



Welcome to the 2023 Barracuda Swim Team Season! Our summer swim team is an opportunity for kids to build their swim skills in a fun, outdoor atmosphere. Our focus is on having fun, gaining confidence and skill, and showing our famous team spirit! **We welcome our new pool members to give swim team a try as it is perhaps the best way to get to know the kids of Willow Grove!**

The swim team is for swimmers who are 18 and younger, who are not in college yet, and who can pass the Basic Swimmer's Test. The cost of the swim team is \$50 per swimmer for Bonded members and \$60 per swimmer for Seasonal members and each child will receive a team gift. Registration will open on the website after the evaluations are complete, on or around June 4. We are very lucky to have two of our former coaches, Julia Yick and Julianna Warren, returning to Willow Grove this year!

Willow Grove competes in the Union County Outdoor Swim League with Westfield Memorial, Nomahegan Swim Club, Highland Swim Club, and a combined team from Manor Park Swim Club and Cranford Tennis and Swim Club. Kids compete in divisions based on their age on July 1. In competition, 10 and under swimmers swim 25 Meters (one length) and 11 and up swim 50 Meters (there and back). For Backstroke, Breaststroke, and Butterfly, the age groups are; 8 and under, 9-10, 11-12, 13-14, and 15+. In Freestyle, there are two additional categories for 6 and under and 7 year olds. A 100 Meter individual medley event is also offered for swimmers 9 and over. Coaches will assign kids to appropriate events for each meet.

While there is no mandatory attendance for practices or meets, the more your child puts in, the more they will get out! Please see below for detailed information about pre-season preparation, practice schedules, and meets. I understand that this can be quite a lot to absorb. If you have any questions or concerns, please reach out.

Go Barracudas!
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SCHEDULE:

PRE-SEASON

*SWIM TEAM EVALUATIONS (New Swim Team Members Only):

Friday June 2, 2023

4:30 pm for ages 8 and under, 5:15 pm for ages 9 and older

OR

Saturday June 3, 2023

8:00 am for ages 8 and under, 8:30 am for ages 9 and older

These evaluations are for anyone who has NOT been on the swim team before. The coaches will assess the swimmer's readiness for swim team. We do not focus on any timing requirements or stroke ability but we do assess the swimmer's ability to swim independently and have a basic front stroke.

*TEAM SUIT FITTING AND SALE:

Sunday, June 4th 2023 4-6pm

Metro Swim Shop will be onsite selling our new team suit. The team suit is not required, but we recommend each swimmer have a competitive style swimsuit, a swim cap, and fitted goggles for practices and meets. We have WG Barracuda swim caps available for purchase at the pool for \$10 each

*TEAM PARENT MEETING:

Sunday, June 4th 2023 at 6pm

Come out and learn about the swim team, swim meets, and parent involvement! We rely heavily on our parent volunteers to run our meets, both home and away.

PRACTICE SCHEDULES:

*AFTER SCHOOL PRACTICES:

Monday 6/12-Thursday 6/15, Monday 6/19-Tuesday 6/20

8&under and 11&up swimmers from 4-5 pm

9&10 swimmers 5-6 pm

*WEEKDAY MORNING PRACTICES:

Thursday, June 22-Friday, July 28

Monday-Friday

8&under and 11&up swimmers from 9:30-10:30 am

9 & 10 swimmers practice 10:30 – 11:30 am

*EVENING PRACTICES:

Monday, June 26-Thursday, July 27

Mondays, Tuesdays, and Thursdays ONLY

8&under and 11&up swimmers from 5:30 – 6:15 pm
9 & 10 swimmers from 6:15 – 7 pm

SWIM MEETS:

*League-Wide 10 and Under Relay Carnival (Hosted by Willow Grove)

Thursday, July 6: Arrive by 5pm

This is a fun way for our youngest swimmers to get familiar with the flow of a swim meet, practice their starts, and compete in some of the silliest races imaginable.

*Willow Grove@Cranford Tennis and Swim Club

Saturday, July 8: Arrive to CTSC by 8am

*Highland Swim Club@Willow Grove

Wednesday, July 12: Arrive by 5pm

*Willow Grove@Nomahegon Swim Club

Wednesday, July 19: Arrive to Nomahegon by 5pm

*Westfield Memorial@Willow Grove

Saturday, July 22: Arrive by 8am

It is extremely important that you let the coaches know ASAP if your child will be missing a meet or will be leaving a meet early due to another commitment. The coaches prepare the line-ups several days ahead of the meets. Swimming is a team sport and the coaches are thoughtful when assigning individual events and making the relay teams.

CHAMPIONSHIPS:

*Friday, July 28 Evening:

11+ Champs at Westfield Memorial

*Saturday, July 29 Morning:

10&U Champs at Westfield Memorial

Championship Meets are an opportunity for swimmers to compete against all league swimmers at one time. Swimmers will choose their events the week before these meets and will be placed in heats based on their times at the earlier dual meets.

TEAM PARTY:

*Saturday, July 29 Noon:

Swim Team Awards Ceremony and Party at Willow Grove