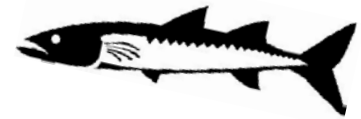




2009 POQUOSON BARRACUDAS General Information



Please save for future reference

Welcome to the 2009 swim season. The Poquoson Barracuda Swim Team, a program of Poquoson Parks and Recreation is a member of the Greater Peninsula Swimming Association (GPSA), whose purpose is "to promote competitive swimming on the Peninsula." The Association is comprised of teams located in Hampton, Newport News, and York County. We will compete in the "Red" Division for 2009. The Red Division is the top division and most of the pools that swim in this division are large sized teams like ours. The competition in this division is traditionally very strong.

Requirements for Membership of the Barracudas Swim Team

Registration: The following must be completed and turned in before attending practice:

- \$150 registration fee (plus \$10 for non-residents) for each swimmer
- \$15 dues to PBBC as of May 20, 2009 See page 4 of this document.***
- Poquoson Parks and Recreation registration form for each swimmer
- Parent Volunteer Agreement/Commitment Contract (one per family)
- PPR Code of Conduct form (one per family)
- Maintain good standing as a member by fulfilling the required parent volunteer requirements: Note child's eligibility to swim in a meet is determined by your fulfillment of volunteer requirements for the respective meet and thus the season.

In order to be eligible to swim in the first meet, **swimmers must be registered by June 10**. You may register after this date, but you will not be eligible to swim in a meet until the GPSA representative receives confirmation of your registration from the league, and you have been assigned to our official roster from GPSA.

New Members: Evaluations- All swimmers must swim at a least 25m or 50m (based on your age) in a stroke that is proficient for your age. The coach reserves final decision on this evaluation.

If you are new to any swim team experience you are required to attend an evaluation time.

You are not required to register until you've completed evaluation.

If you are under 6 years old and were not on the team last year you are especially required to attend evaluations.

Evaluation Time: First week of Practice May 26-29, 2009 from 5:15pm to 5:45pm. All other evaluations must be done through an arranged time with the Aquatics Director by emailing Gretchen at ggocheno@ci.poquoson.va.us

Swimmer's Age: A swimmer's age for the entire swim season is determined by his/her age on June 20, 2009

TEAM PRACTICE SCHEDULE

Arrive in time to be out of street clothes and ready to stretch at your start time

Practice will begin May 26, 2009

(Bring shoes appropriate for running through the end of June – in case of chilly weather.)

Ages 10 and under Monday - Friday 6:00 PM- 7:00 PM

Ages 11 and older Monday - Friday 6:45-8PM

Once school is out practice times will remain the same.

Ages 10 and under Monday- Friday 6-7PM

Ages 11 and Up Monday- Friday 6:45-8pm

Note Practice Changes:

July 3 and July 6 Practice these days will be announced closer to the July 4 Holiday.

August 3- August 7: Regular Evening Times, for City Meet qualifiers only

SWIM MEET SCHEDULE

Subject to change – watch your email and the Barracuda Notebook for Updates.

For Away Meets we will all caravan from the Pool Parking lot, usually around 4:45pm for those wishing to participate.

Warmups: arrive by 5 pm for home meets; arrive at away meets by 5:15 pm
All swim meets begin at 6:00 PM

REGULAR DIVISION MEETS & IMPORTANT DATES TENTATIVE.

Monday June 22	Home Meet w/ Marlbank (Friendship)
Thursday June 25	Home Meet w/ Hidenwood
Monday June 29	Home Meet w/ James River
Thursday July 2	Home Meet w/ Tabb (Friendship)
Thursday July 9	Away Meet w/ Tabb
Friday July 10	Home Meet Maroon and Gold Inters quad Charity Meet (All swimmers should plan to attend this meet.)
Monday July 13	Away Meet w/ Running Man
Thursday July 16	Away Meet w/ Willow Oaks (Friendship)
Monday July 20	Home Meet w/ Glendale
Thursday July 23	Away Meet w/ Kiln Creek (Friendship)
Saturday July 25	Mini-Meet Fort Eustis (Meet starts in the AM runs thru day)
Monday July 27	Away Meet w/ Marlbank
Thursday July 30	Home Meet w/ Running Man (Friendship)
Saturday August 8	City Championship Meet at Fort Eustis (AM-PM)

DIRECTIONS TO AWAY MEETS:

General directions can be found on the GPSA website: www.gpsaswimming.org. or refer to the Swimmer/Parent Handbook for directions.

Family Commitment: Please refer to the Swimmer/Parent Handbook and Volunteer Commitment form for more complete details, as it takes all of us to be part of the team. Please only sign up your child to participant if someone in your family will take responsibility for the workload that swimming on the team requires.

The Officials Clinics for 2009 are as follows:

Officials Training Clinics:

June 6, 2009 at Marlbank Clubhouse 9:00 am for coaches, officials, (starter, referee, stroke & turn), scorekeepers.

June 11, 2009 at Warwick Yacht Club 7:00 pm for officials.

Both trainings are available for those to find one that will meet their schedule.

Special Team Events – Mark your calendar!

Individual/team pictures	Team Pictures Date will be announced soon.
Team Spirit and Pep Rally	Sunday, July 19 Poquoson Pool- Prepare for Victory.
Team Pool Party	Thursday, July 30 (after our last home meet)
Team Awards Banquet	Sunday, August 9 Time and Location TBA

Sources of Information

Barracuda Hotline:	868-3584 (not active until May 26)
Your Email	On the contact information sheet you must provide us a current email.
Family File Box	A file box containing a file for each family will be located at the front table by the pool entrance during practices. Awards and special notes placed here.
Team website	www.ci.poquoson.va.us/parks All team updates posted here
Team Notebook	Usually on top of the file box. All updates will be posted here.
GPSA website	www.gpsaswimming.org
Head Coach	Tim Mousetis coachtim32@hotmail.com
Parks and Rec.	Gretchen Gochenour 868-3581 or 868-3580 ggocheno@ci.poquoson.va.us (This is best)

Fees involved in Swimming

1. Registration fee for Poquoson residents is \$150 per swimmer (\$10 additional each for non-residents). This includes a pool pass for your swimmer for the season.
2. Plaque fee: approx. \$15.00- this is a one-time fee only for new swimmers. The booster club purchases plates to be added to the plaque each year your child swims, for those who return. It is the responsibility of the parent to notify the Swim Team President and order the plaque for new swimmers. (checks payable to POQUOSON BARRACUDA BOOSTER CLUB)
Plaque Money is due June 10th.
3. Team Swim Caps: \$5.00-\$8.00 swimmers are **required to wear a team swim cap at meets** to identify them as part of our team. Once our order has arrived we will have them for sale for purchase. Watch your email.

Team Wear (OPTIONAL)

Team suit – Jammers for males: Prices approx \$35 - \$40

Female suits: Prices approx \$55 - \$60

Team order Night: Swim and Sport Stop will be coming to practice Thursday May 28-

Swimmers 10 and under please arrive at 5:30pm, Ages 11 and up will take orders at 6:30pm. All before your respective practice time. Additionally, please bring a check to pay for your suit that night. This will be the only night we are doing sizing and orders at the Pool. If you miss ordering you will need to take care of this on your own and will need to visit their shop:

SWIM and SPORTS STOP on Warwick Blvd. in Newport News, 874-SWIM. Tell them you are a Poquoson Barracuda!

2. Team t-shirts and other team gear-orders to follow in early June.
A Car Decal will be coming soon. More Info Coming.
3. Championship Meet t-shirts and Summer Awards Meet shirts may be offered for sale by the league.
4. Goggles- your child must have a good pair of goggles. SWIM and SPORTS STOP has a good selection as do most of the local sports stores.
5. Team Pictures- packages starting at approx. \$12-\$15 and date will be TBA

Information about our Coaches

Head Coach – Tim Mousetis: Tim is now in his 3rd year as the Poquoson Barracudas head coach. He has also been the head coach for the Poquoson High School for the past two years. Over the years, he has served as a head coach for Marlbank and Coventry each for 3 summer seasons. He has also coached for two USS club teams in the local area, Typhoon Aquatics and Coast Guard Blue Dolphins. Tim grew up swimming for both of these teams. Tim's best stroke is Breaststroke which he achieved his Junior National qualifying time and was part of a State Record relay swimming the breaststroke leg. He looks forward to another fun and successful season with the Barracudas.

Assistant Coach – Kevin Hennessy: Kevin is a rising senior at Wingate College located in North Carolina. There he swims on the swim team and was selected All Conference. Kevin grew up swimming for the Coast Guard Blue Dolphins and his best stroke is breaststroke and also trains for the individual medley. He is currently studying Environmental Biology with a minor in Psychology. This summer Kevin will be interning at the Virginia Living Museum. This is Kevin's third year as assistant coach and is looking forward to having fun and taking some sweet victories over former rivals when he was a swimmer for Marlbank.

Assistant Coach – Sarah Crockett: This will be Sarah's second summer with the Barracudas. Sarah works with mainly the 6 & Under age group. Sarah was once a Barracuda at the age of nine, and has continued swimming with Coast Guard Blue Dolphins. Sarah will be starting her third year at Mary Washington College. Sarah is also a part of their swim team and was awarded the Capital Athletic Conference Rookie of the Year, and was a Division 3 NCAA Qualifier. Sarah is looking forward to another fun summer and to get revenge on Kevin at the Maroon and Gold swim meet.

Special Note to Parents:

As of the May 20, 2009 Meeting the following action was taken:

The Following Individuals were accepted as new officers for the 2009 Season

President Cindy Spitzer

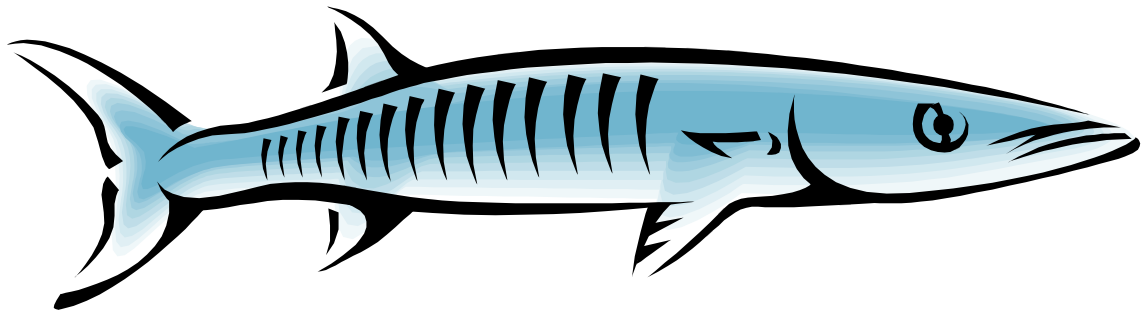
Vice President Sonny and Mary Deuell

Treasurer Cheryl Huggin

Secretary Shelly Long

In other Business the Club voted to Charge a \$15 dues charge per family to go towards a variety of team needs. This will sustain the treasury as many supplies will need to be purchased to get the season going, including ribbons, concessions start up and other supplies. Please make your Check to PBBC. Please pay this check to Treasurer Cheryl Huggin as soon as possible- once you join the team.

Poquoson Barracuda Swim Team Swimmer/Parent Handbook



Introduction

Welcome to the Poquoson Barracuda Swim Team. This handbook was designed through a partnership of Barracuda Swim Parents, Coaches, and Poquoson Parks and Recreation Staff. The goal of this handbook is to inform, communicate, and serve as a comprehensive resource for the team and its participants. The book includes policies, day to day operations information, and important details that will help make your experience as fun and successful as possible. As you look over its contents, remember your time and your dedication to our children makes *YOU* key to this program. Parents are asked to review this handbook in its entirety and discuss its contents with their child to ensure a full understanding of the responsibilities of both the swimmer and the swim team family.

1. Organization

The Poquoson Barracuda Swim Team is a competitive swimming, team oriented program offered thru Poquoson Parks and Recreation. This team represents the City as a whole, and not one particular neighborhood or homeowner's association. The team was created originally in 1987 as a partnership between Parks and Recreation and a group of parents who wanted to bring competitive team swimming to the children of the city. In 1987 the group swam 2 trial meets with VPSU. These two meets were somewhat like a scrimmage situation to give it a try and to teach parents how meets work and cultivate interest for a future team. By the summer of 1988 the Barracudas were a complete team within the VPSU swim league with 60-70 members' part of the team.

In its inception, Poquoson Parks and Recreation held responsibilities for providing practice space, holding registration, hiring the coach, and staffing team activities with lifeguarding responsibilities for all practices and meets. This is still true now and remains similar in form. Parents in 1988 were vital to the success of bringing competitive swimming to Poquoson. All meet staffing and fundraising originated with the Booster Club. Together Parks and Recreation and parents worked to build the program as we know it today.

In 2007, the team decided to change leagues from VPSU to GPSA. This league is based on the peninsula and geographically more fitting for Poquoson. Many of the VPSU teams are based in Williamsburg. GPSA was willing to accept our membership into their league and the team has served as a strong competitor. In 2007, the team won the Blue Division and in 2008 the team went undefeated and won the White Division handedly. For the summer of 2009 the team is a part of the Red Division in GPSA. For both seasons as a member of GPSA the team has placed second overall among 20 pools in the final championship meet of the season. This is quite an accomplishment for our team and thus our history of success runs deep. Go Barracudas!

The Parent Booster Club was created to support the needs of the team. The Parent group is the adult and manpower support for the team to run meets, and to handle fundraising for meet entry costs, awards, and expenses for social activities. The club is also the communication link for the team to get information to members regarding all team business. It has a simple officer structure with a President, Vice President, Secretary, and Treasurer. A representative from Parks and Recreation serves as an advisor to this group. The booster club also chooses a volunteer to serve as the Representative to the League along with the staff person from Parks and Recreation. These two individuals serve as GPSA Representatives and attend meetings for the league but also work out scheduling, rule interpretations and other problems that may arise as teams compete together. Additionally committee chairs for various needs are appointed by the Club President.

2. Eligibility

Membership is open to any child that meets the swimming requirement and is not 18 by June 20, 2009.

Membership to the team is granted when all fees are paid and registration is complete. Within the registration fee a pool pass is provided for all swimmers, giving them unlimited "membership and usage" privileges at the pool during regular hours. Families are not required to join in addition.

Parent/Guardian participation is required for any swimmer to participate and remain eligible for team membership. (See Parent Volunteer Agreement)

Swimmers not abiding by Code of Conduct for Behavior will lose eligibility.

Swimmer Age Groups: Boys and Girls swim in separate age specific groups. A swimmer's age is determined by the age they are as of June 20, 2009. If you're birthday is on June 20, you swim in the older age group.

Groups for competition are as follows:

6 and Under (25m- one lap)	11 and 12 (50m-two laps)
7 and 8 (25m –one lap)	13 and 14 (50m-two laps)
9 and 10 (50m two laps)	15-18 (50m-two laps)

Note: It is acceptable practice for children to swim up an age group for competition. This may be a way for a coach to gain points for the team. Swimmers may not swim down.

3. Responsibilities of Team Members/Families while at the Pool and a part of the Team. (Rules)

1. The Team Code of Conduct Must be signed and completed for participation. Any swimmer/parent/family member not adhering to the code, the posted pool rules, or those rules established within this handbook can be suspended from the team activities.
2. Swim Team Members and their families have the responsibility to each other and the Municipal Pool and staff to respect all people and pool property involved with swimming at all times.
3. All existing posted pool rules will be observed.
4. Follow the direction of lifeguard staff, coaches, meet/pool officials at all times.
5. Horseplay, inappropriate language by swimmers and/or parents, and unsafe behavior will not be tolerated and can be reason for dismissal from the team.
6. Only team members will be allowed in the pool during practice times. No one is allowed to swim in the Baby pool or on the sides of the pool during practices or meets. Parents may observe practice from the pool deck in the areas where pool patrons usually sit. Parents are not allowed to sit directly adjacent to the pool deck near the white coping directly on top of the swimmers as they practice.
7. All swimmers must report any injury immediately to coaches/ or lifeguard staff.
8. Bicycles, scooters, skateboards, or other like articles are not permitted inside the pool area. Please use the bike rack outside the pool

9. No dogs/pets are allowed within the pool gate due to health codes.
10. No smoking within the pool areas.

4. Parent Volunteer Responsibilities

1. Parents are the foundation for the success of the team. Coaches coach, but parents have to be involved to make the team function and allow the kids to compete. Swimming as a whole is the most highly involved sport for parents that your child will ever participate in. Every aspect of a swim meet is handled by parents including scoring, timing, refereeing, and judging. Even if you are new to the sport, your involvement is needed.
2. We encourage all parents to maintain a balanced perspective about competitive swimming. Not all kids are fast swimmers and not all kids can participate all the time at the same levels. Your attitude is vital to the success of your swimmer.
3. **Participate to staff at least 8 meets** (see Volunteer Agreement). Failure to meet this commitment subjects the swimmer to dismissal from the team. You also agree to secure a replacement if unable to fulfill a commitment for meet duties.
4. **If your child is unable to compete in a meet you must complete the meet notebook at least 4 days in advance notifying of this absence.** The meet notebook is kept with the Barracuda Family Box and available at each practice. It is recommended that parents mark your children's absences at the beginning of the season as necessary. It is essential that if your child is unable to attend a meet that this information is up to date. The last thing we want to do as a team is to have an empty slot and not be able to gain points or even win a meet because we did not know to replace your child.

Absences include vacations, scout camp, etc. Our coach must have time to adjust our meet entries.

If your child suddenly becomes ill and is unable to make a meet, please email the coach asap, even the night before.

5. **It is the responsibility of the parent/guardian to stay informed about upcoming team events, and needs. Please check your email.** It is your responsibility to provide the team with correct contact information for your swimmer. The team folder will have awards and other correspondence as needed. The weekly updates will not be placed in each folder this season. They all will be sent via email, and one copy kept in the meet notebook for reference.
6. **Swim Meet Commitments:** each family is required to volunteer their time to help staff at least 8 times or basically 8 separate meets throughout the season. Each home meet requires over 30-35 volunteers and each away meet requires nearly 20 volunteers. Training is not required for all positions but highly encouraged and success of the team is greatly determined by the number of trained officials we are able to provide.

Meet Staff Must include (See volunteer agreement for further descriptions)

Timers
Finish Judges (Sweeps)
Ribbon Writers
Stroke and Turn Judges
Head Timer
Scorekeeper
Concessions
Concession Set Up Crew
Clerk of course
Hospitality
Runners
Starter
Referee

5. Parent Coach Communication

1. Regular and open communication is essential to success of the team. The swim booster club is a great resource for information as well as updates through your email. If there is an issue that requires coach attention please make time prior to practice or after to discuss it with him or her. Additionally email is encouraged. Approaching the coach during practice is only hurting the swimmers that his or her attention is on during that time.
2. Cancellation/Practices/Meets: On the initial registration we will have a place for you to opt into a text message program with numbers you provide to PPR. If you wish to participate we will use this only for quick and immediate messaging. Also messages will be posted on the Hotline at 868-3584.

6. Swim Team Practices

1. Team Practice: Practice is an essential of the swim team experience.
2. Practice is highly encouraged for swimmers who expect to be entered into meets. Team members should make every effort to make at least three practices a week. Those swimmers who need more skill to progress should consider going more often than the minimum of three.
3. Swimmers who are USS swim team members are required to attend at least 1 practice per week.
4. Final decisions related to swimming in meets and practice is still at the coach's discretion.
5. Meet morning practices are not planned for this season. However, be aware that this is on a trial basis and if the coaching staff feels it is necessary to hold a meet morning practice everyone will be informed.
6. Swimmers are required to attend practice as well as participate in meets.

7. Swim meets

1. There are two types of swim meets. Dual meets (or "A" meets) are held with two qualified GPSA swim teams with all scores counted toward the team's standing in the respective GPSA division and within the league. "B" meets or Friendship meets as they are listed on our schedule are additional,

“exhibition” meets and are scheduled to allow registered swimmers the opportunity to swim in a competitive meet format. “ B” meets will not towards team standing in GPSA. Times do count to qualify for championship city meet times.

2. All meets except City Meet and Mini-Meet start at 6pm in the evening.
3. Swimmers should arrive at home meets by 5pm; Away meets swimmers need to arrive by 5:15 for warm-ups.
4. Parents serving in a meet volunteer role must be on the deck by 5:30pm and check in with the Volunteer Meet Staffing Coordinator.
5. If a meet is not completed or postponed due to weather the two GPSA representative work to reschedule the meet as best they can and in accordance with the GPSA rules. Most “A” meets are rescheduled within one week.
6. Directions to meets can be found at www.gpsaswimming.org
7. It is the responsibility of the parent to ensure the Head Coach is notified when their child will not be available to swim in a meet.
8. Order of events
 - Individual Medley
 - Freestyle
 - Breaststroke
 - Backstroke
 - Butterfly
 - Ages 6 and under swim only backstroke and freestyle, in 25m increments -1 lap. All other age groups compete in one or more of the four swim strokes and the IM.
9. For Dual “A” meets, each team is limited to only two swimmers for purposes of scoring, usually the two top swimmers for each stroke and age group- as determined by the head coach are placed in the meet to swim. The remaining two lanes (where available) may be used for “exhibition” swimmers from either team. Their times will be recorded; however their place cannot be counted. Exhibition (non-scoring) lanes are typically the two “outside” lanes of the pool.
10. GPSA rules limit any one swimmer to participate in no more than three scored individual events and one relay event per meet.
11. Additional exhibition heats may be added to each age group/stroke. These heats are conducted after the scoring heat, and may use all lanes. Exhibition lanes and additional heats are intended to give those swimmers in non-point lanes, the opportunity to improve to improve their individual stroke times and maximize individual participation in dual meets. Exhibition heats are scheduled at the discretion of the participating teams and are limited by GPSA rules. These are non-scoring heats.
12. It is not guaranteed that every swimmer swim will swim in every meet. It is also not guaranteed that any swimmer will swim in all “A” meets or all “B” meets. Because we are a competitive swim team, it is neither an option nor

a possibility to swim every swimmer in a meet. A minimum number of events is also not guaranteed. All of these decisions for events and entries are at the discretion of the coaching staff. We as a league attempt to complete the meet within 2 hours and this has a bearing on what is allowed for exhibition heats between the two teams. Friendship "B" meets have been added to provide more opportunities for the entire team to have ample opportunity to swim in meets.

13. **Getting Ready for a meet:** On the practice day before the meet, entries are posted at the pool. This is a good time to go over it with your swimmer. It is the responsibility of the parent to check this posting.
14. **Ribbons at meets:** In accordance with GPSA rules, designated place ribbons will be awarded only for 1,2, 3, and 4 for all individual scoring events, and 1st place only for all participants on winning relay teams. All other finishers and exhibition swimmer will receive participation ribbons without a place designated.
15. Even if you are not entered to swim in a meet all team members are encouraged to attend a meet. This is important to cheer on your teammates and get in the spirit of being a Barracuda.

The following is needed to properly staff a meet.

Meet Setup: (at least people per home meet)

Arrive between 4-4:15 pm and help set up for the meet: move on-deck benches from the shed, set up scorekeepers table area (table, chairs, canopy), and the starter's table, and assist with concession setup. All pool preparations must be completed by 5 pm, when home team warm-ups begin.

Meet Breakdown: at least 4 people per home meet Requires staying at the pool for a short time to break down and put equipment away. Furniture must be returned to original location and equipment returned to storeroom or shed

Concessions: 20 people (including 2 cooks, to work in 2 shifts)

Set up, sell, and clean up

Timers: 8 total per meet, includes one backup timer (two shifts)

Digital stopwatches are provided. The visiting team also provides timers so we have timers on all six lanes. All you have to do is watch your lane and time the race. One person per lane records the times on the child's card.

Hospitality: 3 per home meet Hospitality is responsible for making sure that the officials, coaches, timers and scorekeepers have water and other cold drinks available during the meet. We have a couple of large igloo coolers that need to be filled and iced. Usually we have lemonade, ice tea, and water

Runners: 4 per home meet (2 shifts of 2 each) This person is responsible for picking up cards from each lane and taking them to the scoring table after each event. For 25m events, the cards are first collected from the swimmers behind the starting blocks and taken to the timers at the other end. When the heat is completed, the cards are taken from the timers to the scoring table.

Referee: This is the person in charge of the entire meet. Training is available for this position.

Starter: You control the start for each race and ensure there is a legal start for each race. You also assist with keeping the meet on schedule. Training is available for this position

Stroke and Turn Judges: This position observes the swimmers in the lanes as they swim the respective event. A disqualification can occur if an illegal stroke is performed, a turn is not proper, etc. GPSA provides training for this position. This position is the position that will disqualify a child for something improper.

Sweeps Judge: Need 1 for each half of the meet

This person is responsible for judging the place of the swimmers for the 1st heat only.

Ribbon Writers: 4 per meet (2 shifts) Fill out the labels on the back of the ribbons -- all you need is legible writing!

CONCESSIONS Families are expected to sign up and work at meets, and to provide concession items for all home meets, including a 12 pack of name brand of soda or bottled water. The booster club raises funds through the sale of these items to pay for ribbons, trophies, and meet entry fees at the Summer Awards and Championship meets.

The Officials Clinics for 2009 are as follows:

*Officials Training Clinics:

June 6, 2009 at Marlbank Clubhouse 9:00 am for coaches, officials, (starter, referee, stroke & turn), scorekeepers.

June 11, 2009 at Warwick Yacht Club 7:00 pm for officials.

*Two Trainings are available for those to find one that will meet their schedule.

16. City Championship Meet and Mini Meet

At the end of the regular swim season on August 8, 2009, the league, GPSA sponsors the City Championship Meet. This meet begins usually at 8am and ends late in the day. It is held at Fort Eustis Aquatic Center. To be able to swim at this event, swimmers must qualify and meet the minimum GPSA qualifying times for their competitive stroke and during previous meets or at the mini-meet event. Unlike dual meets, swimmers are required to swim in their actual age group, except relays during the City Meet. There is a fee per swimmer, per event, charged to teams once swimmers qualify to swim in city meet. This fee covers the overhead of running this large meet. All the teams from the entire league attend this meet and it is the final event of the season. The parent booster club has covered this fee in the past, but reserves the right to ask parents to cover this small entry fee. Mini-meet: Each year GPSA also hosts an event called the Mini-Meet, near the end of the season prior to City Championship meet. This event is for those swimmers who DID NOT achieve a qualifying time for the City Championship Meet at other meets throughout the season. This meet is just as important as the Championship meet to our team. As it affords all of our swimmers a chance to participate in a large multi-team (Olympic style) competition. There is a nominal entry fee for each swimmer and parents may be asked to pay for the entries in advance. Many of our swimmers in the past have been able to use Mini meet as a spring board into qualifying for City Meet.

Meet Schedule for 2009

Monday June 22	Home Meet w/ Marlbank (Friendship)
Thursday June 25	Home Meet w/ Hidenwood
Monday June 29	Home Meet w/ James River
Thursday July 2	Home Meet w/ Tabb (Friendship)
Thursday July 9	Away Meet w/ Tabb
Friday July 10	Home Meet Maroon and Gold Inters quad Charity Meet (All swimmers should plan to attend this meet.)
Monday July 13	Away Meet w/ Running Man
Thursday July 16	Away Meet w/ Willow Oaks (Friendship)
Monday July 20	Home Meet w/ Glendale
Thursday July 23	Away Meet w/ Kiln Creek (Friendship)
Saturday July 25	Mini-Meet Fort Eustis (Meet starts in the AM runs thru day)
Monday July 27	Away Meet w/ Marlbank
Thursday July 30	Home Meet w/ Running Man (Friendship)
Saturday August 8	City Championship Meet at Fort Eustis (AM-PM)

Charity Meet- A Barracuda Tradition

Long ago the Barracudas chose a charity to support. This included local families, projects within the city, and other charitable concerns. This tradition was revived last season as the team chose to hold an inter squad charity meet to benefit Cystic Fibrosis and the medical costs for Lauren Stone. The team raised over \$3,000 for the cause. The swimmers were given the choice as a group to choose the cause and after a vote Lauren was their choice. Each swimmer set a monetary goal and turned in all the money at the inter squad meet. Swimmers were put into teams

and swam against each other within the team. The times from this meet were also counted if a qualifying time was achieved towards the Championship meet. This year we plan to hold a similar event, and allow the team to choose another worthy charity. The kids that were on the teams from last year will stay together and we will add new swimmers to the existing teams.

Awards are given for most money raised as a team, as well as who wins the overall inter squad meet. This activity is a great event as it teaches our team to be mindful of others and a part of their community not just the sport community. It develops great camaraderie amongst the team as well.

Concessions requirements at meets

Before each meet in order to provide food and supplies for concessions each family will be designated to provide various supplies. This will be determined by the Concessions Chairperson.

In the past every family brought a 6 pack of Gatorade/soda/or water.

Additionally everyone took a turn with either fruit or pasta salad.

More information for required supplies will come before the first meet.