



Cordova Blue Marlins

2022 Team Handbook



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Welcome!

On behalf of the Cordova Recreation & Park District (CRPD), the coaching staff and the Parent Board, we want to welcome everyone to the 2022 Cordova Blue Marlin Swim Season!

The Marlins are a part of the Valley-Foothill Competitive Aquatic League (VFCAL) which is comprised of teams from the greater Sacramento area and foothills. Most of the teams are represented by city or special district recreation professionals. Teams include Placerville Dry Diggin' Dolphins, Auburn Robolos, Orangevale Tiger Sharks, Arden Manor Pirates, Lifetime Sugarbears, Rio Linda-Elverta Aqua Knights and the Woodland Wreckers.

As the league representative, Susie Patterson presents ideas set forth by our team. We look at how the rules and philosophy of the league match with our agency philosophy and what is best for our swimmers. Our focus on the league level is to make it the best it can be for our swimmers.

Here at CRPD we want every child to benefit from the program. For some, the benefit is an introduction to a new sport and personal improvement. For others, it is purely social and making lifelong friendships. No matter the reason you chose the Blue Marlins, the coaching staff and management try to meet everyone's expectations while following the League and the CRPD's philosophies.

The coaching staff and the CRPD are here for you. Please let us know if you have any questions. We are all looking forward to a wonderful summer of fun, memories and great swimming!

Enjoy your season –

Brandi Dionne (she/her)
Recreation Supervisor II
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916-369-9844

Susie Patterson (she/her)
Recreation Coordinator
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916-369-9844

How the program works... Who's Who on deck and where do the fees go!

Cordova Recreation & Park District

The Cordova Blue Marlins Swim Team is a recreational swim team offered by Cordova Recreation & Park District (CRPD). The registration fees (\$255) go to CRPD. CRPD uses those fees and is responsible for:

- Hiring, scheduling, training and paying coaches and lifeguards
- Determining the practice times and dates
- Representing the team at the VFCAL (swim league) meetings
- Paying for league fees
- Purchasing equipment and supplies to run the program

Blue Marlin Volunteer Parent Board

The Parent Board works with the CRPD to enhance the experience for both the swimmers and their families. The main priorities of the Parent Board include:

- Communicating with families through the Team Unify website and email system
 - This is the Parent Board's main and preferred method for communication
- Maintaining the family folders to keep swimmers and families informed about important events and information
- Organizing volunteers to run swim meets during the swim season
- Monitoring sign-ups for swim meets on Team Unify website to allow swimmers to sign up for upcoming meets
- Coordinating social events to allow swimmers/families to make new friends

- Raising money to pay for supplies necessary to run swim meets, end of season awards, social events and purchase new training equipment to enhance the purchases made by the CRPD

Families are also required to provide a check for \$200 as a deposit to ensure that they meet their volunteer requirements. Once the family meets all volunteer requirements, the check will be destroyed. If families do not meet the volunteer requirement, the check will be deposited into the Parent Board account to be used as needed for equipment, supplies, etc. PLEASE CONTACT VOLUNTEER COORDINATORS AT THE BEGINNING OF THE SEASON IF YOU ANTICIPATE NEEDING ASSISTANCE OR HAVE TROUBLE FULFILLING ANY VOLUNTEER HOURS, AS THEY MAY BE ABLE TO HELP FIND WAYS TO MEET YOUR REQUIREMENT.

Blue Marlin Parent Board Members

President:	Carol Kraus	Volunteer Coordinators:	Erin Seymour/Jennie Dressler
Vice President:	Rachel Matzinger	Computer Coordinator:	Dan Athey
Treasurer:	James Cazier	Publicity/Recruitment:	Tammy Sharratt
Secretary:	Laura Smirnov	CRPD Representative:	Brandi Dionne
Registrar:	Tanya Kohler	VFCAL Representative:	Susie Patterson
Social Coordinator:	Elicia Bennett	Head Coach:	Matt Haven
Fundraising Committee:	Amy Mmagu Laura Quezada		

To email a Board Member, you have 4 options:

- Reply to an email sent from the team
 - Even if it is NOT about the subject you need to discuss or from the Board Member you need talk to, the Board Member who receives it can forward it as needed
- From the team website www.cordovabluemarlins.com
 - Click on "CONTACT US" located just above our logo on the left-hand side of the page
 - Three Board Members receive emails, including the Parent Board President, Carol Kraus
- From the team website, select the "Coaches/Board" tab to the right of the main picture
 - Scroll to the bottom of the page (past the coaches), you will find a list of the current Board Members along with a button to send an email
 - If you use this option, make sure that your return email is correct
- Send an email to the Parent Board at bluemarlins@outlook.com
 - This email only gets checked once a week

The Board has been busy planning and arranging for fun, family friendly events. We are still in the process of finalizing the details for many of these events, check the website for more information. If you have any suggestions for social events, please feel free to let us know. During the season, the team website will be the best place to find the most up to date information for events.

Non-Discriminatory Statement

The CRPD and the Cordova Blue Marlins are committed to ensuring equal opportunities for all participants in our programs. CRPD programs and activities shall be free from discrimination, including harassment, bullying and

intimidation, on the basis of actual or perceived disability, gender, gender identity, gender expression, nationality, race or ethnicity, religion, sexual orientation or any other characteristic that is contained in the definition of hate crimes set forth in Section 422.55 of the Penal Code.

Swimmers who identify as transgender, non-binary or gender-non-conforming are welcome to swim with the group they prefer. Once a swimmer has identified which group they will swim they must remain in that group for the remainder of the season.

When a current minor athlete transitions and wishes to compete in their gender identity, the athlete or their designee should request a change of the athlete's gender by contacting the Recreation Supervisor at the CRPD. Once this process is completed, the athlete will be able to be entered and compete in events that match their gender identity.

The CRPD follows recommendations provided by USA Swimming, recommendations can be found at:

https://www.usaswimming.org/docs/default-source/diversity-inclusion/5.-other-related-documents/recommended-practices-for-gender-diverse-minors.pdf?sfvrsn=c32c5332_20

Family Responsibilities

Families are a vital part of the Cordova Blue Marlins. Without your support, we would not be able to have swim meets, fundraisers or social events. As a family, you will need to make sure that your swimmer(s) arrive to practice on time with the necessary equipment, such as, swimsuit, goggles, towel, shoes and extra clothes (if needed) for after practice.

Support and encouragement are other important responsibilities for families. Swimmer(s) may struggle with a hard workout or the fact that they are not on the "A relay," but when the family encourages and supports the child, reminding them that hard work pays off in the end, the child usually continues to enjoy the season.

Another critical aspect for all families is to stay informed! It is essential to the organization, that all families stay informed by reading all emails that we send out and by reviewing the information posted on the team website at www.cordovablumarlins.com. Information about social events, changes to practice times, swim meets and sign-ups for completing required volunteer hours can be found on the team website. Please understand that we do our best to put the information out for all families to see, but you need to be responsible for collecting and acting upon the information. As an added feature, our website also works with a free app, *On Deck by Team Unify*, for your phone that will allow you to access several features of the website directly from your phone, including the volunteer shift sign-up and accessing your swimmer times at previous meets.

Volunteering

Volunteering is your greatest responsibility; it's a fun way to learn and be part of the team and sport. The majority of your required **20 volunteer hours** will be filled at swim meets, but occasionally there are other opportunities as well. The Parent Board asks that each family provide a \$200 volunteer deposit, payable to the *Cordova Blue Marlins*, at the time of registration.

- **IT IS YOUR RESPONSIBILITY** to complete these hours. *If you need additional assistance on figuring out how to do this, please contact the 2022 Volunteer Coordinators about how the program works and how you can sign up to help.* There is a link to their email address on the team website under the *Coaches Tab*.
- YOU MUST VOLUNTEER FOR **AT LEAST ONE SHIFT AT EVERY DUAL MEET** IN WHICH YOUR CHILD SWIMS. Also, by the end of the season, each family needs to have contributed **at least 20 hours**.

- Your hours MUST include one (1) shift per participating dual meet, one (1) shift at the Champs meet in July **AND** one (1) set-up or take down during the season.
- If you are not planning to attend the Champs meet and would like to request an exemption, you must **EMAIL** the Volunteer Coordinators no later than **6/13/2022**. The Volunteer Coordinators will present your request to the Board for approval. **ALL requests must be made in writing.**
- Failure to check in with the Volunteer Coordinators and/or work your scheduled job or find a replacement may result in the loss of your \$200 volunteer deposit.
- Vacation plans or issues signing up for shifts using the team website are **NOT** valid reasons for failing to meet your volunteer commitment requirements.
- Once the Championship meet is over, the Board will meet and determine whose check will be shredded and whose check needs to be deposited.
- Checks returned for non-sufficient funds (NSF) received by the Cordova Blue Marlins will require a new payment via money order and shall include an additional \$20 to cover the additional expense incurred by the Board. Payment must be received within 10 days of notification from the Cordova Blue Marlins.

Swim Meet Volunteer Job Descriptions

Each family must volunteer at every meet in which a child swims, totaling at least 20 hours for the season. This time includes one 2-hour shift at the VFCAL championship meet (“Champs”) AND at least one set-up or takedown shift. Some volunteer positions require special training, which will be provided before the start of the season and/or during the Blue & Gold Meet in May. Volunteers filling those jobs marked with “*” are expected to work the same job throughout the season, including at Champs. Other jobs (except as noted such as set-up, takedown, timers, ribbons) are divided into shifts, each receiving 1-3 hours, during a meet.

NEW PARENTS: There will be an “open-house” parent meeting during practice time on Wednesday, May 6. This is a chance for new and returning parents to learn and understand all volunteer jobs.

Volunteer Jobs - No Season-Long Commitment

Positions listed below do not require experience, unless noted.

Set-Up (all meets) - Arrives early to help set-up items needed for the meet including tents, timing system, tables and needed supplies. Need 5 - 10 people for 1 - 2 hours. Arrive at 6 a.m.

Timers (all meets) - There are three timers in each lane at each meet; home and away. Timers operate the plunger or stopwatch to time each race. One timer in each lane also manually records the stopwatch times. *Training is given at the start of each shift.*

Lane Runner (home meets) - Collects written timesheets from timers throughout the meet and brings them to the Computer Operator. Also posts results provided by Computer Operator.

Hospitality Servers (home meets) - Passes out food and drinks to volunteers during the meet.

Ribbon Writer (home meets) - Puts labels on place ribbons and sort into swimmer folders.

Snack Bar (home meets) - Sets up and sells food. The snack bar is coordinated and supervised by the Board Vice President.

Griller (home meets) – Sets up and cooks/grills food for breakfast and lunch menu. *Must know how to use a gas grill.*

Team Wear Sales (home meets and some practices) – Sets up and sells spirit wear. The team wear booth is coordinated and supervised by the Board Vice President.

Take Down (home meets) - At the conclusion of the meet, helps disassemble tents, timing system, tables, etc. and store in the team area. Need 5 to 10 people for about 1 hour.

Volunteer Jobs - Season-Long Commitment

Positions marked with an (*) asterisk run most smoothly when consistent volunteer(s) oversee the position, therefore if you choose one of these positions, please commit to volunteer at all meets your swimmer is swimming. Positions listed below required noted experience.

***Head Age Group Parent (all meets)** - Assists all Age Group Parents with the meet boards, pens, team tent banners and other supplies. Provide training and support to new Age Group Parents. *Experience as an Age Group Parent is helpful.*

***Head Set Up Coordinator (all meets)** - Oversees and directs swim meet and team area setup. Arrive early to direct set-up items needed for the meet including tents, timing system, tables and needed supplies. Arrive at 6 am.

***Age Group Parent (all meets)** - Depending on number and age of swimmers, 1 to 2 parents will be designated as the team parents for that age group. Responsibilities include keeping a board updated with each swimmer's heat/lane assignments, marking swimmer's arms with event-heat-lane assignments and bringing swimmers to the starting block area or ready bench in time for their events. *No experience needed, although knowing what to expect on meet days is helpful. Volunteer for the age group of your own swimmer.*

***Announcer and Assistant Announcer (home meets)** - Uses the PA system to keep spectators and swimmers updated on in-progress and up-coming events as well as other announcements when asked by coaches or the Meet Director. *The announcer should be experienced in meet operations as well as public speaking.*

***Head Timer and Assistant Head Timer (home meets)** - Ensures that Marlins timers are present for each shift. Trains all timers at the start of their shift on the proper operation of their job duties. Assist the Meet Referee, Starter and Computer Operator with testing the timing system. *The Head Timer needs prior experience in timing swim meets.*

***Starter and Starter Assistant (home meets)** - Conducts the start of each race during the meet. The assistant serves as a backup and helps start the race clocks. *Experience in meet operations is desirable. Instructions are provided by the League before the start of each season.*

***Computer Operator Assistant (home meets)** - Assists the computer operator (Board Position) during the meet. *Experience in meet operations is desirable.*

***Hospitality Coordinator (home meets)** - Plans, shops and prepares snacks for volunteers at home meets.

***Head Stroke & Turn Judge (all meets)** - Ensures the team has enough trained Stroke & Turn judges during the meet. Assists the Meet Director/Referee in placing of judges and review of infraction signals. *Must be a trained Stroke and Turn Judge with several years experience.*

***Equipment Coordinator (all meets)** - Transports equipment to and from swim meets. Need to have personal vehicle capable of pulling the team trailer.

Stroke & Turn Judges (all meets) - Observes the swimmer's starts, strokes and/or turns to ensure the swimmers are following the rules for that stroke. In the event of a violation, the judge gives a signal and notes the infraction on paper.

Knowledge of proper technique for racing strokes is desirable. Training is required and provided before the start of each season.

Swim Meet Logistics

Saturday Dual Meets

These meets take place on Saturdays and are open to all active team members. **Swimmers MUST check in between 6:30 - 7 a.m.** (any swimmer not checked in by 7 a.m. will be scratched/removed from the meet). After check-in is complete, the coaches will rearrange the swimmers/events to fill any holes left by absent swimmers. We need to aim for ZERO scratches/absent swimmers. Once the scratch session is started, additions cannot be made. The meet will start at approximately 8:30 a.m. and will end at approximately 2 p.m. depending on the number of races for the day. Swimmers are awarded ribbons based on how they finish in their heat, 1st through 8th place, unless disqualified (DQ'd), regardless of the heat they swim in.

Who swims and what do they swim?

The coaches will determine who swims what events according to individual goals and abilities. "Seeding a meet" consists of placing the swimmers in events that will benefit them AND the team. The benefits may be to help them achieve a goal, try a new event, get a time and/or to earn points for the team. This is a very time-consuming process and it must be completed by the Tuesday evening prior to the swim meet to be sent to the opposing team for lane assignments. You can sign up your swimmer as soon as the meet is listed on the website, but **it is VERY important that you use the team website to sign your swimmer up for the meet by 9 p.m. on the Monday of the week it is in. Failure to sign up using the Team website may result in your swimmer being unable to swim. Once the meet is seeded, only scratches can be made.**

If you sign up for a meet and discover your plans have changed, you can use the team website to uncommit your swimmer before 9 p.m. on the Monday the week of the meet. If it is later than Monday, please email the Head Coach, Computer Coordinator and the Volunteer Coordinators as early as possible. The Cordova Blue Marlins are a TEAM that is made up of individuals, each individual has a place on the team and each individual is important. Therefore, when a child does not show up at a meet without alerting a coach, it often necessitates changing an entire seeding sheet prior to the start of the meet, delaying the start of the meet. This is unfair to the other swimmers and opposing team. Also, if you need to leave a meet early, please talk to the Head Coach AND the age group parent PRIOR to leaving.

League Championships (Champs)

Champs is open to all swimmers who are registered with the League and have competed in at least 2 dual meets. The Champs meet is on Saturday, July 23. Unlike dual meets, CHECK IN must be completed by 6:30 a.m. to ensure the Head Coach can attend the scratch session with the coaches from the other seven (7) teams. The meet will begin at approximately 8:30 a.m. and may run as late as 6 p.m. The swimmer's times are used to determine place. There are no ribbons for each flight/heat as there are in the dual meets. Swimmers can swim a maximum of three (3) individual events and two (2) relays. Medals are awarded for 1st – 3rd place. Special duet ribbons are given for 4th - 10th place.

Swim Meets - Race Day

The swimmers must check in at the meets by 7 a.m., ready to swim. Once they check in, they should go to the team area and find their age group. It is important that swimmers stay with their age group, this saves time in getting the swimmers to their events.

The coaches will let the swimmers know when it is time for warm-ups and when it is time to gather for the team cheer. The meets will start at 8:30 am.

There are two basic categories of races: individual and relay. The individual events vary in distance by age group. The basic events include freestyle, backstroke, breaststroke, butterfly and the individual medley (I.M., which consists of one length of each of the four strokes). The relays, freestyle and medley, consist of four swimmers from each team

swimming equal lengths. In the freestyle relay everyone swims freestyle and in the medley relay, each swim a different stroke.

An official Starter starts each race which is indicated by a buzzer/strobe light. Swimmers are called to the area behind the blocks, for their race at least two events prior to the one that they are swimming. The age group's Team Parent will bring the younger swimmers to that area. Younger swimmers need to let their Team Parent know where they are sitting during the meet. The older swimmers will need to get themselves to the area when they hear the "First Call" for the event. It is important swimmers are near the starting area before their race is called to the blocks. Once their event and heat are called to swim, the Starter will blow a whistle, telling them to step up on the block (or to enter the water for backstroke). **Once the whistle is blown, the swimmer has 30 seconds to be up on the block. If they are not in the area, they may be too late to make the 30-second time limit and may miss their race.** Swimmers can be given a "False Start" if they jump off the block before the buzzer is set off or if they hold up the start of the race.

There are two Stroke & Turn Judges from each team at each end of the pool, watching the swimmers' strokes, turns and finishes. Illegal strokes, turns and/or finishes may be an advantage to the swimmer and therefore the judges disqualify (DQ'd) swimmers doing illegal strokes, turns and/or finishes. Swimmers who are DQ'd will not receive a ribbon. The coaches will discuss disqualifications during practice. If your child is DQ'd, please encourage them to work with the coach on that stroke. This is a learning experience and sometimes we need to learn through our mistakes.

Swimmer Responsibilities

The following is what is expected from the swimmers:

- Follows the directions of the CRPD staff, coaches and other responsible adults
- **Attends practice on a regular basis**, arrive on time and wait for a coach to give directions to enter the pool
- Uses equipment and facilities appropriately (including locker rooms, we are responsible for keeping them tidy)
- Provide your own suit, goggles, cap and towel
- **Communicates with your coaches!** Let your coach know if you must leave the pool or pool area during practice (going to the restroom or leaving early) and when you know that you will be unable to attend a swim meet
- Participate in meets and time trials when asked by a coach; if you are unable to attend, please notify your coach as soon as possible
- Provides own transportation to and from the meets and social activities
- Aids in setting up and putting away all equipment
- Takes an active role in promoting the positive aspects of the Cordova Blue Marlin swimming
- Demonstrates good sportsmanship, compliment others on their achievements
- **Establishes goals and actively train to achieve them-** work with your coaches and ask for help; winning is not as important as trying your best!
- **Follows the rules** at all facilities, basic rules include:
 - Walk on deck- NO RUNNING!
 - No rough play or profanity
 - Do not enter the pool without a coach or lifeguard at poolside
 - NO GLASS bottles, jars, mugs, etc., on the pool deck- no exceptions
 - NO SMOKING in the pool area
 - Pool offices are for employees working; please respect their work place

VIOLATION OF ANY OF THESE RULES MAY RESULT IN SWIMMERS BEING SUSPENDED TEMPORARILY OR PERMANENTLY FROM TEAM PRACTICES, MEETS OR OTHER ACTIVITIES.

Coach Responsibilities

Swim Team Coaches are employees of the CRPD and are under the supervision of the Recreation Coordinator in charge of the Aquatics Division. The following is what is expected from the coaches:

- Supervises the safe, efficient and effective operation of the pool facilities during workouts and meets
- Coaches and instructs participants on techniques and skills needed to compete
- Provides feedback to each swimmer on their progress
- Preserves a positive atmosphere at practice conducive to a good instructional program
- Encourages positive attitudes and motivates team members
- Organizes and directs team practices
- Maintains discipline and control of team members during practice sessions and meets
- Prepares entries for dual meets and Champs
- Communicates with parents and swimmers regarding the swimmers' progress, behavior concerns, special events and answers questions as they arise or directs questions to appropriate Board Member
- Holds current American Red Cross Lifeguarding certification
- Operates under the rules of the Valley-Foothill Competitive Aquatic League and the CRPD

The coaches are very busy during the season fulfilling their job responsibilities. If at any time you feel they may veer or waver from an aspect of their job, please contact the Recreation Coordinator so it can be addressed immediately.

The goal of everyone is that your swimmer and family have a positive and productive swim season.

League Rules

Age Group

There are six age groups. They are 6 & Under, 7-8, 9-10, 11-12, 13-14 and 15-18. The swimmer's age group is determined by their age on June 1. A swimmer may advance to the next highest age group before they turn that age, but must remain in that age group for the remainder of the season. The exception to this is when a 6/under swimmer can swim legally and wants to swim a breaststroke or butterfly event with the 7-8's, unofficially.

Entries

1. Teams may enter three (3) official teams in the medley relay (no 6 & U) and six (6) in the free relay event.
2. All swimmers may be entered in up to three (3) individual and two (2) relay events

Eligibility

1. No participant of the League may compete with any organized group during the rest period with the exception being on a high school or college swim team. League participants may workout with any organized group prior to the official starting date (May 2), with a mandatory rest period January 16 - February 28/29. Then they must workout exclusively with their VFCAL team once the VFCAL season begins. High school and college swimmers are the only exceptions to these rules.
2. The swimmers must compete in at least two official meets to be eligible for the Championship meet.

Conduct of Spectators and Participants

1. Follow all facility rules.
2. The meet officials, coaches and timers request that all spectators and swimmers stay away from the starting area (behind the blocks or in the shallow area for 25-yard events). ONLY swimmers who are in the next event should be behind the blocks and timers.
3. An empty lane, warm-up pool or wading area not being used for competition is not open for spectators, swimmers or family members to "take a dip." While we realize that it is often HOT during the meets, aquatic facilities do not have the required staff on hand or budgeted to "lifeguard" the additional pools during the meet.

Entering the competition area in anyway during the competition can be considered interfering and your team may be disqualified. Please do your part to help us to help you have a safe day.

Order of Events at a Swim Meet

#	Age Group	Event	#	Age Group	Event
1-2	9-10	100 IM	43-44	15-18	100 Back
3-4	11-12	100 IM	45-46	7-8	50 Free
5-6	13-14	100 IM	47-48	9-10	50 Free
7-8	15-18	100 IM	49-50	11-12	100 Free
9-10	6-un	100 Free Relay	51-52	13-14	100 Free
11-12	7-8	100 Med Relay	53-54	15-18	100 Free
13-14	9-10	100 Med Relay	55-56	7-8	25 Breast
15-16	11-12	200 Med Relay	57-58	9-10	25 Breast
17-18	13-14	200 Med Relay	59-60	11-12	50 Breast
19-20	15-18	200 Med Relay	61-62	13-14	50 Breast
21-22	6-un	25 Free	63-64	15-18	100 Breast
23-24	7-8	25 Free	65-66	7-8	25 Fly
25-26	9-10	25 Free	67-68	9-10	25 Fly
27-28	11-12	50 Free	69-70	11-12	50 Fly
29-30	13-14	50 Free	71-72	13-14	50 Fly
31-32	15-18	50 Free	73-74	15-18	50 Fly
33-34	6-un	25 Back	75-76	7-8	100 Free Relay
35-36	7-8	25 Back	77-78	9-10	200 Free Relay
37-38	9-10	25 Back	79-80	11-12	200 Free Relay
39-40	11-12	50 Back	81-82	13-14	200 Free Relay
41-42	13-14	50 Back	83-84	15-18	200 Free Relay

***(girls swim first in odd # events, alternating with boys in even # events)**

League Team Pool Locations

Arden Manor Pirates	Deterding Park Pool	1415 Rushden Dr., Sacramento, CA 95864
Auburn Robolos	Sierra Pool	123 Recreation Dr., Auburn, CA 95603
Lifetime Aquatics	Lifetime-Folsom	110 Serpa Way, Folsom, CA 95630
Orangevale Tiger Sharks	Orangevale Pool	6826 Hazel Ave., Orangevale, CA 95662
Placerville Dry Diggin Dolphins	Union Mine H.S. Pool	6530 Koki Ln., El Dorado, CA 95623
Rio Linda Elverta Aqua Knights	Rio Linda H.S. Pool	6309 Dry Creek Rd, Rio Linda, CA 95673
Cordova Blue Marlins	Cordova Community Pool	2197 Chase Dr, Rancho Cordova, CA 95670
Woodland Wreckers	Woodland High School	155 N. West St., Woodland, CA 95695

2022 Practice

You will need to bring a swimsuit, towel, goggles and swim cap (optional). **Practice will continue when it is raining**, pack your belongings in a plastic bag; there are only few dry places. **In the case of thunderstorms, you can assume that practice will be cancelled.** It is important and necessary you arrive on time. You are responsible for checking in with your coach and being in the right place at the right time.

Use your child's age to determine practice time the first four (4) weeks of practice. Coaches may move swimmers to another practice time after observing and evaluating their needs. Note: the first 10-30 minutes will be on-land warmups, depending on the age group

Practice will take place at Cordova Community Pool, located at 2197 Chase Dr.

In the event practice is cancelled we will do our best to inform families as soon as possible and with as much notice

Practice Times:

May 2 - May 6 (Mon - Fri)

6U: 5:30 - 6 p.m.
7-8: 6 - 6:45 p.m.
9-10: 6:45 - 7:30 p.m.
11-12: 5:30 - 6:30 p.m.
13-18: 6:15 - 7:30 p.m.

May 9 - May 27 (Mon - Fri)

May 31 - July 21 (Mon - Thurs)

6U: 4:15 - 5 p.m.
7-8: 5 - 5:45 p.m.
9-10: 4:15 - 5:30 p.m.
11-12: 5:45 - 7:15 p.m.
13-18: 5:30 - 7:30 p.m.

June 6 - July 22 - AM option: (Mon, Wed, Fri)

6&U: 8:30 - 9:15 a.m.
7-8: 9 - 9:45 a.m.
9-10: 8:45 - 9:45 a.m.
11-12: 7:15* - 8:30 a.m.
13-18: 7:15* - 8:45 a.m.
*on pool deck at 7:30 a.m.

Families: The coaching staff strives to provide safe and efficient practice times for your swimmer. At the time that this handbook is created, the above times are the most ideal for effective training with the coaching team. If we find that changes are necessary, we will notify you through email and/or on Team Unify at www.cordovabluemarlins.com.

VFCAL 2022 SWIMMING SCHEDULE FINAL

	Home		Away	Location
4-Jun	Cordova	v	Rio Linda	Cordova
	Placerville	v	Lifetime	Placerville
	Orangevale	v	Arden Manor	Orangevale
	Woodland	v.	Auburn	Woodland
11-Jun	Cordova	v	Placerville	Cordova
	Arden Manor	v	Auburn	Arden Manor
	Rio Linda	v	Orangevale	Rio Linda/Orangevale
	Woodland	v	Lifetime	Woodland
18-Jun	Lifetime	v	Arden Manor	Arden Manor
	Rio Linda	v	Woodland	Rio Linda
	Orangevale	v	Cordova	Orangevale
	Auburn	v	Placerville	Auburn
25-Jun	Orangevale	v	Woodland	Orangevale
	Placerville	v	Rio Linda	Placerville
	Lifetime	v	Auburn	Auburn
	Arden Manor	v	Cordova	Arden Manor
2-Jul	No Meets Scheduled			
9-Jul	Auburn	v	Cordova	Auburn
	Rio Linda	v	Arden Manor	Rio Linda
	Lifetime	v	Orangevale	Orangevale
	Woodland	v	Placerville	Woodland
16-Jul	Cordova	v	Lifetime	Cordova
	Auburn	v	Rio Linda	Auburn
	Placerville	v	Orangevale	Placerville
	Arden Manor	v	Woodland	Arden Manor
23-Jul	VFCAL Champs			Woodland