



WELCOME

RSC Barracudas

Swim Team

Zoom Open House

RIVERSIDE



SWIM CLUB

EST 1962

2024 BARRACUDAS

YOUR 2024 CLUB REPS

ERIN MCALLISTER

MEGAN CLAUCHERTY

LIZ MCGARRY

EMAIL: BARRACUDAS.RSC@GMAIL.COM



COACHING STAFF

Tatum Bruno – Head Coach

Michaela Espisito – Assistant Head Coach





IMPORTANT DATES

Date	Event
April 2	Registration opens for returning swimmers in Team Unify. Link is on the RSC website.
April 14	Suit/Gear Order Deadline *For returning swimmers, new swimmers may wait and visit UrbanTri Gear to order after try-outs*
May 16	Tryouts for all new swimmers. Tryouts will be held at Riverside-Brookfield High School from 5pm to 8pm. A Sign-Up Genius link will be emailed the week before.
May 28 – May 30	After school practice.
June 3	First day of morning practice. *We know St. Mary's is still in session, those swimmers can join once they are able*
June 11	Cuda Classic Intersquad Meet, 12 and under only.
June 24	Team Photo Day
July 4	March in the Riverside parade!
July 20	Conference Meet and BANQUET



TRYOUTS

- For all new swimmers.
- Swimmers will be asked to swim one length of the pool freestyle. We are looking for...
 1. Alternating arm stroke
 2. Side breathing
 3. Strong kick
 4. No stopping or doggie paddle.
- Swimmers will be asked to swim one length of the pool backstroke. We are looking for...
 1. Alternating arm stroke
 2. Head back, chin up, eyes at the sky
 3. Strong kick
 4. No stopping or turning over.
- Parents will be notified of results by email
- Swimmers who are not successful are encouraged to try again
- **If you are unable to attend tryouts, it's OK!** Your child can attend one of the early practices and ask for a private tryout there – no need to schedule, just come on deck and talk to one of the coaches.



ORDERING TEAM SUITS & BARRACUDA GEAR!



FEMALE

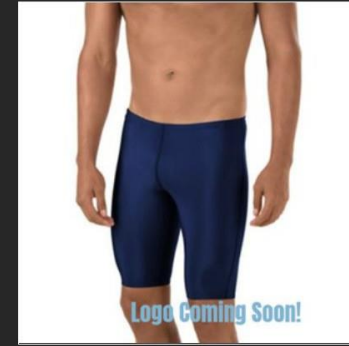


RSC Suit - Thick Strap



RSC Suit - Thin Strap

MALE



Team Suit Ordering:

Urban Tri Gear - Devyn

Phone: 630-230-9386

www.urbantrigear.com

804 E Ogden Ave, Westmont, 60559

<https://rscswim2024.itemorder.com/shop/category/160508/>

A team t-shirt will be provided to each swimmer.



REGISTRATION TEAM UNIFY



Cost for the 2024 Swim Season is \$200.00 which includes team t-shirt, end of the year coach's gifts and Fun Friday treats.

Registration for swim team is done through Team Unify.

Please use the link on the RSC website under Programs/Swim Team to enter the Team Unify website.

<https://www.teamunify.com/Home.jsp?team=ilrs>

Create an account if you do not have one already.

Emails regarding anything swim team related will be sent to you through Team Unify once the team has been chosen. Until then, notifications will be posted on Facebook and sent through the RSC membership email system.



2024 PRACTICE SCHEDULE

Practice Schedule, Tuesday May 28 - Thursday May 30

Practices will be held after school.

Swim ages 10 and under, 4pm to 4:50pm

Swim ages 11 and older, 5pm to 6pm

Summer Practice Schedule Starting June 3

Swim Ages 11+ ; 7:30-8:50 (M-Th)

Swim Ages 9 & 10; 9:00-9:50 (M-Th)

Swim Ages 8 and under; 10:00-10:50 (M-Th)

FRIDAY Practices

Fun Friday Practice Time 11+; 9:00-10:00

Fun Friday Practice Time 10U; 10:00 – 11:00

Attendance at practice is **strongly encouraged, but not required** – there is no need to let us know if your child is unable to make it.



2024 MEET SCHEDULE

2024 Meet Schedule

June 11: Cuda Classic Intrasquad Meet 12 and Under

June 13: FSSC at RSC

June 24: OBBT at RSC

June 27: LFC at RSC

July 8: RSC at SCC

July 11: RSC at VFC

July 20: Conference Meet at FSSC (By Invitation)

SWIM MEETS & RIBBONS

- Swim meets last anywhere from 2-4 hours, depending upon the size of the teams.
- **Swim meets cannot run without parent volunteers.** Registration for meets and volunteering is done through Team Unify, you must register for and complete one volunteer position or you will be fined \$50.00.
- Further details about swim meets can be found in the Guide for New Parents, found on the RSC website under Programs/Swim Team.
- Ribbons are given out for all swimmers ages 12 and under for each heat of each event.
 - Example: 8U 25-yard freestyle, has 3 heats, 8 swimmers in each heat. Each heat will have a 1st – 8th place finisher. Three blue ribbons will be given out, but only 1 swimmer will actually be the fastest overall.

CONFERENCE ELIGIBILITY

- The Conference Meet is an all-star swim meet. Most swimmers will **NOT** be on the Conference team.
- To be eligible to swim in conference, swimmers must swim in two dual meets, or be on the roster for two meets (rain out).
- Teams enter their 3 fastest swimmers per individual event, 1 medley relay per age group and 1 free relay per age group.
- Individual swimmers can swim **up to** 2 individual events and 2 relays.
- Conference team members will be notified by July 13. **The following week only the Conference Team practices.**
- **To participate in the Conference Meet, swimmers MUST attend practices during the week of July 15 and be available to attend the entire Conference Meet (typically 6:45a – 12:00p).**



WATER POLO

- Grades 2nd – 8th (Participants must have a current RSC badge).
- No previous water polo or competitive swimming experience necessary.
- The CO-ED program will emphasize the FUN, introduction of the game in a safe, easy to learn environment that will be coached by the RSC swim coaches and lifeguards.
- Water polo is great conditioning for other sports kids are active in.
- Kids can wear the swimsuits they wear to the pool. (*Speedos not required.*)
- Practices/Games: *Attendance is not mandatory.*
Tuesdays 5:00 - 6:30 pm Saturdays 8:15 - 9:30am
- Season Registration Fee is \$125 per player. (*T-shirt included with registration.*)



QUESTIONS?

ANY

QUESTIONS?

Or send us an email:

barracudas.rsc@gmail.com