

At **New England Barracudas**, we use an individual approach to develop each swimmer, taking the time to plan both short and long term programs. Barracuda swimmers are outstanding individuals. They are not only great athletes, but are scholar athletes who take the time to be actively involved in their communities. Our long term developmental strategy encourages proper social, emotional, spiritual and academic growth while guiding physical, technical and emotional development.

CONTACT

Office Voicemail: 781-894-2261

Email: NEBarracudas@rcn.com

URL: www.nebarracudas.com

LOCATION

Competitive Team & Travel Team

Regis College Pool
Weston, MA

COACHING STAFF

Reid Christen:

Owner & Age Group Coach

Jerry Moss:

Travel & Competitive Team Coach

Sue Morse:

Competitive Team & SwimAmerica Coach

**Diversified Aquatics
New England Barracudas**
56 1/2 Orange Street
Waltham, MA 02453
Phone: (781) 894-2261
nebarracudas.com

DIVERSIFIED AQUATICS

new england BARRACUDAS swimming



SHORT COURSE SEASON

**Fall-Winter 2008-2009
at
regis college pool**

DIVERSIFIED AQUATICS - NEW ENGLAND BARRACUDAS SWIM TEAM PROGRAMS

DART PRE-COMPETITIVE PROGRAM

BRONZE: Two days per week: 5:30-6:15 PM. This program is designed to be a swimmer's first introduction to the world of competition. The focus will be on development of competitive skills in a fun and interesting environment. A three-month season with occasional low key competition makes for a fun, low stress way to get involved in competitive swimming.

SILVER: Three days per week: 5:30-6:30 PM. The Silver Group is the next step up toward our New England Barracudas competitive program. Swimmers must be able to complete two one hundred-yard individual medleys with legal technique to move up from the Bronze group. The focus continues to be on development of basic fundamental skills of competitive swimming.

NEW ENGLAND BARRACUDAS COMPETITIVE TEAM

COMP 3

Up to 3 practices per week, Monday, Tuesday, Wednesday, Thursday (pick 3) 5:15-5:30 dryland 5:30-6:30 PM swimming. A 6:30-7:30 group will be added if the 5:30 group fills up. This program is intended for younger swimmers aged 7 to 10 with good basic swimming skills in all the four competitive strokes. Concentration will be on improving the basic fundamentals of the four competitive strokes. Swimmers will prepare for competition in a fun, low intensity environment. Swimmers will also begin to develop an endurance base in addition to technique work. To be eligible for this program swimmers must be able to legally complete four one hundred yard individual medleys with legal stroke technique.

COMP 4

Up to 4 practices per week, Monday, Tuesday, Wednesday, Thursday 5:15-5:30 dryland 5:30-7:00 PM swimming. This program is intended for younger swimmers aged 9 to 13 who have had previous competitive experience but are still looking for flexibility in their participation. Extensive stroke technique and basic fundamentals of competitive swimming will be stressed. Training will also focus on a progressive system of endurance development. To be eligible for this program swimmers must be able to complete four one hundred yard individual medleys with a very strong stroke technique.

COMP 5

Up to 5 practices per week, Monday - Friday 5:00-5:30 dryland 5:30-7:00 PM swimming. This program is for 11 to 14 year old swimmers with previous competitive experience, who prefer to have a more flexible level of participation. Extensive stroke technique and fundamentals will be stressed along with a moderate amount of intense endurance training.

NEW ENGLAND BARRACUDAS TRAVEL TEAM

6 days per week, Monday-Friday 5:00-5:30 PM dryland 5:30-7:30 PM swimming, Saturday 7-9 AM swimming. Weekday morning training sessions and extended weekend sessions are also available to selected swimmers. (actual number of practices each swimmer trains per week will be determined by coach) This program is open to swimmers aged 11 and up who are ready to make USA Swimming their first priority after school and family. These swimmers and their families are required to make a bigger commitment of time and energy and stay focused on USA Swimming year-round. More intense training will supplement the usual fundamentals. We will stress the establishment of proper stroke technique and solid fundamentals as a base on which we will build a program of intense and diverse endurance training as well as supplementary sprint and race pace training. A comprehensive program of dry land and strength training will also be offered.