



Swimmer Handbook

Provided by

Barracuda Booster Club

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Welcome to the Inland Coastal Aquatics Club (ICAC)

Welcome to the ICAC team! We are excited to have you as a member of the ICAC family. ICAC is a fun, energizing, and competitive swim team. This handbook provides you with some of the information helpful to parents that are new to ICAC and competitive swimming.

Please read this information and ask the coaching staff, Booster Club Board of Directors or any parents you meet on the deck if you have any questions. Everyone at ICAC will be willing to help in any way possible.

Barracuda Booster Club (BBC)

The **Barracuda Booster Club** (BBC) is the parent-led support entity for the ICAC swim team. The BBC assists the team by purchasing new equipment for training, providing fun activities at our pool (such as the summer swim party/pizza dinner), hosting the annual awards banquet, providing stipends for collegiate swimmers, and covering partial costs for swimmers representing ICAC at high level swim meets on the state and national level.

2025 BBC Board Members

The Barracuda Booster Club is run by a volunteer board of directors:

Stephanie Carroll (President)

Kattia Che (Vice President)

Jonathan Sonoda (Secretary)

Katie Reisner (Treasurer)

Lineth Baeza (Membership Coordinator)

Lori Collins (Merchandise Coordinator)

Gabriela Ramirez & Ray Deal (Fundraising Coordinator)

Lynette Leighton (Publicity Coordinator)

(Snack Coordinator & Volunteer Coordinator) These positions are currently on hold per Covid

*** More coordinator positions are available and we'd love for you to join a planning committee. Many hands make light work! ***

They can be contacted at BarracudaBoosterClub@hotmail.com

The BBC Annual Booster Dues

Booster Club Dues are \$135.00 per family. Dues are typically collected during membership week in January and are 100% tax deductible. **Families can pay the discounted \$80 rate** by fulfilling the mandatory volunteer requirement (see below).

Volunteer Requirements

In addition to dues, each family is required to volunteer 12 hours per year at ICAC hosted meets. These swim meets require a tremendous amount of work and are only possible with YOUR help. Please refer to the meet schedule on the ICAC website for dates. Families that fulfill their volunteer requirement can pay the discounted rate of \$80. **NOTE: Timing at meets DOES NOT count as volunteer hours.**



The Coaching Staff

ICAC is fortunate to have highly skilled and dedicated coaches to help our swimmers get the most out of their competitive swimming experience.



Program Director and Head Coach Scott Lawson started swimming at age 5 and started competitive swimming at 8. He competed through high school and as a collegiate swimmer at Southern Methodist University and Texas Christian University. His coaching career started as a grad assistant at TCU and continued when he moved to California in 1985. He founded ICAC in 1991. Scott teaches Emergency Medical Education and Kinesiology at Palomar College. An avid surfer, Scott is passionate about all water sports, recently taking up paddle boarding. Coach Lawson trains ICAC's beginners in Novice Group, Age Group & Senior levels 2 and 1.

Swim Groups

Teal/Black Groups – Novice swimmers, ages 5-12+. In this introductory group the emphasis is on developing the fundamentals of the four strokes using drills and games that create an enjoyable atmosphere for instruction in the fundamentals of competitive swimming. To move to the next level, the swimmer must participate in one swim meet. The Teal Group practices Mon, Wed, and Fri for 45 minutes. The Black Group practices Mon, Wed, and Fri for one hour.

Age Group 3 – This group is for swimmers who can perform the four basic strokes and are ready for refinement of their skills. Emphasis is on more stroke drills, starts and turns, and the basic rules of competitive swimming. There is an expectation that swimmers regularly attend swim meets. Swimmers in this group need to have their own fins and snorkels. Age Group 3 swimmers practice for 1 hour Monday through Friday (for a minimum of four days a week).

Age Group 2 – Swimmers continue to work on refining their stroke technique. Greater emphasis is placed on learning how to train. Age Group 2 swimmers practice for 1.5 hours Monday through Friday (for a minimum of four days a week). Swimmers in this group are required to have their own fins, snorkels, and paddles.

Age Group 1 – Swimmers continue to work on stroke technique with an emphasis on increased instruction and competitive training. Age Group 1 trains for 2 hours Monday through Friday. Swimmers in this group are required to have their own fins, snorkels, and paddles.

Senior 2 and 3 – Swimmers are more experienced and the emphasis is on serious training for competition. The swimmers participate in a more rigorous work program designed to prepare them for the competition in high school swimming. These swimmers swim 6 days a week for 2.5 hours including dry land exercises early in the swim season. Swimmers in this group are required to have their own fins, snorkels, paddles, and pull buoys

Senior 1 – This is the highest level an ICAC swimmer can attain. The training program at this level is geared toward preparing for national, college and eventually international competition. Swimmers in this group are required to have their own fins, snorkels, paddles, and pull buoys. These swimmers swim



6 days a week for 2.5 hours including dry land exercises early in the swim season and also do two a day practices a few days a week.

ICAC Fee Structure/Payment Processing

	One Swimmer	Two Swimmers	Three Swimmers	Four Swimmers
Group	Monthly	Monthly	Monthly	Monthly
<i>Teal</i>	\$150.00	\$295.00	\$440.00	\$585.00
<i>Black</i>	\$150.00	\$295.00	\$440.00	\$585.00
<i>Age Group 3</i>	\$200.00	\$395.00	\$595.00	\$785.00
<i>Age Group 2</i>	\$200.00	\$395.00	\$595.00	\$785.00
<i>Age Group 1</i>	\$200.00	\$395.00	\$595.00	\$785.00
<i>Senior 3</i>	\$250.00	\$495.00	\$740.00	\$985.00
<i>Senior 2</i>	\$250.00	\$495.00	\$740.00	\$985.00
<i>Senior 1</i>	\$250.00	\$495.00	\$740.00	\$985.00

**** Quarterly billing is currently unavailable until the COVID situation stabilizes****



- There will be a discount of \$5.00 for the 2nd child, \$10 for the 3rd child, and \$15 discount for the 4th child of the same family. If you have any questions, please feel free to contact me.
- Payments for swimmers' dues can be made automatically through ACH or via Visa/MasterCard. Payment can also be made via check and given directly to Head Coach Scott.



Tools for Swim Families

ICAC Website

The ICAC website allows parents to view their account (e.g., view invoices, set up a credit card or bank account for payment), view the latest meet schedule, sign up swimmers for meets and sign up for volunteer opportunities at ICAC hosted meets.

The site also allows users to:

- View meet results for their swimmers
- Update contact and emergency contact information
- View billing history (e.g., invoices and payments)
- Get the latest team news

In order to gain access, swimmers will be entered by an ICAC coach or administrator and login information will be emailed to families. Please do not sign up separately as this can cause issues in the system.

OnDeck

Available on the smart device of your choosing, OnDeck is a FREE app provided by TeamUnify, Inc. (the same folks behind the ICAC website platform). OnDeck provides parents a visual representation of swimmer records against the time standards for their level. The app allows parents to track meet attendance for each swimmer, view every swim meet the team has swum by swimmer or event, and provides a splits math calculator for goal setting.

Meet Mobile

Also, MeetMobile app is an especially handy tool for parents during swim meets which provides basic information to heats and lanes. But for further access to heat sheets, psych sheets and real-time results for swim meets it will require a yearly fee of \$6.99 as of 1/2020.

Swim Families can:

- View results, anytime, anywhere
- Quickly find swim meets with robust search functions
- Track swimmers and teams in real-time, even if you're not at the meet
- Flag your "Favorite" swimmers and teams to find them easily
- View real-time heat results along with cumulative and subtracted splits
- View overall swimmer and relay rankings for each round of each event
- Check real-time team scores
- View records and time standards
- Share your event via email, messaging, Facebook or Twitter

Swimmers:

- View psych sheets prior to the meet or during an event
- View heat sheets



- View estimated event start times
- View swimmer's list of entries, completed results and points scored

USA Swimming (USAS) Registration

All swim team members are required to register with USA Swimming and pay an annual fee to maintain membership in this organization. In addition to allowing your swimmer to participate in USA Swimming sanctioned meets, your registration also covers the liability insurance necessary to swim at our pool. When the swimmer first joins USAS, they are required to show their original birth certificate to validate the swimmer's age. Thereafter the swimmer's USAS registration must be renewed on an annual basis in the fall for the following year (but the swimmer's birth certificate need not be reviewed).

As of September 1, 2022, San Diego-Imperial Swimming (our LSC) will no longer accept a paper registration. To register for USA Swimming, an ICAC coach or administrator will send you a link to register via the USA Swimming Website. Please complete this as soon as possible.

If you are transferring from another USAS club, it is your responsibility to complete the USAS Transfer Form and "unattach" from that club. This process takes 120 days and there is a nominal cost.

Equipment

Below is a list of common equipment used by competitive swimmers. Not all equipment is required for every swimmer. Your child's coach will be able to tell you exactly what your swimmer needs.

Must Haves for New Swimmers

- **Goggles:** Swimmers use goggles to protect their eyes from the chlorine as well as to gain a clear view of their surroundings in the pool. There are a variety of colors and styles depending on the preference of the swimmer.
- **Caps:** Caps are designed to keep the hair out of swimmers' faces and goggles straps into place. Swimmers may wear any cap at practice, but at competition they must wear an ICAC cap. ICAC caps can be purchased directly from your swimmer's coach. You can also order a personalized cap with your swimmer's name on it.
- **Practice Suits:** Practice suits are used during workouts. They are created with a stronger material for durability. Some may create extra drag to make the workout more challenging.
- **Black suit:** When your swimmer competes at a meet they are required to wear a black suit

Note: ICAC has arranged for a discount on all purchases from Paradowski's Swim Shop in San Diego and at Swim West in Encinitas. When buying from these retailers, identify yourself as an ICAC swimmer.

Additional Items Swimmers May Need

- **Mesh Bag:** A mesh bag is used by swimmers to hold their training equipment.
- **Fins:** Fins are a device that fit on swimmers feet to increase kicking speed during practice.
- **Paddles:** Paddles are a plastic device placed on swimmers hands during practice. The paddles are used to add resistance to the pulling phase of the stroke. There are a variety of paddles available, depending on the stroke you are swimming and the purpose of the pulling drill.
- **Pull Buoys:** Pull-Buoys are a device used by swimmers during a practice to enhance body position during pull sets when the swimmers are not kicking.



- **Snorkels:** Snorkels are used during swim sets to increase cardiovascular conditioning, stroke efficiency and improve technique.

For Advanced Swimmers

Women's and Men's Competition Suit: Competition suits are used during meets. There are a number of brands and styles, depending on a swimmers preference.

ICAC Spirit Wear

The ICAC Team Store is stocked with ICAC t-shirts, sweatshirts, towels, and other items. Keep an eye out for bi-annual emails regarding our Team Store. ICAC families are encouraged to wear team gear for identification purposes as well as presenting as a unified team.



Swim Meet Basics

(Adapted from USA Swimming's Sample Club Handbook)

Swim meets are a great family experience. They're a place where the whole family can spend time together.

Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and as detailed as we possibly could. If you have any questions, please ask your coach or another parent.

Before the Meet Starts

1. **Arrive at the pool at least 30 minutes before the scheduled warm-up** time begins. Your child's coach will announce what time your swimmer's group will be warming up.
2. **Upon arrival at the pool, find a place to put your swimmer's chair and swim bag.** The team usually sits in one place together, so look for some familiar faces and the ICAC easy-ups.
3. **Find the swimmer check-in location.** Depending upon the time of warm-up, your swimmer may be required to register before warm-up. Check-in is required so that the people running the meet know who is actually at the meet and can properly develop heat and lane assignments.
4. **Swimmer must be physically present at check-in** (parents cannot independently check-in for child). Swimmers who fail to check-in are not allowed to swim their events.
5. **At check-in, swimmers will use a permanent marker to write the event numbers** they are swimming on their forearm or hand. This helps swimmers remember what events they are swimming and what event numbers to listen or watch for.
6. **After warm-up, your swimmer will go back to the area where the team is sitting.** This is a good time to use the restroom, drink some water, and have a quick snack.
7. **Swimmers need to find out where heat and lane assignments are being posted** and check to see if their first event lane and heat assignments are up. Swimmers use a marker to write the heat and lane assignment on their arm or hand. A few events before they swim an event, swimmers should check-in with their coach to tell the coach what event, heat, and lane they are swimming and to receive coaching advice for that event.
8. **Swimmers need to pay close attention to announcements of events and heats** – some events take a long time and some events go very quickly – so they do not miss their event.
9. **All questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to a coach.** The coach will pursue the matter through the proper channels.

Meet Starts

1. **Swimmers must know what event numbers they are swimming** (this is why they should have the numbers written on their hand or forearm). The swimmer may swim right away after warm-up or may have to wait quite some time.
2. **There are generally two ways a swimmer gets to his/her lane:**
 - A swimmer usually reports directly to his/her lane a number of heats before he/she actually swims. Check with your swimmer's coach for specific instructions. Once at their lane, they should check in with the parent holding the clipboard. This is important to ensure they truly are at the correct location!



- In some novice meets, a swimmer's event number will be called, usually over the loudspeaker, and he/she will be asked to report to the "clerk of course" or "bullpen". Swimmers should report with cap and goggles.
 - Generally, girl's events are odd-numbered and boy's events are even-numbered. Example: "Event #26, 10-Under Boys, 50 freestyle, report to Clerk of Course." The "Clerk of Course" or "bullpen" area is usually where all swimmers checked in before the warm-up.
 - The clerk will usually line up all the swimmers and take them down to the pool in correct order.
- 3. **The swimmer swims the race.**
- 4. **After each swim:**
 - Swimmer should ask the timer (person in the lane holding the stopwatch) his/her time.
 - Depending on the coach's instructions, the swimmer may be asked to do some recovery swimming if a "warm down" pool or lanes are available.
- 5. **The swimmer should then go immediately to his or her coach.** The coach will discuss the swim with each swimmer. Generally, the coach follows these guidelines when discussing swims:
 - Positive comments or praise
 - Suggestions for improvement
- 6. **Things parents can do after each swim:**
 - Praise your swimmer. The coaching staff will be sure to discuss things to improve.
 - Take swimmer back to the team area to relax.
 - This is another good time to check out the bathrooms, get a drink or something light to eat.
- 7. **Swimmers now return to the team area and wait until their next event** nears and starts the procedure again. When a swimmer has completed all of that day's events, it's time to go home. It is important to first make sure, however, you, as a parent, check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay if your swimmer leaves when they were supposed to be on a relay.
- 8. **Results are usually posted somewhere in the facility** (or on the MeetMobile app, see above). Awards are often gathered for a team and given to the coach at the end of the meet. The coach will give the awards to the swimmers at a later time.

What to Take to the Meet

1. **Most important – Black Swim Suit, ICAC Cap and goggles**
2. **Sharpies** – for writing event, heat, and lane assignments on arm)
3. **Towels** - Realize your swimmer will be there awhile, so pack at least two.
4. **Something to sit on** – example: folding chair, sleeping bag, old blanket, or anything that will be comfortable to sit on. The swimmers will be spending a lot of time on it.
5. **Swim Parka** – if your swimmer owns one, these are perfect for staying warm in between events.
6. **Sweat suits** – each swimmer may want to bring two because they can get wet and soggy.
7. **T-shirts** – two or three. Same reason as above.
8. **Games** – travel games, coloring books, books, anything to pass the time.
9. **Food** – bring snacks/lunch since the day can be long. Most meets have a snack bar, but it is important to bring your own food in the event there is no snack bar.
10. **Water** – it is important to bring several bottles of water.



Once you have attended one or two meets this will all become very routine for your swimmer. Please do not hesitate to ask any other ICAC parent for help or information!

Swim meets are a lot of fun for the swimmers! They get to visit with friends, play games, and meet kids from other teams. They also get to "race" and see how much they have improved from all the hard work they have put in at practice.

Timing

All parents will be expected to time at meets. Timing does not count as "volunteer hours" as required for Barracuda Booster Club (see pg. 4). Because a meet simply cannot be run without timers, all parents must participate.

The timing sign-up sheets are posted in the ICAC Easy Up during the warm up period. Sign up early! Timing sign-ups are typically in 30 minute or one-hour increments. Do not assume you're not needed if you haven't been asked to time. Take the initiative to sign-up. The sign-up sheet remains posted for the duration of the meet. Check it often to make sure every slot is filled. At some meets you may need to sign-up for multiple blocks of time.

Why me?

- At every race, each lane has two corresponding "chairs" – timers responsible for that lane.
- The number of chairs is allocated to teams based upon the number of swimmers they have entered into the meet.
- The meet will not start until timers are present, and a meet will stop if at any time a lane does not have 2 timers.

Benefit

Timing provides the "best seat in the house." You get to interact with the swimmers, meet other parents and you have the best seat in the house to watch some great swimming!

How?

While it looks intimidating, it's actually easy and fun! Plus, the people timing before you are very happy to teach you. Observe a race or two before your turn to gain additional confidence.

- **Every chair has a "pickle"** – a small hand-held device hanging from the shade structure covering the starting block. This pickle is connected to an automatic timing system. When the swimmer in your lane touches the wall, push the button on top of the pickle.
- **One of the two chairs is also responsible for hand timing using a stopwatch.** Make sure you know how to operate the watch before the first race. Start the watch at the flash of light from the strobe light at the judges table or if there is not a strobe light use the start buzzer (sound) which goes off at the start of each race. Stop the watch when the swimmer touches the wall. If you miss a start ask the head timer for a back-up stopwatch.
- **The chair not operating the stopwatch is responsible for the clipboard.** The clipboard holds sheets of paper listing the swimmers in your lane by race and heat. Check-in swimmers prior to their heat.
- **If your swimmer isn't there, call their name** – they may be in the wrong lane.
- **After each race, record the time from the stopwatch in the space provided on the sheet.** It is a good idea to have the stopwatch timer actually show you the stopwatch rather than listening to



them read the time to ensure you do not hear them wrong. An official will deliver and pick up the sheets from time to time.

- **Stay at your post until you are relieved by the next timer.** If your relief is late, ask another ICAC parent to help find your replacement.

Still worried?

Ask a coach to point out a timing “expert.” You’ll be the expert in no time. If you’re a timer at the meet, you’ve got the best seat in the house!

Swimming 101

The Strokes

The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly. The combination of all four strokes is called the individual medley.

Freestyle – In freestyle events, the competitor may swim any stroke. The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the surface of the water surface and an alternating (up-and-down) flutter kick.

Backstroke - consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on their back.

Breaststroke – The breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.

Butterfly – Some consider the butterfly to be the most beautiful of the strokes. It features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter scissors or use the breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish.

Individual Medley (IM) – The individual medley, commonly referred to as the I.M., features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle.

Rules

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer.

Course

Competition pools may be Short Course (25 yards), or Long Course (50 meters). The international standard (as used in the Olympics) is 50 meters.



Competition

Participants compete in different age groups and meets depending on their achievement level and how old they are on the first day of the meet. Traditionally recognized age groups are 10 and under, 11-12, 13-14, and 15-18 (or 15 and over). Many local meets feature 8 and under, single age groups, or senior events.

Officials

Officials are present at all competitions to enforce the technical rules of swimming so the competition is fair and equitable. Officials attend clinics, pass a written test and work meets before being certified.

All teams are required to provide officials at meets where there are more than a very minimum number of swimmers. Therefore, it is important to have parents willing to serve as officials. Excellent training is provided and BBC will pay the costs of registering an official with USA Swimming. If you are interested in becoming an official, check with Coach Scott Lawson who can direct you to the other team parents who are currently officials. They will guide you through the training process and serve as mentors to you until you are ready to officiate on your own.



Helpful Hints for Swim Parents

Do for Yourself

- Enjoy cheering your swimmer on!
- Enjoy yourself at competitions. Get to know the other parents and enjoy the camaraderie of being with a great group of kids and parents.
- Look relaxed, calm, positive and energized when watching your child compete. Your attitude influences how your child feels and performs.

Do with Other Parents

- Make friends with other parents at events. Socializing can make the event more fun for you.
- Volunteer as much as you can. Youth sports depend upon the time and energy of involved parents.
- Police your own ranks: Work with other parents to ensure that all parents behave appropriately at practices and competitions.
- Discuss any problems you might have directly with the individual involved. Work to foster a positive relationship with all parents.

Do with Coaches

- Leave the coaching to the coaches both in practice and at competition.
- Give them any support they need to help them do their jobs better.
- Communicate with them about your child. You can learn about your child from each other.
- Inform them of relevant issues at home that might affect your child at practice.
- Inquire about the progress of your children.
- Make the coaches your allies.

Do for your Children – Building a Strong Competitor

- Provide guidance and encouragement for your children, but do not force or pressure them.
- Assist them in setting realistic goals for participation.
- Emphasize fun, life skill development and other benefits of sports participation, e.g., hard work, cooperation, competition, self-discipline, commitment.
- Show interest in their participation: help them get to practice, attend competitions, and ask questions.
- Provide a healthy perspective to help children understand success and failure.
- Emphasize the rewards gathered from effort rather than results/outcomes.
- Intervene if your child's behavior is unacceptable during practice or competitions.
- Understand that your child may need a break from sports occasionally.
- Give your child some space when needed. Part of sports participation involves them figuring things out for themselves.
- Keep a sense of humor. If you are having fun and laughing, your child is more likely to as well.
- Be a healthy role model for your child by being positive and relaxed at competitions and by having balance in your life.
- Enjoying yourself at competitions. Make friends with other parents, socialize, and have fun.



- Give them unconditional love. Show them you are proud of them no matter how they perform as long as they are putting forth a good effort.

It is our hope that you enjoy the years with your child swimming with the Inland Coastal Aquatic Club. We're delighted you've chosen our club. See you on deck!

Somehow I kept my head above water. I relied on the discipline, character and strength that I had started to develop as that little girl in her first swimming pool.

Esther Williams