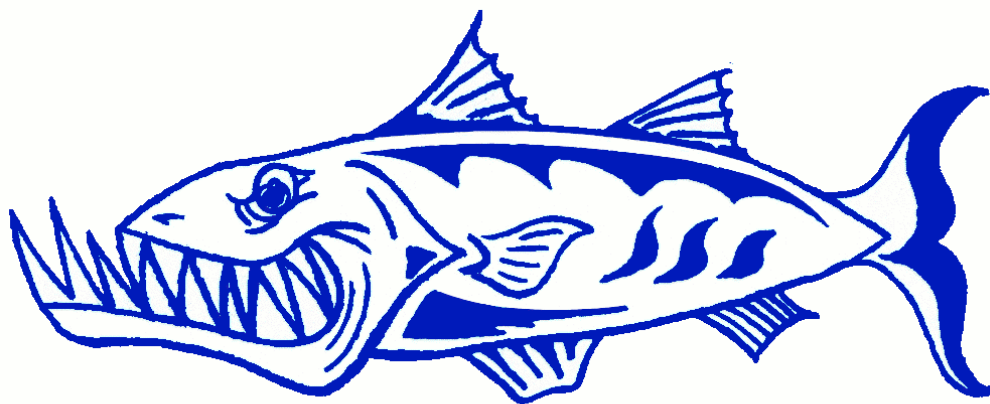


*Vista del Norte
Barracudas*



Swim Team

2011 Season Information Packet

www.vdnbarracudas.com

Vista Del Norte Barracudas and the Lone Star Summer Swim League (LSSSL)

Vista Del Norte has a proud neighborhood tradition of "pooling" a swim team each summer since 1983 and competing in a summer swim league. It gives our children a wonderful way to keep active in the hot summer while teaching them how to be better swimmers, and gives them the opportunity to compete in a fun environment. Our philosophy is to provide a program that focuses on participation, stroke improvement, competition, and fun! The sport of swimming instills great character among young athletes and summer league is a great, fun environment to begin.

We are swimming under the direction of the LSSSL (www.lsssl.org). This league is comprised of 18 neighborhood teams divided into divisions based on team size. We are in Division 'B' along with Harmony Hills, Oak Meadow, and The Vineyard. Since there are 4 teams in our division and we have 4 meets, we will swim "up" one meet against a division 'A' team. We have 2 "home" meets at our pool, 2 meets at other neighborhood pools, and one Championship meet for the top times in each event per team, plus relays, held at the Josh Davis Natatorium. This League prides itself on its commitment to providing a fun and safe venue for our children to swim competitively. The LSSSL board is comprised of representatives from each team. Swimmer eligibility rules may be found on the league website.

Participation & Competition

Summer swim league is all about family participation and fun competition! Swimmers are expected to participate in daily practice (M-F) and to compete in the neighborhood dual-meets. We all understand that not everyone can make practice everyday, but we do think all swimmers should make good effort to attend practice as often as possible, especially the day of or day before meets. Get the most out of your registration dollars by helping and encouraging your swimmers to participate in practice every day!

Likewise, our swim team practice approach and swim league philosophy is ultimately geared toward competition. We realize that not all 5yo & 6yo swimmers are ready for competition, and the coaches will determine whether it is reasonable or not to schedule a swimmer in any meets. Short of scheduling conflicts, we ask that parents allow the coaches to consider their swimmers as eligible for competition and let the coaches determine if the swimmer will compete. We do expect swimmers over 6 years of age to be capable of swim competition.

And what about family participation? Parents of swimmers are expected to volunteer their time to two meet halves, typically about 2-3 hours for two meets. Each meet, either at home or away, requires a lot of volunteer effort to 1) satisfy league requirements for officiating, judging, timing, and scoring, 2) to ensure the meet runs smoothly (getting all kids to their events and not having the meet go 6 hours!), and 3) to raise funds for the team through concession sales (keeps registration fees from rising significantly). Meeting your 2 meet halves commitment helps our meets run smoothly and keeps others from pulling double-duty.

Registration

We will host two on-site registrations at the VDN pool located on Vista Real. ([map link](#)) Please bring your checkbook. We also expect your volunteer commitment during registration, so it is a good idea to know which meets you want to work before arrival.

Sunday, April 17th, 2pm – 5pm

Wednesday, April 20th, 6pm – 7:30pm

To save yourself and everyone else time at registration, you should download and complete as much of the registration and release forms as possible before arriving. The 2011 registration fee schedule will remain the same as 2010. All pricing is on the registration form for your consideration, but pricing will be completed/verified by the swim team at time of payment.

Team Swimsuits & T-shirts

These items are not required, but encouraged, as they promote team unity and team spirit, and they will be available for purchase at registration.

Barracuda team t-shirts are a great way to show your pride in our team and your swimmers. T-shirts are available from the swim team at registration and by order for \$13/ea. You may add your swimmer's name on the back for an additional \$2! If you are not able to get your t-shirts at registration or would like more, please contact Cecilia Bruce at 492-4130 or Cecilia@vdnbarracudas.com to determine availability or order.

Adrian Jordan of [D&J Sports](#) will be **on-site at both registrations** offering team swimsuits and other accessories such as goggles. We are on the 2nd year of a 2-year suit, the blue Light Trail by Speedo. D&J's store is located at 6413 Blanco Rd., just inside Loop 410, and their telephone number is (210) 366-9388. You will need to pay for items from D&J separately from the swim team.

Practice Schedule

Practice is an important part of participating on the Barracudas swim team. Consistent effort in practice results in improved performance, stamina, and confidence for each swimmer. Please try to make as many practices as you are able. Success starts at being at practice!

Afterschool practices begin **Monday, May 9th**, Monday through Friday.

4:30 to 5:00	5yrs – 6yrs
5:00 to 5:45	7yrs – 8yrs
5:45 to 6:30	9yrs – 12yrs
6:30 to 7:30	13yrs and older

No practice on Memorial Day!

Morning practices begin **Friday, June 3rd**, Monday through Friday.

8:15 to 9:00	7yrs – 8yrs
9:15 to 10:00	9yrs – 12yrs
10:00 to 10:45	5yrs – 6 yrs
10:45 to 11:45	13yrs and older

All swimmers should be at practice on the days of the home dual meets and the Fridays before Saturday meets. If your swimmer will be at the meet but is unable to attend the practice immediately preceding the meet, please communicate that with the coaches ahead of time! We don't want swimmers scratched from the meet roster due to lack of communication.

Practice expectations: (you may find these in one convenient place on our [website](#))

- Swimmers should show up to practice on time and ready to stretch or get in the pool. Swimsuits should already be on.
- We do practice in the rain! We do not practice if lightning is in the area.
- Please check the white board and the Barracuda Box daily to make sure you are aware of upcoming clinics, meets, changes, etc.
- The Vista del Norte HOA graciously allows the swim team use of the pool and grounds. We should all do our best to keep the area clean and to abide by the pool rules, including supervision of children that are not in practice.
- Coaches are on site to coach the swimmers during their practice times. The coaches cannot supervise children before or after their practice times, nor can they supervise children that are not in the pool or immediate area.
- We encourage parents to stay during practice, especially parents of swimmers 10yo or younger. If you bring your swimmer's siblings, please supervise them to ensure their safety and to make sure they do not disrupt practice or distract swimmers.
- If parents cannot stay during practice, please arrange for your swimmers to be picked up or supervised when practice ends. The coaches cannot supervise children after their practice time.
- Glass containers are not allowed in the pool area.
- Pets are not allowed in the pool area.
- The tennis courts are strictly for tennis use. Swimmers may play tennis if courts are available, however, they may not use the courts as a playground and should never disrupt tennis players.

Swim Meets

As mentioned above, the VDN Barracudas swim team competes in the Lone Star Summer Swim League. We will swim 4 dual meets (2 home and 2 away) according to the following schedule. You may also find this schedule at the following [page on our website](#).

Saturday, May 28th (morning, start time TBD), at Harmony Hills

Saturday, June 4th (morning, start time TBD), at Hollywood Park

Monday, June 13th, 5:30pm, (home meet), the Vineyard

Monday, June 20th, 5:30pm, (home meet), Oak Meadow

For each of the dual meets we will attempt to publish and/or e-mail heat sheets as soon as they are available. Please understand that teams often make roster changes up until one hour of the meet, so changes may occur after publication. We will also attempt to publish and e-mail helpful information about each particular meet and venue within a day or two of the meet.

The dual meets usually last about 3½ to 4 hours. You should plan on bringing chairs and mosquito repellent. Each venue will have concessions and should include water and sports drinks as well as food and snacks; feel free to bring your own water to help yourself and your swimmers remain hydrated.

Other helpful things to be prepared for swim meets (also on [website](#)):

- Make sure your swimmer is well rested and well hydrated prior to the meet; lots of water the day before and day of the meet. Early to bed Friday for Saturday morning meets.
- Swimmers should arrive ready to swim when scheduled for check-in, stretching, and warm-ups. Look for our check-in table before you enter the pool area at each meet.
- Swimmers should stay in the designated team area with their age group for the entire event. We need to find swimmers quickly when lining up for events.
- Swimmers should not consume sugars during a meet. This causes energy to peak and then quickly fall.
- Swimmers should notify the coaches if needing to leave before the meet concludes, even if they are not scheduled for more events. This is important when the coaches are trying to cover other absences and are counting on a swimmer to substitute.
- Please keep the team area clean and throw away trash.
- The Vista del Norte HOA graciously allows us use of the pool and grounds. We should all do our best to keep the area clean and to abide by the pool rules.
- Glass containers are not allowed in the pool area.
- Pets are not allowed in the pool area.

Championship Meet

The Championship meet will be Sunday afternoon, June 26th, at the Josh Davis Natatorium. The Meet is designed for the swimmers with the most competitive times to compete. Usually, this is the top 4 times per age/gender group in each event. The league pays to use the natatorium and LSSSL makes up for that expense by charging those that are competing, by event. Last year, swimmers paid \$4/individual event and \$2.50/relay event. The most events in which any one swimmer may participate is 3 individual and 2 relays, so the highest possible cost per any one swimmer last year was \$17.

The coaches will assume your swimmer is available to swim at Championship meet **unless you turn in a [Missed Meet Form](#) by Tuesday, June 14th**, and **you will be held responsible to the swim team for fees paid to the league on behalf of your swimmer(s)**. If selected, and you cannot make the meet, please let the coaches know as soon as possible. More information will be available regarding this Meet later in June.

Missed Meet Forms

We must know when our swimmers are unavailable to participate in swim meets. Please use the [Missed Meet Form](#) to let us know you will miss a meet. Failure to inform us of absences usually means that we will have empty lanes and lost point opportunities at swim meets. Other swimmers could be utilizing these lanes. Any changes to submitted information should be given to Coach Kristina in writing.

Coaches must register swimmers in the Lone Star Championship Meet at least **12 days in advance of the meet**. The meet is on Sunday, June 26th, so we need your Missed Meet Form by practice on Tuesday, June 14th if your swimmers will not be available for the meet.

Message Board

The coaches have a Swim Team Message Board that is updated daily *in the pool area*. Although this packet and the team website (www.vdnbarracudas.com) are great sources of information, there may be situations when times and events change without the chance of updating the website or sending e-mails. The message board is our best way to get this information to you and your swimmer. Please make it a habit to check it as often as possible and encourage your swimmer to check it daily. The board outside the pool area may also have swim team information from time to time.

Barracuda Box

We will continue using the **Barracuda Box** to get personal items or information to our Barracuda families. Each swimmer will have a file in the box. Parents, please check the file for ribbons your children may have earned, new information or news in general.

www.vdnbarracudas.com

Hopefully, you pulled this information packet from the site and are becoming familiar with the links. This website is a powerful tool for providing up to date information to our parents and swimmers. We encourage you to check the site often to learn more about our league and our team, and to see updates to Events (clinics, parties) or Meets (weather cancellations, warm-up times). We will publish the volunteer schedules on the website to help you remember what you signed to do. Volunteer descriptions are there, as well.

Coaches and Instructors

We have a great coaching crew for 2011 that will give the Barracudas excellent attention to safety, technique, goals, and fun! It is also a chance to give our own Barracudas opportunities in our neighborhood, and plan for continuity in coming seasons.

Returning as our head coach is Kristina Sledge. Kristina is a graduate of Kentucky University where she was an All-American swimmer for 4 years. She was also an All-American swimmer at Reagan High School here in San Antonio.

Joining us for the first time is Kiersten Lorensen. Kiersten began swimming at a young age in a league much like ours, and it became a love she continued to enjoy through high school swimming and now continues as a coach. Welcome, Kiersten!

Kody Barton, our VDN neighbor and long-time Barracuda, joins us as coach now. He is a graduating high school senior and is ready to see the world, starting with the VDN pool!

Those are our 3 coaches for 2011...**but that's not all!**

We are pleased to have 2 of our Barracudas join us as student instructors this year.

Julianna Torres is a VDN neighbor, a Barracuda, and Churchill swimmer.

Hunter Schattel is a Barracuda, and is one of our Alex Row Award winners.

[Swimming Clinics](#)

Our own Barracuda coaches and instructors will be offering clinics at our pool to improve our swimmers' strokes, starts, and turns. Dates and times will be determined later. Check our website often for updates about clinics and prices. (www.vdnbarracudas.com)

Official's Clinics (Stroke and Turn Clinic)

It is the best seat in the house! The commitment is small, but the reward is over 100 smiles! The League offers free live training sessions (recommended!) for stroke and turn judges, or you may refresh your knowledge by reviewing the videos on DVD or the [website](#). No previous experience required; the training session is all it takes. Please discuss DVD availability with Ray Bruce. The live training sessions are:

Saturday, May 14th, 11am – 1pm, Harmony Hills

Saturday, May 21st, 10am – 12noon, Rogers Ranch

Poster Parties & the Ice Cream Social

Swimmers are invited to come to the VDN pool to make spirit posters on two dates before our home meets!

- Thursday, May 26th, 4pm – Swimmers will practice their regular times, and can make posters either immediately before or immediately after practice, depending on their age group.
- Thursday, June 9th, 6pm – Swimmers can make spirit posters and enjoy a cool ice cream treat provided by the swim team! Remember, ice cream is just for swim team.

Fundraising

It is important to know that registration fees cover only a portion of the team's expenses throughout the season. Fundraising is important in ensuring that we are always able to hire great coaches and perform efficient meets. This year we will have raffles at our home meets.

Our Concession stand at the 2 home meets is one of our team's best fundraisers. We sell fresh grilled hamburgers, hot dogs, and have many drinks and snacks available. Baked goods are **always** welcome as donations – see more below!

Donations for Home Meet Concessions

We invite all families to bring baked goods to the home meets for the team to sell as concessions. Cookies, cupcakes, rice-krispie squares and brownies are all popular items and easy to prepare or purchase. Please package them to be sold as individual items at \$0.50/ea. Example: put **one** brownie in zip lock bag. This really helps earn extra money for the team. We also asked each family to donate one 12-pack of water, sports-drink, or soda to the team to be sold as concessions during our home meets. If you were not able to bring your drink donation to registration, please contact Ray Bruce or Lori VanDeWalle for information on where to drop off your donation.

Team & Individual Photos

Bailey Christian Studio will be at the VDN pool on Tuesday morning, June 7th for our team pictures. Swimmers should arrive in their swimsuits but not get in the water. You may see some of their sports work online at www.baileycphotography.com. Individual photos begin at 8:30 AM; & Team photo at 9:30 AM. Stay tuned to www.vdnbarracudas.com and the **Barracuda Box** for more ordering information, as we get closer to June 7th.

End of Season Awards Party

We'll have food, trophies, and our awards ceremony at the VDN pool on Monday, June 27th. This is a great opportunity to recognize the accomplishments of all our swimmers! Food and drinks are provided, so please bring a dessert or side dish to share. The party is for ALL swim team members and their families. If you are not able to attend, the swim team committee will hold your trophies and purchased photos, and you may make arrangements to pick them up before the end of summer. See you at the party!

Team Waterpark Day

It has become Barracuda tradition to blow off the season's steam at a water park on the Tuesday following awards. That will place the date as Tuesday, June 28th this year. We are still considering which waterpark to swim and will place more information on the website and in the Barracuda Box once a decision is made. Also, the coaches will be "off the clock"; they will not be responsible for the kids. An adult must accompany all children.

Committee Contacts

Chair & Treasurer:	Ray Bruce	492-4130	ray@vdnbarracudas.com
Volunteers:	Kelly Marlow	492-8229	kelly@vdnbarracudas.com
	Rachael (Ray) Myles	410-9265	rachael@vdnbarracudas.com
Concessions:	Lori VanDeWalle	508-2023	lori@vdnbarracudas.com
Sponsorships & Social:	Cheryl Koval	825-6531	Cheryl@vdnbarracudas.com
	Christine Snyder	468-5317	Christine@vdnbarracudas.com

T-shirts	Cecilia Bruce	492-4130	cecilia@vdbarracudas.com
Suits:	Adrian Jordan	366-9388	D&J Sports www.djsports.com sanantonio@djsports.com

Hollywood Park [Pool directions](#) – Saturday, June 4th

Pool is located at the west end of El Portal Rd. From VDN, go north on Blanco to Loop 1604 and turn right (east). You may stay on the access road and take a right on Voigt, which is the next exit and traffic signal. Travel south on Voigt for several streets and turn right (west) on El Portal. The pool facility is all the way at the end of the street. It is a 25-meter, 4 lane pool.

Take special care driving through Hollywood Park. Do not speed. If parking in front of houses, pull ALL the WAY OFF of the ROAD and park on the grass. The city's police know the meet schedule and will be patrolling for speeders and cars parked on the street.

Harmony Hills [Pool Directions](#) – Saturday, May 28th

Pool is located at 339 Fantasia Dr. From VDN, go south on Blanco, to the 1st traffic signal beyond West Ave. Turn left (east) onto Patricia. Proceed to either Raindrop or Reverie Ln and turn left to reach Fantasia. The pool facility is visible at the intersection of Fantasia and Reverie Ln. It is a 25-yard, 6 lane pool.