



J.C.C. Barracudas Newsletter

Dear Parents

The JCC's Friedenbergl Olympic Pool would like to welcome everyone back from the holidays! We are happy to see everyone back in the water and ready to perfect their swimming skills.

As we move to the new year, we hope that parents take advantage of the opportunity to take **private swim lessons!** Having one on one attention in the water allows for specific needs to be met to improve swimming skills and

strokes. Please contact the aquatics office if you'd like to schedule private swim lessons.

We are lucky that for the next few months we have **no pool closures!** This means that we will have regularly scheduled practices Monday through Friday with no interruption of pool closures. To look ahead for your swimmer, please note that the Barracuda swim program offers our Elite level. This level practices Monday through Friday

from 5:45 pm to 7:00 pm. This workout is specifically designed for older swimmers who need to perfect their swim skills in order to try out for a competitive swim team or to get ready for a high school swim team. If your swimmer is ready or you have a swimmer who might be interested, please contact the aquatics office to sign up!

Have a great month!

Coach's Corner

From Coach Jessica!

Each week we will be focusing on a specific stroke. We have already gone through freestyle and have begun to work on breaststroke. Throughout the next three weeks we will work on backstroke, butterfly, and improving endurance.

Dont forget to check out the February Events! February 12 is Bring a Friend Friday so

please bring any water-safe friends who might be interested in joining our team. We will be swimming and playing games. Practices will be at the regularly scheduled Friday practice time.

I will be holding a swim clinic Sunday, February 21, from 12:00 to 2:00. Swimmers may come at any time during that period and they will get a chance to work one-on-one with me in

the water. Swimmers will get to spend 10-15 minutes with me depending on how many swimmers are waiting.

Also, as always please feel free to email me with any questions or concerns:

petzold@rohan.sdsu.edu



February 2010

Swimmer of the Month!

Bronze: Kevin L.

Kevin always comes to practice on time if not early. He is always energetic and ready to hop in the pool.

Silver: Sumedh B.

Sumedh has been working very hard and he comes to practice regularly. He is always eager to swim the next set.

Gold: Siena M.

Siena has only been apart of the Barracudas for a few weeks and has done extremely well. She always has a good attitude and attends team events.

February Events!

Friday, February 12

Bring A Friend Friday

Sunday, February 21

Swim Clinic

10-15 minute one-on-one sessions with Coach Jessica