



**Barracuda Bits**  
Ashland Barracudas Swim Team  
Week of June 21



[ashlandbarracudas.swimtopia.com](http://ashlandbarracudas.swimtopia.com)

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**Colonies Meet-** Ashland defeated Colonies by a score of 1177.5-1149.5. Results by division were as follows:

**Senior Varsity:** Colonies 155, Ashland 135

**Varsity:** Ashland 92, Colonies 77

**Junior Varsity:** Ashland 99, Colonies 80

**Advanced:** Colonies 332, Ashland 263

**Novice:** Ashland 588.5, Colonies 505.5

Colonies swimmers broke 7 individual pool records and 2 relay pool records.

New Champs qualifiers were: **Evan Bellino, Grace Gordon, and Cerys O'Sullivan.**

Quadruple winners were: **Duke Flanagan, Andrew McCall, Emma Medei, Thomas Senfield, and Lucas Swager.**

Triple winners were: **Evan Bellino, Chloe Brown, Grace Gordon, Molly McCall, Parker Nixon, Cerys O'Sullivan, Hunter Schrum, and Amelia Smith.**

The following swimmers had Golden Meets: **Evan Bellino, Declan Belyea, Lucas Bongiovanni, Chloe Brown, Bowen Claytor, Bash Des Roches, Innin Des Roches, Keigen Des Roches, Duke Flanagan, Clark Glover, Samantha Hurd, Bowen Hussey, Charlies Johnson, James Just, Maya Krodel, Clara Jane Lauritzen, Miles Lucier, Gabbi Luitjohan, Jenna Ransome, Naomi Ruggieri, Hunter Schrum, Alex Sheridan, Amelia Smith, Danilo Snead, Dario Snead, Lucas Swager, Rahav Whisler, Luca Yonce, and Mya Young.**

**Burkwood Meet-** Once a year, we have to swim Burkwood. It's this Wednesday at [their pool](#). The address is 9120 Burkwood Club Drive in Mechanicsville. The Burkwood meet always runs well, as there are 8 lanes at their pool also. The coaching staffs are good friends and work well together also.

**UPDATES FROM JUNE 24:** So let's talk... it's super hot out there, and saying so is the understatement of the year. Our coaches have been in contact with Burkwood's, and our parent rep has been in contact with theirs throughout the day to try to reform the meet as much as needed to enhance the safety of swimmers, spectators, and perhaps most necessarily, meet volunteers. We don't want people sitting in the sun for hours and hours if we can arrange for them to avoid this.

First of all... use your judgment. You know your swimmers that best. If you don't think conditions are safe for your swimmers, we absolutely respect that. We do ask that if you choose to remove your kids from the meet that you let us know.

Please email me up to 4:00. If you make the decision to miss the meet after that, text us at **432-4653**. We are asking you to make every effort to do this so that we can scratch whoever is not going to be there and replace them in relays if necessary. Also... if you are signed up to volunteer at the meet and decide not to attend, please cc: Kelly Sweeney in the your email at [volunteer.coordinator@ashlandbarracudas.org](mailto:volunteer.coordinator@ashlandbarracudas.org).

Second... we are asking you to be there at 5:30. Rather than checking in swimmers individually, we will check in all swimmers who did NOT alert us that they aren't coming. In other words, while we usually use a positive check in, tomorrow we will be scratching only the kids we've heard from over the course of the day. I will submit the check in list at 5:30.

Third... warm ups. We will do this at 5:40. Since we are the away team, I do want our kids to have the chance to go off the blocks. They are a bit different from ours, and I want the kids to practice on them. I'm guessing the kids will want to be in the water ASAP anyway, and this will put them in the water soon after they arrive. Warm ups will consist of our littlest swimmers doing a start and a 25 and our older swimmers swimming a few 50s and doing a few starts. We will take our 8/under relay directly from this abbreviated warmup to the Clerk.

Volunteers (and also those who aren't working this meet)... we will begin your meetings at 5:45. Burkwood will be providing cooling towels to all volunteers, and there should be an ample supply of water for workers. If you are not working at this meet, do please pay attention to announcements during the meet. If there is a need for an Ashland replacement timer, please consider stepping in so that all of our volunteers are same.

Now some stuff about staying cool... at Burkwood, shade begins to cover the pool area around 4:00. By 4:30, most of the pool is shaded, particularly on the side of the pool where we will sit. Additionally, Burkwood is providing open access to its air conditioned clubhouse to spectators, as well as access to its upper level pool, which will be open during the meet. So you can go inside the clubhouse and/or even take a dip in the non-competition pool. Kids are not allowed to play in the other pool, but you will be able to step in, chill, cool off, etc. if you choose to. Of course, there is also the option of sitting in your cars during the meet. Again, if you're volunteering, Burkwood is providing cooling agents for you. But if you're a volunteer and become overwhelmed by heat, for goodness sakes, let someone know.

A few steps we've taken in our lineup... some of our objectives for this meet are to keep it moving as quickly as possible and make it as short as possible. Along these lines, we will have far fewer relays in both Event 1 and at the end of the meet. A disproportionate number of our older swimmers will be in 50 breast, 50 free, and either 100 IM or 100 back, the shortest and fastest events in this meet. We are also avoiding entering our youngest swimmers in events they are learning for this meet. We can get that done next week or during Week 6. We are also asking that your kids report to the Clerk immediately upon their events being called so that there is no delay at the Clerk. And of course, having kids check relays is a necessity. We'll get them posted some time after 6:30 when we are certain who is there.

Finally, don't wait until meet time to prepare for the meet. We'll be doing our part here. We will run shorter practices tomorrow morning- look for them to last 30 to 45 minutes. And we are pleading with you to send your kids to practice with water bottles. Stay inside during the day. If your kids are driving you crazy, go to a movie or check out some other indoor activity. Continue to fill your swimmers- and yourselves- with water throughout the day. And continue to fill your kids- and yourselves- with water during the meet. And when the meet's over, drink water.

- You should get your kid's events on Tuesday night, and we will notify parents of swimmers in 8/under relays at that time as well. Since this is a medley relay meet, we will have very few 8/under relays.
- For swimmers who are 9/older, we will post relay events AFTER WARMS UPS at the meet on the team banner. If you have a swimmer who is 9/older, be sure he/she checks the relay posting on our team banner to see if he/she will be swimming a relay. We will send out a notification when relays are prepared. Swimmers will need to check the following events when they are posted...
  - 9/10 year olds Event 52
  - 11/12 year olds Event 53
  - 13/14 year olds Event 54
  - 15/older Event 55
- There should be plenty of parking in the Burkwood parking lot. If you need access to handicapped parking, let the parking attendants know, and they will direct you to an alternate lot. The pool entrance is along the sidewalk path on the right hand side of the clubhouse (from the parking lot) as it is the closest to the competition pool. Here's a [parking lot map](#) with reference to reaching the pool.
- When you arrive at Burkwood, take the path down the right side of the club house to the lower pool. Seating for the away team is located in our bleachers alongside Lane 8. You may bring deck chairs for your use in the bleachers, grassy areas and pool deck near the bleacher side. Please do not sit in areas that are cordoned off. Be aware that the upper pool, kiddie pool, and tennis courts are off limits.
- The Clerk of Course will be on the far end of the pool behind the blocks. Please ask your swimmers to be mindful of the hill near the Clerk and avoid running and horseplay on it while waiting for their events to be called.
- Concessions will be available with these specifics: Hamburgers, hot dogs, chicken sandwiches, beverages, snacks, candy and ice cream will be available throughout the evening until 9:00PM. Chick-fil-a sandwiches and pizza will be available beginning around 5:30 p.m. until they run out. The Kona Ice truck will be located in the grassy area behind the blocks for the duration of the meet.
- The [sign up for volunteers](#) is available.

**Meet Absences-** The [meet absence form](#) remains open for meets 5 and 6 and the Championship meet. Please fill it out as soon as you know you are going to miss a meet.

**Jamie Hess Swim Marathon-** The swim marathon will be THIS MONDAY during practice. Kids will be swimming as many lengths as they can. Please be collecting pledges and donations, including those from former members of our team.

[Linked here is a collection of former swimmers' families.](#) There is the potential for, literally, thousands of dollars of donations in the list. Please encourage your swimmers to check it out and contact these families. Many of them have been donors for 20 years, and they expect to be asked for contributions each June. Here is what some of our swimmers have said that alumni have told them in response to being asked for a pledge or donation:

- “Check is in the mail.”
- “I was getting worried I wouldn’t have anyone reach out this year.”
- “[It] was my daughter’s favorite practice of the year when she was a Barracuda.”
- “Yes. Of course. We expect to be asked every year.”
- “You got it... good luck in the swim marathon.”
- “Contribution made... Good luck with the swim marathon.”
- “Go Barracudas!”

**Hurricanes are Coming-** NEXT Tuesday, July 1, coaches from Hanover Aquatics Hurricanes will be visiting us at 10:00 to conduct practice for our 7/over swimmers. On this day, we are inviting any 9/10 year olds who want to work with the Hurricanes coaches to attend this practice. (If your 9/10 swimmers choose to do this, do not come at 9:00 also- it’s an either/or for that day.) NOTE: Our team has a long standing policy of not endorsing any single year round program over the others, and are maintaining this policy. Hurricanes reached out to us, however, to schedule this session. We have also hosted other year round teams in the past and would do so in the future if solicited.

**Senior Night Reminder-** A reminder to parents of our 2025 graduates. We will have Senior Night during the Wyndham meet on July 8. If you have not submitted the [parent survey](#), please do so now.

**Mark Your Calendars for the Banquet-** Our team banquet will be Wednesday, July 16 at the pool, beginning at 6:00. We’ll be at the pool for dinner, awards, float races, and free time in the pool. Stay tuned for more information.