

BAC TEAM LEVELS

Developmental

Swimmers that are new to competitive swimming or are working towards stroke proficiency. The Developmental team meets three times a week for 1 1/4 hour long practices. The emphasis is an introduction to the sport of competitive swimming.

Age Group I

Swimmers that have graduated from the Developmental team and/or are 8 years old or younger that are proficient in all four competitive strokes. Age Group I meets 5 times a week for 1 hour long practices. The emphasis is on stroke technique and skill development.

Age Group II

Swimmers that have graduated from the Developmental team, Age Group I or are proficient in all four competitive strokes. Age Group II meets 5-8 times a week for 1 1/2 hour long practices. The emphasis is on stroke technique, skill development and the introduction to specific training methods.

Senior

Swimmers 12 or 13 years of age or older that have graduated from the Age Group program or have had some previous experience in competitive swimming. Senior team meets 5-9 times a week for 2 1/2 hour long practices. The emphasis is on training, performance and development.

High School Prep

High School swimmers, all abilities and levels. High School Prep meets 3-4 times a week for 1 hour long practices. It is offered only during the fall and summer months. The emphasis is on conditioning and teaching proper stroke techniques and skills.

BAC PRACTICE FACILITIES

Oak Grove Middle School
1300 West 106th Street
Bloomington, MN 55431
(Enter through Door "D")

Shakopee Jr. High School
200 East Tenth Avenue
Shakopee, MN 55379
(Enter through Activities Door)

Olson Middle School
4551 West 102nd Street
Bloomington, MN 55437
(Enter through SW "Pool" entrance)

Bloomington Family Aquatic Center
201 East 90th Street
Bloomington, MN 55420
(Enter through west entrance)

Barracuda Aquatics Club



**A USA Swimming
competitive swim club
serving the Bloomington &
Shakopee communities for
over 45 years!!**

BAC Hotline : 952-884-3703
E-Mail : MNFEDCUDAS@aol.com
Web Site : offtheblocks.org/barracuda/

Barracuda Aquatics Club



SIGN UP ANYTIME!

Swimming For The Future

DESCRIPTION & OBJECTIVE

The Barracuda Aquatics Club offers a year-round competitive swim program open to swimmers age 6 and up. BAC is a member of USA Swimming and Minnesota Swimming Inc. We are a non-profit parent run & coach directed program striving to offer the best possible conditions for beginning competitive swimmers to national qualifiers.

When a young person becomes a member of the Barracuda Aquatics Club he/she learns the value of sportsmanship and team work. We believe in a positive attitude, both in competition and throughout all aspects of training and preparation. We emphasize the values of true sportsmanship and the importance of team spirit & team pride.

HISTORY OF BAC

Barracuda Aquatics Club was founded in 1960. At that time, and up until 1993, it was known as Bloomington Aquatic Club.

The club was formed by a small group of parents, six swimmers & Cliff Gonyer, the Bloomington Lincoln High School swimming coach. In 1993, the club was dissolved and a new charter was applied for to create the Barracuda Aquatics Club. This was in a large part due to the growth of the club in the city of Shakopee. In 1997,

BAC joined Richfield Swim Club & WEST Express Swim Team to form Minnesota Federated Swimming for swim meets. Finally, in 2003, Dolphin Aquatic Team joined the MFS which resulted in MFS changing it's name to Blackline Aquatics.

BAC has a long standing reputation for providing a quality competitive swim program. We have consistently qualified swimmers for the State, Sectional & National Championships.



BAC COACHING STAFF

Head Coach-Jeff Lee

Jeff has been coaching competitive swimming since 1989. He has been with BAC since 1993 and was named the head coach in 1998. He swam competitively for 17 years qualifying for the USA Olympic Trials in 1987. Jeff swam for Richfield High School & the University of Wisconsin-Madison.

Head AG Coach-Shea Macnabb

Shea started his coaching career with BAC in the fall of 2006. He came to us from Team Foxjet where he was working with their Developmental Team. Previously, Shea was a Head Coach in Arizona for a USA Swimming Club for 4 years.

AG Asst. Coach-Allen Lundberg

Allen joined BAC as a coach in the fall of 2003. He swam competitively for 11 years, which included swimming for Mpls. Southwest High School, where he is a member of two record breaking relays. Allen swam one year for Gustavus Adolphus College. He has a degree in Elementary Education from Augsburg College.

Dev. Coach-Victor Fox

Victor joined BAC as a coach in the winter of 2007. Victor swam Curl-Burke Swim Club in the Washington D.C. area for 6 years. He also swam for the University of Delaware and for Broward Community College in Florida. Victor also was an ocean lifeguard and competed in lifeguard competitions around the world for 6 years and was ranked the #1 lifeguard in the country.

Dev. Coach-Teri Kotilinek

Teri joined BAC as a coach in the spring of 2006. She swam competitively for 16 years with the St. Louis Park Swim Club, Burnsville and Mpls. Southwest High Schools and at Minnesota State University-Mankato.

Masters Coach-Jennie Lee Burns

Jennie joined BAC as a coach in 1998. She swam for Richfield High School and competed at the State level earning numerous All-State honors. Jennie graduated from the University of Wisconsin-Madison.

BAC PRACTICE SCHEDULES

Spring/Summer Season

During April & May-Weekday afternoon or evening practices at one of our indoor pool facilities for all teams. Saturday morning practices for Age Group and Senior teams on non-competing weekends only. Weekday early morning practices for Senior team.

During June & July-Weekday morning practices at the Bloomington Family Aquatic Center for Age Group and Senior teams. Weekday afternoon practices at one of the indoor pool facilities for Developmental, Age Group, Senior and High School Prep teams. Saturday morning practices for Age Group & Senior teams on non-competing weekends only.

Fall/Winter Season

During September through February-Weekday, late afternoon or evening practices for all teams. Weekday morning practices for Senior team. Saturday morning practices for Age Group & Senior teams on non-competing weekends only when pools available. Developmental team has two sessions during this season. Session #1 starts in September; Session #2 starts in December.

Barracuda Aquatics Club

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