



SOUTH BRIAR SWIM TEAM

Cuda Stroke Clinic

The Barracuda Stroke Clinic (cuda clinic) is a supplemental series of semi-private, 45-minute practices with a low coach to swimmer ratio, allowing for more individualized, focused attention.

Coaches focus on one stroke per clinic (freestyle, backstroke, breaststroke, butterfly), with an additional clinic dedicated to starts, touches, turns, and dives. Each clinic works to reinforce good swim habits, while increasing proficiency with the stroke, and ultimately reducing the chance of a disqualification (DQ) during meets.

Cuda clinics are offered for an additional, per clinic fee, and are available on a first-come, first-served basis. The number of spots for each clinic is 10 but may vary based on the number of coaches available for the clinic.

Swimmers interested in attending any of the cuda clinics should have already have a demonstrated ability to swim and compete in the applicable stroke.

Cuda clinics are NOT private lessons, swimmers will receive coaching alongside other swimmers. Cuda clinics are not intended to provide beginner swim instruction. Instead, our sister program, Cudas-In-Training is targeted to new and beginner swimmers (ages 4 – 8) who may still need assistance to swim across the pool independently.

What else do you need to know?

Q. How much do the clinics cost?

A. Each clinic costs \$15 per swimmer and payment must be made in advance of swimmer participation.

Q. How do I sign up for a clinic?

A. Visit the Stroke Clinic Registration page of the team website to view and sign up for available clinics:

<https://www.beacuda.com/stroke-clinic-registration>

Q. How long are the clinics?

A. Each clinic lasts for approximately 45 minutes. Swimmers should show up a few minutes early to prepare and be ready to enter the water on time.

Q. How many spaces are available for each clinic?

A. The maximum number of spaces is capped at **10**. However, in some cases, fewer than 10 may be offered, based on the number of coaches available to run the clinic. We try to maintain a low coach to swimmer ratio to maximize the focus and attention given to the swimmers.

Q. Can I sign up my swimmer for more than 1 clinic?

A. Yes! Swimmers can sign up for as many clinics as needed.

Q. What if the clinic I want is full/not available, can I just show up at the scheduled day/time?

A. No, only swimmers with a confirmed reservation for the clinic may show up. As clinics fill up, you may add your name to the waitlist. If an opening for the clinic becomes available, we go to the waitlist and offer the space based on the order waitlist sign ups were received. To avoid disappointment and/or disruption to the clinics, parents are advised NOT to show up unless you have a guaranteed spot.

Q. Who should sign up for clinics?

A. Any Barracuda swimmer who wants focused practice on a particular stroke or technique, with the goal of increasing proficiency and speed should consider signing up for a clinic.

Q. What if I'm not sure clinics are right for my swimmer?

A. Talk with the coach – just not during regular practice. Please wait until after practice to reduce disruption to other swimmers during their practice time. Coaches may recommend attending a particular clinic if they determine a clear benefit to the individual swimmer.

Q. My swimmer hasn't yet learned one or more strokes. Can they attend that clinic?

A. In short, no. The clinics are specifically designed for swimmers that already have an ability to swim and compete in the stroke. To learn a particular stroke, consider our sister program, Cudas-In-Training or talk with the coaches about scheduling private lessons.

Q. What's the refund policy?

A. As spaces are limited and your place is guaranteed at the time you register for the clinic, no refunds will be given unless we are able to fill your space from the waitlist.

Q. What if the clinic I registered and paid for is cancelled?

A. In the event we have to cancel a clinic, we will make every attempt to reschedule the clinic. If that is not possible, we will refund payments.

Q. What if I have other questions?

A. Just get in touch with us via email: sbbarracudas@gmail.com or find us in person on deck. We will gladly chat through your concerns and questions.