



Barracuda Winter Swim Team

The Barracudas want you!! Competitive swimming is a great way for athletes to cross train and stay in shape while fine tuning swimming strokes. Our swim team is for the recreational swimmer and focuses on proper swimming technique as well as proper nutrition and the importance of exercise in our daily lives.

Practices will be Monday through Thursday from 4:00 – 5:30pm. This allows swimmers to ride the bus to the Y after school, have a quick snack, and get in the water at 4:00pm. Meets will be held on Saturday mornings. The PYSA League consists of 10 teams: Altavista, Alleghany, Bedford, Danville, Eden, Farmville, Franklin County, Martinsville, South Boston, and Tazwell. Parents will be asked to volunteer at ALL meets.

Tadpole Program: A majority of the Barracudas transition from swim lessons to the swim team. This is a great way for swimmers to get additional practice, fine tune the strokes and work on proper mechanics. Swimmers must be able to swim 25 yards freestyle. The Tadpoles will practice from 4:00 – 5:00pm.

Cost of being a Barracuda: All Barracudas must be members of the Bedford Area Family YMCA.

Payment Options:

Option 1: \$50 per month, \$25 prorated for September (Due by the 15th of every month. September is due by the 25th.)

Option 2: \$260 for the whole season

Additional siblings have a \$10 discount.

Winter Coaches

Elizabeth Creasy is the Aquatics Director and Coach. She coached the Barracudas 2013 summer team. Her main focus is for swimmers to have fun and love the sport of swimming. She works on technique and making sure that swimmers have the proper technique so as not to injure themselves.

Swimmer Information

Swimmer's Name: _____

Parent's Name: _____

E-mail address: _____

Date of Birth: _____ **Age:** _____

Address: _____

Emergency phone Number: _____

Please check your e-mail regularly; this is the main form of communication between coach and parents.