

BARRACUDA

Bites

OFFICIAL NEWS

ON BEHALF OF THE BARRACUDA SWIM CLUB, WE WOULD LIKE TO THANK THE FOLLOWING FOR ATTENDING OUR RECENT OFFICIALS CLINIC AND STARTING THE PROCESS OF BECOMING A CERTIFIED USA SWIMMING OFFICIAL: SUSAN CHARLTON; JOHN ALLEN; REKHA KADEM; ERIC ANDERSON; AND ALLEN BRITTON.

A SPECIAL THANKS GOES TO:

- VAL LOVE AND MICHELLE HARLESS FOR RENEWING THEIR OFFICIAL CERTIFICATION
- DEB MILLS AND KEVIN RICHARD FOR TAKING THE NEXT STEP TO BECOME STARTERS

KEVIN RICHARD IS THE OFFICIAL COORDINATOR FOR THIS YEAR. IF YOU HAVE QUESTIONS OR ARE INTERESTED IN BECOMING OFFICIAL, PLEASE CONTACT KEVIN AT:

KRICHARD@EASTMAN.COM
OR BY CELL (423) 863-9283.

Congratulations Long Course All-Star Team!

Daniel Chang

Kobe Evans

Lynsey Knox

Kaylie Richard



Coming Soon...

- November 11 - 13
HOKIE Invitational
Christiansburg, VA
- November 20
Gobbler Open
Kingsport, TN
- December 2 - 4
NAC Music City Meet*
Nashville, TN
- December 2 - 4
USAS Nationals*
Atlanta, GA
- December 9 - 11
USAS Junior Nationals*
Minneapolis, MN
- December 10 - 11
BASA Winter Challenge
Bristol, TN
- December 18
BSC Christmas Party
BMS Ice Skating Rink

* Qualifying Times Required

Introducing USA Swimming's Deck Pass

Swimming has long been a sport about achievements. Now, with the launch of USA Swimming's "Deck Pass"™, a new online and mobile application, swimmers can easily connect with one another and share their achievements with other members of the swimming community.

Deck Pass™ is an innovative digital application that lets swimmers track their best times, set goals and earn digital patches for their accomplishments in the pool. It's easy, free to use and is designed to let swimmers capture what they're accomplishing in the water online and then share with their friends and family. Users can access Deck Pass™ online or via a free mobile application.

Deck Pass™ users can choose to connect their accounts with Facebook to share their swimming milestones with their friends and family. The program is also a great motivational tool that is designed to help guide to swimmers to achievements both in and out of the water. For example, if a swimmer swims a best time at a recent meet, they will automatically earn a digital patch celebrating their achievement.

While Deck Pass™ times updates are automatic for USA Swimming members, the application can be used by anyone. Whether you're a recreational swimmer, a club swimmer or even a coach, Deck Pass™ has something for everyone!

For more information go to usaswimming.org/DeckPass



Attention all BLUE and SILVER swimmers in Johnson City:

Coach Will has recently started dryland sessions with the blue and silver groups twice a week. These sessions are on Mondays and Thursdays starting at 4:45 (15 min. before practice), and are only ten minutes long. Drylands focus on four things: core strength, leg strength, flexibility, and balance. Everybody is encouraged and welcome to attend, but it is not a required part of the day's practice. No one should feel obligated to participate in the dryland sessions if they don't want to or are not able to. Swimmers and parents can contact Coach Will with any questions.