

High School Prep Team

High School swimmers (approximately 13-18), ALL abilities and levels. High School Prep Team meets 3-4 times a week for 1 hour long scheduled practices. This team is available for seven weeks only during the months of October and November for the boys and June and July for the girls. The emphasis is on (maintaining/developing) conditioning for high school swimming (both in and out of the water) and teaching proper stroke techniques and skills. The ultimate GOALS are for the swimmer to go to their high school team in good shape with the skills necessary to contribute to their success and to join our senior team in future seasons. Swimmers on the High School Prep team may only participate in "BLA Triangular Practice Meets." The High School Prep team is offered at a flat fee rate per season (in addition to U.S.A Swimming fees), and will not be pro-rated by start time of the swimmer.

No swimmer who starts the season on the High School Prep Team or the Senior Team can transfer between the two teams after the season begins. One exception to this rule is that a swimmer who is "NEW" to the Barracuda Aquatics Club program may transfer between the two teams within the first two weeks, with the coach's approval.