

Barracuda Swim Team November 2007 Notes

- **Swimmers entered into a meet:** This list is always posted 1 week before each meet. Please double check the board outside Aquatics office each Thursday prior to a swim meet. If there's a problem with what is/isn't posted, please talk to a coach.
- **Meet Attendance:** This is extremely important. If your swimmer can't swim due to an emergency, please call AND e-mail the Aquatic Office prior to 10 AM Sunday.
 - **Phone:** 908-889-8800 ext. 219
 - **E-Mail:** barracudas@jccnj.org
- **Meet Do's and Don'ts:**
 - Sign in with the coach on the pool deck, and be ready to be in the pool at the start of warm-up time. If you are late, you will be scratched from the meet.
 - You may not leave the pool deck after this point unless you have permission from a coach. This includes going to the locker room, café, or leaving the meet early.
 - Expect to swim 2 individual events, and a relay at most meets. We will rotate the relay alternates.
 - **You need to be on your best behavior at ALL swim meets:** Follow all rules (i.e. no food on the pool deck, leave the locker room and pool deck clean, treat competing team, your team members, and officials with RESPECT!). Only a coach may approach and speak with an official—not parents or swimmers.
 - **Label all suits, T-shirts, towels, sweats, etc.:** We will distribute team suits and apparel when they arrive. When you receive your team suit...PUT YOUR NAME IN IT!
 - **Team suits:** Wear the team suit only to meets (do NOT practice in this suit), as well as your team cap.
 - **Bring at least 2 towels and extra sweats to each meet.**