienced parents who have served on the board for a number of years will be leaving at the end of the season. They will be taking with them intimate knowledge of how the club runs, community contacts, city contacts and procedures for everything our club participates in.

We currently have 15 positions on our Board of Directors. In the fall, a motion will be brought forward to increase that number to

16 by permanently breaking the Director of Publicity into two official positions— Director of Publicity and Director of Web Page.

To smoothly run this operation, many volunteer hours are required. We need new parent's to come forward to learn how to run the swim club.

After 3 more meetings, 10 or more of the 15 positions on the board will be vacant. We are hoping some of you will come forward now to learn how you can become a more active member of the club. Experienced parents are here to mentor you. We meet on the first Tuesday of every month at 7:00 p.m. in Studio J at Mather's House next to the Shadbolt Centre at Deer Lake. If you can come, we'd love to see you there.

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

Banquet Committee Members

Our annual Barracuda's Banquet to celebrate the end of the season will be on September 16, 2005.

We are looking for people to organize a committee help to plan and put on our annual event.

Please call Colleen Lee at 604-293-1214 and join the team.

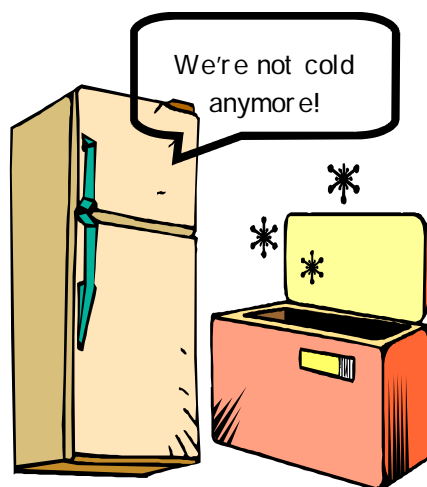
Pool Reps

Each pool requires a parent pool representative. The Pool Rep answers questions about swim meets or tournaments. The Rep will have copies of the latest Bubble and will help co-ordinate the pool-hosted Splash Party. Our Head Pool Rep is looking for volunteers. This job is not time consuming. It is a great way to get to know the other families in the Club. If you are interested in becoming a pool rep or would like more information, please call Judy Melton at 604-434-4254.

Cuda Stuff

If you need club bathing suits, swim caps, sweats, T-shirts, camisoles, yoga pants, shorts, gear bags, water bottles etc. Our club merchandise manager has what you are looking for. When you need something for yourself or your swimmer, call Shirley Yuen at 604-299-1028.

Items We Need



The Barracuda's are looking for a donation of a new (to us) frost-free refrigerator and a large capacity freezer in good working order to replace the refrigerator and freezer in the club storage shed. Spread the word, if you or someone you know has an item to donate, please contact Tom Routtu at 604-526-6065. Thanks.

Fundraising

The Barracudas is the largest and most affordable swim club in the Simon Fraser Region. In order to maintain the diversity of programs offered, quality coaching and the unique fun culture that a swim club offers, fundraising is a necessity.

Fundraising is becoming more difficult and competitive as more and more groups vie for the same pool of government grants and gaming funds.

Our Club does 50/50 draws

Raffles, pub nites, clothing drives and concessions. We are open to any other fundraising ideas. We are also looking at sponsorships, advertising at meets, in meet programs and newsletters.

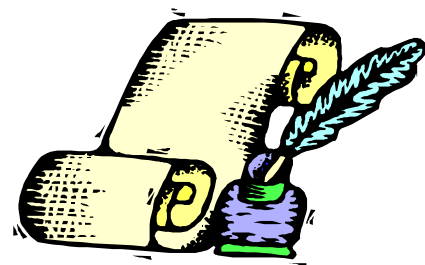
If you own your own business or work for an organization that has extra promotional dollars, consider the Barracudas.

If you can assist, contact Wendy Murao at 604-322-2960 or email at canasawa@aol.com.

SCHOLARSHIPS

Jason Parish Memorial Scholarship.

The Application deadline for the Jason Parish Memorial Scholarship is July 1, 2005. If you are interested in applying for the scholarship, contact Wendy Murao. Wendy has the application forms with information regarding the general criteria, eligibility, qualifications, the selection process and scholarship availability. Contact Wendy at 604-322-2960 or e-mail her at canasawa@aol.com.



Reminders

We move outside on May 16th...

Outdoor swim practices begin at Central Park Pool on Monday, May 16th. Outdoor water polo practices begin on Tuesday, May 17th. Check your schedules!

Moving outdoors will give all the swimmers more quality practice time and more space.

We're off to a great start.

Remember Your Lawn Chair...

Our children need to remember their swim suits, towels, goggles, runners (for dryland training), pool shoes, hats, sunglasses, sunscreen, a change of clothes, water bottles and food.

We (parents) need to remember a lawn chair to sit in while we wait by the pool.

Most of the pools do not have seating outside of the pool area so it is advisable to pack a chair and / or a blanket in your vehicle to bring to the pool.

Relax and catch some rays!

Did you know...

All the pool decks at all our pools are "Parent Free Zones". Everyone who is a non-registered Barracuda (e.g.) parents, siblings, relatives, drivers, etc.) must stay off the pool deck and outside of the chain link fence at all practices at all pools.

Why? We need to have this rule in place for safety and insurance reasons. Only registered Barracuda swimmers are covered by our insurance policy during practice time.

Do you have a question for the coach...

We all have questions for our child's coach from time to time. The best time to ask these questions is at the end of practice time or at the end of the swim meet.

Why? Saving your questions for after practice time, after the equipment has been put away lets you have your coach's full attention. Their attention is not taken away from their swimmers. During practice time coaches are busy with the children doing what they do best. At swim meets, the coaches are extremely busy. They speak to each swimmer before and after his/her race and they watch them during their race.

Our coaches all feel communication with you is important. They are happy to answer your questions.

If you have a question, please speak to your child's coach first. If you feel your question has not been resolved, approach our Head Coach.

Thank you for saving your questions to the end of the meet or practice.. The kids and their coaches appreciate your patience and consideration..

Barracuda's Refund Policy...

The Burnaby Barracudas Swim Club provides every new Swimmer with the opportunity to try the swim club. Registered new swimmers can try the club for a **2 week period**. After that time, if they find that the Barracudas does not suit them, they can request a refund.

The refund will not include the \$30 insurance fee or reimbursement for fundraising.

A new swimmer who starts May 1st has 2 weeks to request a refund. A new swimmer registering after May 1st will have 2 weeks from the date of registration to request a refund.

2005 BCSSA SIMON FRASER REGION CLINICS

Stroke and Turn Clinic	Friday, May 13	7-10 pm	Bill Copeland Sports Centre 3676 Kensington Avenue Burnaby
Starter / Referee Clinic	Thursday, May 19	7-10 pm	Hyde Creek Pool 1379 Laurier Avenue Port Coquitlam
Stroke and Turn Clinic	Wednesday, June 8	7-10 pm	West Hill Pool 203 Westhill Place Port Moody

Cuda Parents, we need you! Attending the Simon Fraser Regional Clinics is an important way of maintaining a healthy club...

Simon Fraser Regional Clinics are held to train people to officiate at Swim meets in the capacities of starters, referees, and stroke and turn officials. Every club needs parents to do these tasks. Attending these clinics will increase your knowledge of meet officiating. We need trained officials to run our meets.

Please try to make time in your schedule to attend one of the above clinics. It is very important that each parent makes him or herself available for these clinics as they are offered. Help us maintain a respectable standard for club and the meets we hold.

Learn more about what your children are doing. Help them enjoy their meets. They will be proud to see you participating in their meets. Stay informed and involved. We all appreciate your participation. Let's work together to promote a caring community. Come to at least one of our clinics May 13 or May 19 or June 8.

Head Coach's Report

By Matt Skomorowski

Welcome all new and returning Barracudas, the summer season has finally arrived! I am excited to be returning to the Cudas for a sixth year, this time as the Head Coach. I have worked very hard over the last five years to set the standard of excellence in the Barracudas and I will be working to set the bar even higher this year. I spent the last five summers coaching our young core at MacPherson and this past winter coaching the Jr National group at Simon Fraser Aquatics with Dylan Roguski and Liam Donnelly. I am looking forward to bringing my experiences to the Senior group this year.

As everyone knows, these first two weeks at Bonsor are crowded times. It is still very important that you attend as many practices as possible since this time is used to see where everyone is, determine groups, and get our short season started.

Your coach is a valuable source of information. It's a good idea to get to know your coach, and ask them any question you have throughout the summer. As long as you wait until after practice, your coach will be happy to answer your questions.

The Barracudas have established a winning tradition over the last five years. The Barracudas were the Provincial Champions in 2001, 2002, and are the reigning Champions from 2004. Attending swim meets is the best way to get the full experience of summer swimming. Those swimmers new to the club should read the "Barracuda Basics" handout to get an idea of how swim meets work. Many

new parents are hesitant to bring their kids to meets because they think it will be too competitive, but after their first try they see how fun and exciting swim meets are. Pressure is not placed on our swimmers to "beat the other swimmers," instead we focus on technique during the race, challenging yourself, and sportsmanship. Make an effort to try a couple meets early in the season and you will find yourself counting down the days until the next one!

I'd also like to welcome our water polo players. We have a great new and exciting staff this year. I am looking forward to getting some rowdy cheering in at tournaments.

Good luck to everyone this year!

Head Coach Matt

2005 Barracuda Coaches

Swimming

Robert Burnaby

Matt Skomorowski
Ben Dowswell
Sheldon Dowswell
Kathryn Rosberg

Kensington

Dave Remple
Owen Pierce
Marsha Matheson

MacPherson

Bryce Gillman
Derek Bjornson
Randall Krall
Tina Hoang
Travis Wong

Water Polo

Central Park

Tracy Goodman
Cole Smith
Kara Troke
Sydney Pughe

Coach Ben Dowswell

Hi everybody! I'm currently a freshman on the SFU swim team, and have been swimming competitively for nine years. I started swimming first with the Hyack Swim Club and moved to Simon Fraser Aquatics when I was 16, where I've found most of his success. I race 100m backstroke and 200m butterfly predominately. Along with coaching this summer, I'll be looking to secure a spot on the Canada Games BC Provincial team, a competition that comes around only once in four years.

I had a great time coaching for the Coquitlam Sharks last summer, and I'm even more excited about the Barracudas' 2005 season. It's awesome to be on the other side of the table - I don't have to get yelled at, I'm the one doing the yelling! My goal for the season is to make every single swimmer of mine a more technically proficient, faster one. I believe that because of my extensive years in, and knowledge of the sport, I can bring a high level of coaching excellence to the Barracudas. I'll look forward to seeing you all on the pool deck!

Coach Kathryn Rosberg

Hey everyone! I've been waiting for this summer to start ever since last season ended and I can't wait to get things going!! My name is Kathryn Rosberg, and I'm sure most of you know me by now as I've been involved with the Barracudas for quite awhile. I swam with the Barracudas for 10 years and this will be my 3rd year coaching. If you don't know me, I'd encourage you to come and introduce yourselves as I'd love to get to know all of you!

I just finished my second year at SFU and my second year swimming on the SFU varsity swim team. Along with coaching the intermediates at RB with Ben, I'll be swimming myself this summer, and I will be heading down to Florida in June to compete in a 25km Open Water swim.

I know this summer is going to be tons of fun and I really hope everyone is as excited as I am and is ready to get down to business! See you on deck!

Coach Dave Remple

Hello, my name is Dave and for those of you that don't know me I coach the Kensington seniors. I'm looking forward to another great season with this group. Last year was ground breaking for our group qualifying more swimmers into provincials than ever before. This year I feel we are only going to get better with a strong core of returning athletes and an excellent group of younger swimmers coming up the ranks. I'd like to wish all Cudas a fast, exciting, and most importantly fun season. See you at the pool!

Coach Owen Pierce

Hey Barracudas, my name is Owen. I've been a part of this club ever since I started swimming in division one. I've enjoyed every summer with the club, both speed swimming and playing water polo. I look forward to coaching the Jr. Preps at Kensington this year, for that was my home pool in my first year. Best of luck to everyone this year.

Coach Marsha Matheson

"Hello! I swam with PMA for nine summers while growing up. I just finished my second year studying Psychology at SFU, and I have also been working at the pool up there for a year and a half. I am also going into my third year volunteer coaching the Sr. Cheerleading Team at Charles Best High School. The chance to return to the world of summer swimming and work with younger athletes is a very welcome change for me. I have always believed that being in a swim club is the best way to learn how to swim, and I am very excited to be coaching a Jr. Prep group this summer!"

Hopefully that is not too long! I will see you on the pool deck eventually!
Thanks.

Coach Bryce Gillman

Hello Barracudas! This will be my second year coaching for the Barracudas and am looking forward to another great season. I will be coaching the Junior group at McPherson Pool and can't wait to get started! I was formerly a swimmer on the SFU varsity team and plan on putting that experience and knowledge to use this summer in developing the clubs' young swimmers. I had a lot of fun last year and the kids improved so much. Hopefully we can continue to build on that success. See you on deck!

Coach Derek Bjornson

For those of you who don't know me already, my name is Derek Bjornson, and I will be coaching the McPherson Intermediate group this summer. This will be my 14th season with the Barracudas, and my 2nd as a coach. Last season, I had a blast as the assistant Sr. A coach, and this summer I look forward to the challenges of coaching my own group. As a swimmer, I enjoyed great success, winning several provincial medals, and setting many club and meet records. As this will be my first summer away from Robert Burnaby, there will be lots of new faces for me to meet, so feel free to come up and introduce yourselves. Best of luck to all swimmers this season. See you at the pool.

Coach Tina Hoang

I am very excited to coach for the 'Cudas this summer! I have been swimming for a long while now; I started out with the Coquitlam Sharks at the age of six, went on to swim year-round with the Hyack Swim Club when I was eleven, and now I am competing in my second year for the Simon Fraser University varsity team. Some of my accomplishments include BCSSA provincial records, top 8 Canadian National placing and NAIA All-American Honours. I am hoping to pass on my enthusiasm for and knowledge of swimming through my coaching, and I look forward to seeing you all at the pool for a successful season. Thanks.

Coach Travis Wong

Welcome back. My name is Travis Wong. I will be the coaching at MacPherson with the Junior Prep group. This is my third year coaching for the club, but it is my thirteenth year swimming and playing water polo as a Barracuda. Work hard, swim fast and good luck to all.

Head Coach Tracy Goodman

Hi my name is Tracy Goodman and I'm the new head coach of water polo team. I recently retired from playing water polo after 16 years. During my years of playing I won 5 national championships with the Pacific Storm water polo club and was a member of the Canadian Youth and Jr team. I have been coaching for roughly 9 years starting in Coquitlam where I won a couple of Provincial championships and for the past 4 years I have been coaching with Pacific Storm where we just won cadet nationals. When I'm not coaching, I am a student at Douglas College in New Westminster. I am really looking forward to meeting everyone and am really excited about this summer!! See you all on deck!!

Coach Cole Smith

Hi everyone! My name is Cole and I will be coaching water polo this summer. I am looking forward to meeting new faces and having fun at the pool! See you on deck. Thanks.

Coach Kara Troke

Hi there, my name is Kara, I have been playing water polo for about eight years, starting with Coquitlam Sharks and Coquitlam Lions, and I currently train with Pacific Storm. I hope to have a season full of fun and success with the Barracudas! See you poolside!

Coach Sydney Pughe

Hey! My name's Sydney and this is my first year coaching for Barracudas water polo. I have played water polo for the Barracudas for the past seven years and am really looking forward to coaching. We're going to have a great year!

Information for you from our fundraising director, Wendy Murao:

Attention Parents employed by Royal Bank or Telus. Your employers will reward you for your volunteer hours with the swim club by making a charitable donation to support our club. Read on:

Outstanding Volunteer Involvement Fund - TELUS

Telus values the time our employees and retirees invest in the community. One way we can demonstrate our appreciation is to publicly recognize their efforts. Employees and retirees who volunteer a minimum of 60 hours in a given year with community organizations are eligible to have TELUS contribute a donation of \$200 (one time in a year) on their behalf to the charitable organization of their choice. For more information please contact the VIF Program Administrator, Lorene Vernon at 1-866-432-2946 or <http://about.telus.com/community/volunteer.html>.

More information

For more information about TELUS Community Connections, please contact:

Lorene Vernon

Manager - Employee Community Programs

Lorene.Vernon@telus.com

Royal Bank Employee Volunteer Grants Program

Most RBC Financial Group employees that donate more than 40 hours per year to their Swim Club can qualify for a grant of up to \$500 for their club. BCSSA has a registered Charitable Organization tax number that is available for the clubs. Employees can check the criteria and make application through their internal bank website (Employee Volunteer Grants). Applications are due by October 1st of each year, covering your total volunteer hours from Nov. 1 to Oct. 1. BCSSA can advise any interested member on the name and registered number of the BCSSA Charitable Organization, as well as the procedure involved to direct the funds to your individual clubs.

3rd Annual Putting Contest & Pub Nite



Back by Popular Demand! Another Fun Nite for the Grown-ups. Join us for a Nite out-away from the pool!

Keep this night open. We've got the venue booked for our party. We're still fine tuning the menu so watch your notice board for more information.

DATE: Saturday, July 16th

TIME: 6:00pm

LOCATION: Eagle Creek Burnaby Mountain Golf Course, 7600 Halifax St.

Your executive members will have tickets available for you soon.

50/50 Draw. Putting Contest (weather permitting), Raffle Draw- Any donations would be greatly appreciated!





SWIM MEETS	
<i>(Dates are subject to change)</i>	
Date	Meet
May 28	Burnaby Mock Meet Central Park
June 4,5	Coquitlam A/B Development
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 12	Burnaby Mountain Mantas Best Ever
July 16,17	Coquitlam A
July 23, 24	Port Moody B
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
May 21	09:00h-20:00h	P1, P2	Burnaby	Central Park
May 22	09:00h-20:00h	P3, P4	Burnaby	Central Park
May 29	08:00h-19:00h	P1, P2	Coquitlam	Spani
June 29	08:30h-18:00h	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

Barracuda's Annual Clothing Drive

Saturday May 28

9 am—12 noon

Central Park Pool Parking Lot

Bring standard sized black garbage bags filled with clothing, footwear, linens and bedding for Big Brothers to collect.

Help your club and clean your closet at the same time! Tell your friends & family!

If we collect less than 150 bags, we get \$2.000 per full bag. For 150 bags or more, we get \$2.75 per full bag!