



Welcome to the Home of the Park Terrace Penguins

5500 Parkfield Court, Sacramento, CA 95822

916.448.2896

This letter will provide you with information about the Park Terrace facilities, parking logistics, swim meet schedules, visiting team area, and volunteer responsibilities, as well as key contact information. We look forward to a successful 2023 SSL season and wish all our swimmers good luck!

FACILITIES: Park Terrace, opened in 1953 as a member-owned swim and tennis club, has a six-lane, 25-yard pool. Restrooms and showers are located in the locker room, with additional bathrooms for non-swimmers located in the clubhouse. All swimmers should stay out of the clubhouse. During swim meets, the hot tub is off limits. The dive pool may be used strictly for warm up and warm down by swimmers ages 13 and up. If swimmers misuse their diving pool privileges, we will shut down use of the pool for the rest of the meet.

EVENT ENTRY: Due to the size of our pool, we limit entries in long free and IM to 6 swimmers from each team, for a total of two heats. We run one heat of each of the relays.

PARKING: During swim meets, we have limited parking and are restricted from parking in the neighborhood immediately adjacent to the club on Parkfield Court. When you arrive in the morning, you may drive down Parkfield Court and drop off swimmers and gear, but if the Park Terrace lot is full, you will need to turn around and find alternate parking. We will have parking lot attendants working in the morning to provide guidance and ensure pedestrian safety. Some off-site parking suggestions are:

- John Cabrillo Elementary School – 1141 Seamas Avenue (around the corner from PT, there are 65-70 spaces)
- Across Seamas Avenue on Delcliff Circle or around the corner on Danjac Circle (please do not park in front of driveways)

SCHEDULE: We will start swim meets at Park Terrace as close to 8:15 am as possible. Please review the schedule below so that swimmers have enough time to get checked in and warmed up.

- 6:30 am Gates are unlocked

- 6:45 am Check-in begins
- 7:00 am-7:30 am Penguin warm-up period
- 7:30 am-8:00 am Visiting Team warm-up period
- 7:15 am Coaches scratch session begins in the clubhouse
- 8:00 am Team meeting and cheer
- 8:05 am National anthem
- 8:15 am-2:00 pm Swim meet (ending times will vary)

TEAM AREA: Our visiting team area is located along and behind the back tennis courts past the bocce ball court. To get to this area you must walk through the entrance to Park Terrace and follow the sidewalk along the south side of the pool along Lane 6. ***We encourage families, both home and away, to share tent space, as total lawn space at Park Terrace is limited.***

Coaches tables are set up on the south side of the pool. Please limit the number of coaches to 4 and keep only minimal belongings with coaches, tucked under the table. This is a high-traffic area.

READY BENCH: We will offer a joint ready bench, located at the northeast corner of the facility next to the dive pool. We will only be checking in swimmers 6&U thru 9-10's. Relay teams are requested to only check in once they have all of their swimmers with them.

- Away team volunteers: Please provide **8 ready bench volunteers** throughout the day to work with our ready bench team. The area will have a shade cover and seats.
 - 4 volunteers for the morning shift (events 1-41, the start of meet through the end of the 15-18 100 freestyle)
 - 4 volunteers for the afternoon shift (events 42-83, the 6&U 25 backstroke through the end of the meet)

TIMERS: Park Terrace has a 6-lane pool that will have 3 timers per lane. There will be a timers meeting called around 7:40 AM by the dive pool. The area behind the blocks will be busy, so please make room for swimmers and meet officials.

- Away team volunteers: Please provide **18 timers** to work with our team's timers.
 - 9 timers for the morning shift (events 1-41, the start of meet through the end of the 15-18 100 freestyle)
 - 9 timers for the afternoon shift (events 42-83, the 6&U 25 backstroke through the end of the meet)
 - We will provide light hospitality snacks and drinks for timers, coaches, and other meet officials.

STROKE AND TURN: We have **4 stroke and turn judges on deck throughout the entire meet** – 2 judges from Park Terrace and 2 judges from the visiting team. It is up to your stroke and turn team to decide how they staff the pool. There will be a stroke and turn meeting called around 7:30 AM by the snack bar.

FOOD & BEVERAGES: We open our snack bar early in the morning with light breakfast items and keep it open all meet for snacks and drinks. We will start the BBQs mid-morning for a variety of food options, including tri-tip sandwiches and burgers. Please bring cash for the snack bar.

COACHES LUNCHE: The Park Terrace Penguins will host the visiting team to lunch on the day of the meet. Our league representative will deliver food tickets on the morning of the swim meet for each coach.

PARK TERRACE PENGUIN CONTACTS:

- Park Terrace Main Office: 916-448-2896
- Penguins Aquatics Director: Janet Riggs
- Penguins Head Coach: Hannah Widman
- Aquatics Committee Chair: Niki Woodard
- SSL Representative: Brian Moore
- Meet Referee: Nathan Barankin
- Head Stroke and Turn Judge: Meredith Nikkel
- Head Starter: Tricia Ouchi
- Head Timer: Shelly LaGrande
- Ready Bench: Katie Bruner

We look forward to a fantastic meet!

