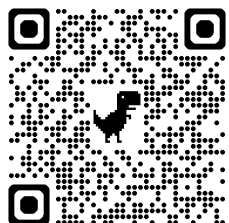
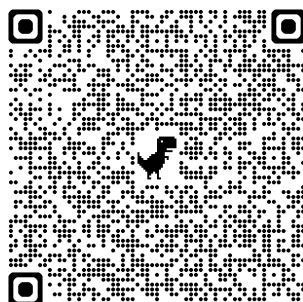

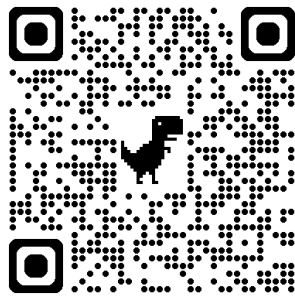

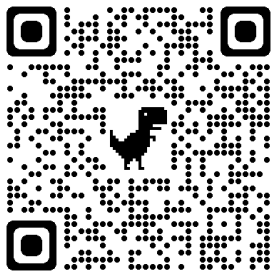


Miamisburg Barracuda Parent Meeting 2025

Thursday, May 8 MSBG Middle School

1	What happens at a meet	<p>Times:</p> <ul style="list-style-type: none"> * Please arrive about 15 minutes prior to our warm-up time * Meets starts at 6 PM and wraps up between 9:30 and 10 PM (We will explain signing up for events) <p>Warm-Ups:</p> <ul style="list-style-type: none"> * When you arrive, get your child ready for warm-ups: sunscreen, goggles, and cap. Then take them to the pool * Make sure to have your blanket/chairs set up so your child knows where to find you after warm-ups
2	What to bring to a meet	<ul style="list-style-type: none"> * Heat Sheet: * Cash * Extra Goggles, swim caps, sunscreen * Plenty of Towels * Warm Clothes * Sharpies and Highlighters * Blankets and/or chairs * Canopy Tent (if you wish) * Coolers with healthy drinks and snacks
3	What to do if my kid is sick	<p>Please contact Coach Bryan via text at and via Heja Chat.</p> <p>We understand that life happens, however; we need to know as early as possible. We build relays based on meet entries, so we may need to make changes to some of the entries. The earlier we know, the better.</p>
4	Once you arrive at the meet	<p>After your swimmer is ready for warm-ups, using the heat sheet that was emailed to families you will write their events on their arm using the sharpie marker.</p> <p>Usually it looks like this: E/H/L/S (Event, Heat, Lane, Stroke) -</p> <p>Check out our YouTube video on how to do this!</p> <p>Then if you are working, check in with the volunteer coordinator, Amanda Greenlee</p> 

5	How to read a Heat Sheet	Video on Reading Heat Sheet	Medley Relay	Individual Relay
			 The medley relay uses four swimmers to do all four strokes. Swimmer 1: backstroke, swimmer 2 breaststroke, swimmer 3 butterfly, swimmer 4 freestyle.	Commonly referred to as the IM, features all four strokes. In the IM, the swimmer begins with the butterfly, then changes to backstroke, then breaststroke and finally freestyle.
6	Best Jobs to Volunteer for	Every Family must complete 7 in season Jobs and 1 Champs Jobs		
		Swim Walkers Times Ribbon Writing Runners **AVOID Clerk of Course: unless you have experience with a swim team or track team \$150 Charge if your work requirements are not fulfilled by the end of the season.		The parent handbook (on our website) has a description of each job responsibility. It is a great way to decide which job is best for you. Amanda Greenlee is our volunteer coordinator. She is your go-to person for questions regarding volunteering at meets
7	Practice Schedule	Swim Assessments: May 28 5:30 - 6:30 PM at Wilson Park Pool Please Sign up for a time using sign up genius. Scan the QR code -----> <i>No Practice Thursday, July 3 & Friday, July 4</i> Practice Begins June 2nd 11 and Overs: 9:15-10:15am 10 and Unders: 10:15-11:15am Jr Cudas: 10:15-11:15am <i>Evening Practice at Washington Township RecPlex</i> Monday and Wednesdays 6:00 - 7:00 PM		Swim Assessment Sign Ups 
		Team Communication App. Please sign up to receive alerts and instant information, like practice cancellation and quick messages with our coaches and board members. Make sure you turn on notifications! See the code <-----		 
9	SE Motion App	We use TeamUnify to manage team information (practice times, sign up for meets and jobs, etc.) In order for this software to properly work on your phone, please download the SE Motion App to your phone		