

FHCC

Swim Team 2004

Welcome to the 2004 PSA season! We are really excited for this season and we are anxious to see new and returning faces. This year is going to be a fresh new season with new coaches and loads of fun events throughout. We are excited about the experience we can provide for your athletes and look forward to sharing our ideas and enthusiasm with all of you. We are all hoping to have even more fun than last year, while continuing to improve our status in the PSA league. Thank you for your interest in the Barracudas swim team. This packet will introduce you to a portion of the coaching staff, as well as inform you in all aspects of the FHCC Barracudas swim team and what to expect for the season.

Coaching Philosophy

The staff is supporting a future vision of what the FHCC PSA swim team will be. In order to achieve that vision we feel we must follow these beliefs:

1. Swimming is a lifetime sport. We are planning to teach each athlete the skills necessary to swim for a lifetime.
2. We believe in promoting strong swimmer/coach relationships.
3. Maintaining a complete staff of knowledgeable dedicated coaches that work in a cohesive environment is essential.
4. Allow athletes to practice and develop their strokes at a comfortable pace.
5. Pride our swimmers on putting the team before themselves.
6. Learning that improving while having fun is key to every sport.

Our goal for this season will be to build on progress from last year and establish a more spirited and enthusiastic presence in the PSA league. Everybody wants to be on a winning team, but that success can only be accomplished through teamwork. Positive attitude and strong team concepts are the building blocks to becoming a competitive team. Being a team means supporting your teammates at all practices, meets, and events. While swimming your own event is individual, no one swimmer can make a team great. Every individual matters!

FHCC

Coaches

Fremont Hills Barracudas has always maintained a talented and knowledgeable coaching staff. This is a tradition that we do not want to break.

We are going to start off this season with a fresh new attitude and restored enthusiasm. There will be new coaches this year that will be introduced shortly. We are all anticipating a fantastic season.

Becky Vilcsek is the new head coach for Fremont Hills Country Club. She has been a part of the Fremont Hills coaching staff for the past four years. She has also coached for Stanford Racing Aquatics for four years. She hopes to bring her years of coaching and twelve years of swimming experience to the team. Becky is extremely excited to kick off the season with much enthusiasm and is looking forward to seeing some great swimming and having fun in the process. She plans on building a knowledgeable staff of coaches that will bring fresh ideas and faces to the team.

FHCC

Swim meet tips

1. Bring 2 to 3 towels to each of the meets. Between warm ups, races and relays, you can be in and out of the water 3-5 times.
2. Bring sweat pants and warm clothes to meet. This includes socks and shoes. Some of the meets go into the evening and can bit a little chilly.
3. Bring a healthy snack and a bottle of water, sports drink, or juice. NO JUNK FOOD!
4. Stay with the team! The coaches and parent volunteers need to be able to find you if you are needed.
5. At the beginning of the meet, go to the check in desk, check your events and write your events, heat number and lane assignment on your hand.
6. Be prepared to make it to your events without help from anyone. There will be help, but if you can count on yourself you will be sure to get there.
7. Check with your coaches upon arrival to the meet.
8. Check with your coaches when you leave the meet.
9. Have excellent sportsmanship. Being courteous to everyone involved will make the experience better for you.
10. And most important of all... Have Fun!

FHCC

Parents Information

Each parent plays an extremely important part of the team. The first responsibility is to your swimmers, driving to practice and meets, buying suits, caps, and goggles, and supporting them in times of need. Secondly, parents need to help support the team by volunteering time. Many parents have already shown amazing dedication to the team and have high hopes of a successful swim season. You and your swimmer will have a better experience with the team if you volunteer and become part of the team.

We are looking for support from all parents; from working at meets to helping the coaches with outside activities. Swim meets are run completely by parent volunteers. Parents and swimmers participating in swim meets need to help work. The Barracudas swim team is a true team and we need help from not only the swimmers but the parents as well. Sign up for jobs! We will help you with that. Be a part of the BARRACUDAS swim team!

If you volunteer to work,

1. Dress comfortably and casually for the meets. Please note: If you have volunteered to be a timer, your shoes, socks, and legs will get wet (this can be fun and it's the best seat in the house).
2. Dinners can be purchased at the meets. Please eat after your shift if you are the first shift or before your shift if you are the second shift.
3. Most dual meets run approximately 3-4 hours. Please arrive on time as scheduled.
4. The relay meet runs approximately 3-4 hours as well. Please arrive at 8 a.m.
5. The Championship meet will last approximately 5-6 hours. Please arrive on time as scheduled.
6. Many of you may want to become even more a part of the team, let the equipment rep know if you would like t-shirts, or sweats.

FHCC

2004 Swim Meets and Events

Date	Location
Sunday, June 6 th Practice meet and family BBQ	FHCC
Wednesday, June 23 rd Picture day!	FHCC
Thursday, June 24 th FHCC vs. SCRA	SCRA
Saturday, June 26 th Relay meet	University
Tuesday, July 29 th FHCC vs. Ladera	Ladera
Thursday, July 8 th FHCC vs. University	FHCC
Tuesday, July 13 th FHCC vs. Alpine	FHCC
Tuesday, July 20 th FHCC vs. Foothill	Foothill
Sunday July 25 th Championship meet	TBA
July, TBA Championship banquet	FHCC

There are MANY more events planned throughout the season. Most of them are included on the attached calendar. We will keep you updated on details as they come.

FHCC

Barracudas practice schedule

April 5th – April 30th

Monday – Thursday practices

May 1st –

Monday – Friday practices

Practice Times

These times may change as the season progresses. You will be well informed of any such changes.

Green – Pre competitive (6-un) 3:30-4:00 p.m. (30 min)

Blue – Group 1 (7-8) 3:30-4:15 p.m. (45 min)

Silver – Group 2 (9-10) 3:45-5:00 p.m. (15 min dryland/60 min swim)

Gold – Group 3 (11-up) 3:45-5:00 p.m. (60 min swim/15 min dryland)

Private lessons are available with your coaches. There will be a lesson binder available where swimmers can choose from available times and coaches. Pre competitive swimmers getting ready for the summer season are encouraged to take lessons weekly or bi-weekly to supplement team in instructions.

FHCC Bead chart

Beads will be awarded to all FHCC swimmers as follows:

Blue- personal best time in any event

Red- Heat winner

Black- perfect attendance for one week

Shiny Silver- perfect attendance for the month

Yellow- coach award for spirit

Red butterfly- first butterfly event (25 yards)

Blue butterfly- first butterfly event (50 yards/meters)

Shiny Gold - swimmer of the meet

Sparkly- attendance at the kick off event

White- Snow bead for the longest dual meet attendance

Additional beads can be received for attending your first meet and other accomplishments for the swimmers. There will be a designated bead parent on deck to distribute the beads.