

# 2020 SWIM & SYNCHRO TEAM PARENT HANDBOOK



Fulton-El Camino Recreation and Park District  
2201 Cottage Way, Sacramento CA 95825  
916-927-3802 [www.fecrpd.com](http://www.fecrpd.com)

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## Welcome Swimmers and Parents to the FEC Stingrays

Hello Stingrays!!! This year marks the 60th anniversary for the Swim Team. The Fulton El-Camino Recreation and Park District is looking forward to another wonderful aquatic season. Along with the FEC Stingray Boosters, the District has been working to ensure that 2020 is a great year. We have a fantastic coaching staff of both returning and new coaches who are excited to mentor our Swim and Synchro FEC Stingrays!

The Parent Handbook is designed to give you an outline to help keep you informed about the procedures, activities, and events of your team. We will also help keep you up-to-date by delivering flyers to your poolside mailbox, emails and the website. The Stingray Boosters, Coaches, and the staff at FEC are all here for you if you have questions, want to talk about ideas, or anything else concerning the aquatics program.

If you have feedback about our program, staff, and/or facilities (positive or constructive feedback), please feel free to contact me. If your need is to contact a Booster member, I'll also be happy to connect you with the correct person!

Fulton El-Camino Recreation and Park District Office: Howe Park, 2201 Cottage Way, Sacramento, CA 95825

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Ryan Harder, Recreation Supervisor

Fulton El-Camino Recreation and Park District

Dear Stingray Families,

Welcome to what is going to be an exciting year of swim and synchro! Whether you are a returning family or a new family, I welcome you to our wonderful FEC family. What a wonderful organization you are a part of! My family has been a part of the Stingray family for the last five years, and we would not trade it for anything!

The FEC Stingray family has many moving parts! Not only is your swimmer a critical part of making the team a success, but you as a parent are just as important! You are tasked with making sure your swimmer makes it to and from practice and meets, making sure they have enough to eat and drink, ensuring sunscreen has been applied (several times!), and on top of all that, fulfilling necessary roles as volunteers to make sure meets run smoothly.

Volunteerism is an important part of making the FEC swim and synchro team run smoothly and efficiently! Each meet requires 50-100 volunteer shifts! For swim and synchro, some of these shifts involve training. We are asking all individuals to not only sign up for their required number of shifts, but also if you are willing to do a job that requires training, reach out to our VPs of both synchro and swim to find out more!

The FEC Stingrays are always planning different activities to help the team raise money. This money is necessary in order to pay for all the related expenses for both teams! This money helps pay for coaches, upgrade equipment, trophies and ribbons as well as computer supplies. Some of the activities and events we have planned are our annual Splash for Cash, FEC Stingray Sponsorships, River Cats Night, and many restaurant nights. If you can help support our organization, any help would be greatly appreciated. We are a 501(c)3 non-profit organization, so all donations are tax deductible.

I would like to encourage you to join our Parent Booster Club. The Boosters promote and support both our swim and synchro teams. Parent Booster board meetings are open to any parent and I encourage you to join us and become familiar with the operations of our Booster Club. Scheduled meetings will be announced on the website and displayed on the poolside calendar on deck. Please feel free to speak to any board member if you have any questions, concerns, or ideas. We are here to help you and your swimmer have the best experience possible.

Again, welcome to the 2020 season! We look forward to fun and frolic with all of you!  
Marla Van Laningham, President FEC Boosters

## 2020 Stingray Boosters

Marla Van Laningham, President

Kristin Elser, Vice President - Swim Team (Volunteer Coordinator and Webmaster)

Meghann Burnett, Vice President - Synchronized Swim Team (Volunteer Coordinator)

**Open**, Treasurer

Heather Hallstrom, Secretary

Mike Van den Enden, Member-at-Large - Swim Team

Laura Legacki, Member-at-Large - Swim Team (Website Registrar)

Chris Phillips, Member-at-Large - Swim Team

Gail Lomba, Member-at-Large - Swim Team - Fundraising Coordinator

Cory Stowell, NCSL League Representative - Swim Team

Tracy Kerth, Member-at-Large - Synchronized Swim Team (Website - Synchro)

Diane Severeid, Member-at-Large - Synchronized Swim Team

Kathy Crow, Member-at-Large - Synchronized Swim Team

Brooke Londeree, Student Representative - Swim Team

Emma Hallstrom, Student Representative - Synchronized Swim Team

Jon Mohle - Swim Team - Meet Manager

Kerry Londeree and Kristin Isaacson, Financial Secretaries/Asst. Treasurers

Esther Gayoba, Swim Team Parent Coordinator

Susan Chou, Sponsorship Chair

The FEC Stingray Boosters is the board who support the swim and synchronized swim teams.

Parents of swimmers are welcome to attend board meetings and participate on committees. It takes a group of dedicated volunteers to run our teams.

Come join the fun!

**If you'd like to have some input as to what goes on with your Stingrays, please consider running for the board. We hold elections at the end of the summer for the following season.**

**Anyone who is interested should contact one of the current board members.**

**Meetings are held approximately twice a month during the season, from April to July, usually on the 2nd and 4th Monday, at Cottage Center (behind the bleachers), at 6:30PM.**

**Anyone is welcome to attend at any time.**

**During the off season, the board meets once a month.**

The Stingray Aquatic Teams FEC Stingray Boosters is an organization open to all parents or guardians of registered Stingray team members. The FEC Stingray Boosters assists the Fulton-El Camino Recreation and Park District in the coordination and operation of the Swim and Synchro teams. As parents or guardians of aquatic team members, you are invited and encouraged to attend the FEC Booster Club meetings. Your input is necessary and sought after in order to guide our aquatic teams.

The Booster Board, elected by the general membership, is comprised of a President, 2 Vice Presidents (1 Swim Team; 1 Synchronized Team), a Secretary, a Treasurer, 6 members at large (4 Swim Team; 2 Synchronized Team), a NCSL Swim Representative, a VFCAL Synchronized Representative and 2 Aquatic Team Members (1 Swim Team; 1 Synchronized Team). A FEC Recreation and Park District representative and team coaches serve as ex-officio member to the boosters.

The role of the Booster Club is to coordinate and direct the activities of the Boosters during the pre-season and the aquatic season. The officers serve as liaison between the FEC Recreation and Park District Staff, the coaching staff, team members, and parents. They offer suggestions about the program to assure its success as well as to help resolve any problems.

## **FEC Stingray Boosters RESPONSIBILITIES**

1. Organize the FEC Stingray Boosters
2. Conduct monthly meetings
  - a. To conduct regular business.
  - b. To decide and organize fund raisers, socials, etc.
3. Conduct General Meetings as needed
  - a. To elect officers.
  - b. To serve as forum to discuss team fundraising, volunteer shifts, and provide feedback to District on program.
4. Provide necessary meet workers per VFCAL and NCSL Rules.
5. Provide training and workshops for meet workers as needed.
6. Purchase and maintain supplies and equipment needed to operate the teams, as deemed necessary by VFCAL, NCSL, Park District and/or the membership.
7. Organize and conduct fund raising events.
8. Assist with publicity and recruitment.
  - a. Distribute flyers to schools outside of Park District boundaries.
  - b. Have meet results published in local newspapers.
  - c. Other.
9. Update Bulletin board and FEC Stingray's website ([www.fecstingrays.org](http://www.fecstingrays.org)).
10. Compile team records and update as necessary.
11. Purchase end of year awards and work with coaches in selection of awards.
12. Organize committees as needed.
13. Provide feedback to the FEC Recreation and Park District on coaching staff.

## BOOSTER CLUB MEETINGS

Calling all parents! We need your ideas and input at our FEC Stingray Boosters Meetings. We invite you to feel free to attend meetings to discuss upcoming events, fundraisers, team incentives and whatever else you may want to discuss. Your help is always appreciated and sought after. **Meetings are generally held at 6:30 pm the 2<sup>nd</sup> Monday of each month during off-season and every other Monday through the swim season in Cottage Center.** Meetings may change on occasion due to team activities and solidified dates and locations will be announced through the team website and the team whiteboard displayed at the pool gate entrance during practice.

The next meeting is scheduled for **Monday, February 10th, 2020**, beginning at 6:30 p.m. at Cottage Center.

### BOOSTER MONEY HANDLING GUIDELINES:

FEC Stingray Boosters Money Handling Guidelines:

1. After an event where money is collected, all monies need to be turned into the treasurer within 72 hours of the event.
2. Two people must count all monies from events, the person in charge of the event (i.e. snack bar manager) and a booster member (excluding the treasurer who will make the final count prior to deposit). The two individuals counting the money CANNOT be members of the same family or share the same home address.
3. Both the individual in charge of the event and a current booster member (excluding the treasurer) must verify "Banks" for events. At the conclusion of the event the bank must be verified (by the same two people) and be separated from the remaining income from that specific event.
4. A valid, original, and itemized receipt, along with a check request form must accompany all reimbursements and be submitted to the treasurer within 15 days of the purchase. The check request forms will be in the swim cupboard at the pool, and online. **ALL REIMBURSEMENTS ARE SUBJECT TO BUDGET AND BOARD APPROVAL.**
5. There will be **ABSOLUTELY NO REIMBURSEMENTS** to individuals from the cash box at events. All receipts need to be submitted with a check request form. (See #4)
6. All purchases must be within the budgetary guidelines and/or have board approval. **DO NOT ASSUME YOU WILL BE REIMBURSED. THE BOARD WILL MAKE REIMBURSEMENT DECISIONS, AFTER CONSULTING THE BUDGET. GET PERMISSION PRIOR TO A PURCHASE.**

## PARENT VOLUNTEER REQUIREMENTS

The FEC Stingray Boosters charges each family a **\$250** refundable volunteer assessment fee. This check will be shredded at the end of the season if you have worked your required volunteer shifts for the teams. **The Stingrays cannot operate during the season without the support of all the team parents.**

The Swim Team requires that each family works the equivalent of eight half-meets and 2 shifts during Championships. All families are required to work during Championships. The Swim Team has many jobs (weekend, weeknights or home) to choose from throughout the season.

The Synchronized Swim Team also requires that each family work a minimum of 8 shifts during meets or team events, and 2 shifts during Championships. Ways to volunteer for The Synchronized Swim Team include working at the snack bar, meet set-up and take down, or getting involved in fundraisers.

### **SIGNING UP FOR VOLUNTEER SHIFTS:**

Parent/Guardians have the option to sign up online for volunteer shifts. If you do not have access to the internet, signs ups will be available on the night of Registration and throughout the season. Contact the Swim or Synchro Volunteer Coordinators. Their contact information is located on the inside cover of this book.

### **WEB SITE SIGN UP PROCEDURES**

Families registered will be entered and provided access to the website. This is how volunteer shifts are tracked and whether your deposit is returned in full.

1. Log into the Stingray website at [www.fecstingrays.com](http://www.fecstingrays.com).
2. Click on "Sign-In" in the upper left corner. Enter your access information.
3. Click on (Meets/Events) then Click on "job sign-up".
4. Choose an assignment/shift.
5. Print reminder by clicking "print my job sign-up summary";
6. Repeat for each volunteer shift.

Families can track their volunteer hours by clicking "\$ My Invoice/Payment", to become active in late March. **NO money will be processed through this online system.** To be sure you receive credit for working your shift and meeting your volunteer obligation, be sure to check-in with the Volunteer Coordinator at the beginning of each Meet or Event. If you are unable to work your shift, it is your responsibility to find a replacement. Activities could not happen without the generosity of volunteers!!!

If you have a question, use the "contact us" link on the Stingrays webpage.

## **PARENT ORIENTATION – ICE CREAM SOCIAL**

On the 1<sup>st</sup> Friday in May, the Stingrays will hold a parent orientation meeting at 6:30 p.m., in conjunction with the Ice Cream Social fundraiser. The Ice Cream Social and free swim will be held from 6:30 – 8:00 p.m. The intent is to give new parents a chance to find out how meets run, what each volunteer job entails, discuss what to pack for a meet, etc. This will be your chance to meet the FEC Stingray Boosters members and find out what fundraisers are planned for the rest of season. Returning families are asked to mentor new families and show them the tricks of the trade. Coaches will be present to inform families of expectations from parents and swimmers at meets and practice. Ice Cream is served as a sweetest fundraiser. We hope that you will find this orientation helpful, enlightening, and tasty.

## **PARENT VOLUNTEER MEET JOBS** (Sign up on-line and meets volunteer shift requirements)

**Computer Worker:** Inputs scores into league computer, prints team winners and delivers to ribbon table.

**Prompter:** Organizes the swimmers according to the swim meet roster and instructs swimmers when to go.

**Reader:** Identifies the swimmer's meet #, directs swimmer to perform the designated figure, prompts judges to show their score, reads the score to the recorder.

**Recorder:** Records scores on the score sheet at poolside.

**Runner:** Delivers score sheets to computer person on site.

**Ribbon Table Worker:** Labels ribbons for winners according to categories for team.

**Announcer:** Announce the events during the competition and the winners at the end of the meet.

**Figure & Routine Judges:** Judge at dual meets and champs. Training is required for these positions, which may require the following: Judges Clinic, Shadow Shifts, passing a judges competency test, and judging a minimum amount of dual meet shifts during the season before gaining approval to pick-up Judges Shifts during champs.

**Meet Referee:** Each dual meet will have a judges' referee. Training is required and usually includes extensive experience as a dual meet and champs Judge.

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# **HISTORY OF THE STINGRAYS**

## **Swim Team**

Founded in 1960, the Stingray Swim Team began competing in the Sacramento Placer County Swim League. The Stingrays switched over to the Valley Foothill Competitive Aquatic League (VFCAL) in 1965. The Stingrays enjoyed their years with the VFCAL and were crowned League Champions in 1977, 1980 and 1981. In 1993 they began competing in a newly formed league, Northern California Swim League (NCSL). This league is a compilation of teams from four area swim leagues that were looking for better parity in competition between teams. The NCSL grew to three conferences by 1994 and by 1999 added a fourth conference. Each year the conferences are evaluated, and teams are shifted as necessary. The Stingrays were crowned Conference Champions of Mother Lode in 1994, swam for several years in the Gold Rush conference, and were shifted once again to the Mother Lode conference in 1999. In 2001, F.E.C. took 1<sup>st</sup> in dual meets and championships. In 2002 F.E.C. was shifted up into the Eureka conference, where they won the Championships in 2002 & 2003. In 2006 and 2007, the Stingrays took 2<sup>nd</sup> at Championships after going undefeated in dual meets in the Eureka conference. In 2008, after the addition of a fifth conference to the NCSL, the Stingrays were moved into the Gold Rush conference. In 2009, in the Eureka conference took 1<sup>st</sup> in dual meets and 3<sup>rd</sup> at Championships. In 2010, the team took 1<sup>st</sup> in Championships and dual meets.

## **Synchronized Swim Team**

The Stingray Synchronized Swim Team began in 1968 with the Sacramento Area Synchronized Swimming League. During the 1970's, the Stingrays joined VFCAL which consists of five teams including the Arden Park Dolphins, Auburn Mermaids, Cordova Cordettes, Fulton-El Camino Stingrays, Park Terrace Penguins, Roseville Aqua-bunnies and Sunrise Swans. In 2005, the Davis Aqua Starz joined the VFCAL. The Stingrays captured the League Championship titles in 1987, 1988, 1989, 1991, 1994, 1996, 1997, 2002, 2007 and 2008! The synchronized swim team puts on an annual Aquacade show towards the end of the season at Cottage Pool. The Aquacade is open to the public and gives the swimmers an opportunity to show off their winning routines.

## **SUPER STINGRAY Award**

The Super Stingray is given annually to one member of the swim team and one member of the synchro team. It is intended to honor a Special Team Member: someone who helps to make their team a success, not necessarily by their aquatic ability, but by being a loyal team member.

## **Kristin Jones Award**

The Kristen Jones Award is given annually by the synchro coaches to one member of the synchro team. It is intended recognize a swimmer with who exhibits dedication and enthusiasm for the sport.

## **Sammie Lynne Cervantes Volunteer Award**

The Sammie Lynne Cervantes award was created to honor the memory of Sam Cervantes, a devoted team mother, after her passing, from a long battle with cancer, on October 13, 2008. This award is intended to honor a very Special Parent Volunteer: A parent who helps makes their team a success by donating all their time and effort. The Sammie Lynne Cervantes award will be given by the FEC Boosters to a parent who is inspiring, encouraging, and who makes a lasting impression. Every year that this award is given away, a donation will be made by the FEC Boosters to a charity of the recipient's choice in their name.

## **TEAM PHILOSOPHY AND GOALS**

The philosophy and goal of the Fulton-El Camino Recreation and Park District, its coaches, the Valley Foothill Competitive Aquatic League, and the Northern California Swim League is to promote the finest recreational aquatic programs with an enjoyable spectator and participant experience for all. We are guided by the following goal: "within the parameters of the League, an individual is encouraged to grow to his/her full potential."

In addition, we are guided by the following Northern California Swim League objectives: \* To be basically recreational in nature and to promote good sportsmanship, physical fitness and team spirit.

- \* To promote the participation during the course of the swim season of all swimmers, regardless of swimming proficiency, thereby enabling the maximum number of swimmers to enjoy a well-rounded, recreational program.
- \* To recognize the need for and seek to maintain to the maximum extent possible, competitive parity among the teams participating in the League.

If we have done our job as a department in achieving our goals, what will be remembered by the participants will not be the number of first place finishes. It is our goal that participants will look back and remember the fun they had at practices and meets, the special friends they made, the excitement of the meets and competition, and the successes and disappointments that were shared with fellow teammates, coaches and parents.

## **WATCHING PRACTICE**

Workouts are a learning situation and swimmers need to be able to concentrate. Parents are encouraged to remain and watch workouts. The coaches ask that you honor the following requests:

- \* Stay clear of the immediate practice area.
- \* Sit in designated areas. (Grass area or bleachers!)
- \* Avoid analyzing practice.
- \* Refrain from communicating with your swimmer during practice.

Remember that our coaches do have a plan for each practice and many times they will be focusing on some factors to the exclusion of others. When a coach is in the process of handling a meet, a workout, or is working in some capacity with his/her swimmers, please do not interfere. The coaches will try to make time to speak with parents as needed, but their priority is the swimmers. If you wish to speak with a coach, try to contact him/her before or after meets/practices.

Thank you for your cooperation.

# **FULTON – EL CAMINO STINGRAYS**

## **CODE OF CONDUCT – Expectations & Rules**

In an effort to abide by the Stingray Philosophy, ALL Swimmers and Guardians will have signed (upon program registration) and are expected to follow the FEC Stingray Code of Conduct.

If at any time a participant does not adhere to the code, corrective steps will be set, as it pertains to the severity of action. If violations are continuously disruptive to the quality of the Stingray program, is harmful to another person, or destructive to FEC property; swimmer risks expulsion from team without monetary refund.

If Adult (guardian or their guests) behavior is disruptive to program at any point during practices or meets, hosting pool representative may ask them to leave premises. Representative includes FEC Staff, Meet Official, Booster Board member, etc. If behavior is anticipated to become physically violent, they are requested to call 911. Guardians or their guests violating the behavior policy may warrant permanent expulsion from ALL Stingray activities, with the possibility of expelling their swimmer from the team without monetary refund.

### **GENERAL BEHAVIOR EXPECTATIONS:**

1. Listen and follow the directions of all FEC personal (including Lifeguards and Coaches), Stingray Booster members, and all other designated officials.
2. Talking back or using profanity is not acceptable behavior at any time.
3. Refrain from showing public displays of affection.
4. Keep your hands and feet to yourself.
5. Equipment is for proper intended use only (i.e. kickboards, pull-buoys, lane-lines, sound system, etc.).
6. Be dressed, ready and in designated area when swim practice begins.
7. Help with set up and take down of the practice and meet equipment whenever possible.
8. Notify a coach as soon as possible if you will miss or arrive late to a meet. If an early dismissal from practice is needed, notify the coach at the beginning of practice.

### **GENERAL POOL RULES (see display board located at pool entrance for full list):**

1. Listen and follow the directions of all FEC personal (including Lifeguards and Coaches), Stingray Booster members, and all other designated officials.
2. The pool phone is available for emergencies only.
3. Talking back or using profanity is not acceptable behavior at any time.
4. Walking only in pool enclosure.
5. Do not climb on railings.
6. Do not play on the wooden deck around the oak tree.
7. Rollerblades, skateboards, bicycles, balls, toys and pets are not to be used in or around the pool.
8. Diving is only permitted in designated areas. No diving in the shallow water!
9. The ladders and steps of the pool are for entering and exiting only!
10. Dunking, chicken fights, wrestling, and other rough play, is not permitted in or around the pool.
11. The pool office, shed, and garage storage areas are off limits at all times to swimmers.
12. One person at a time in the shower. Turn off shower when you are done.
13. Do not intentionally plug up the toilets.

## **COTTAGE PARK PARKING TIPS & RECOMMENDATIONS**

The Fulton-El Camino Recreation & Park District (FEC) staff welcomes you to the spring/summer season at Cottage Park. As peak season is reached with Swim Lessons, Swim/Synchro Team Practice, After School and Adventure Club, the parking lots fill quickly. Therefore, we are providing you with a quick guide to assist your parking needs.

### Parking Lot Locations:

- ▶ Main lot directly in front of the Center and Pool
- ▶ Dirt lot and two paved lots just east of the Center
- ▶ Lot near the tennis court on Cottage Way
- ▶ North Lot by Cottage Elementary School

### 5 minute Parking Spaces:

- ▶ **Two spaces are located in the main lot.**
- ▶ **These spaces are for pick-up/drop-off only.**
- ☼ **Citations will be issued if you remain in the lots beyond the allotted time.**

### Red Zone:

- ▶ Parking is Prohibited.
- ▶ See section 22500 and 10.24.010 of the Sacramento County or California state law ordinance that clearly states: no stopping, standing or parking at any time of any day. ☼ **Citations will be issued if you stop in the red zone.**

Sacramento Metro Fire has determined this area to be a red zone, so safety vehicles can enter the parking lot in the event of an emergency. In addition, cars get backed up in the intersection of Cottage Way and Morse creating a traffic hazard when cars stop along the red strip.

For a complete copy of the Sacramento County Ordinance, please visit the Fulton-El Camino Recreation and Park District Office.

## **THEFT ADVISORY**

When leaving your cars in Cottage Parking lots, please be sure to secure your valuables. Any visible items like purses, cash, iPods, laptops, GPS, etc. are what burglars are looking for. Also, beware of putting any items in your truck after parking. Again please, please, please take all precautions needed to keep your valuables safe and avoid auto break-ins. A volunteer shift has been created to help monitor the three front Cottage Parking Lots during the Saturday Swim Meets.

In case of a break-in please contact the Sherriff's non-emergency number: 916-874- 5115 or you may file a report online at [www.sacsherriff.com](http://www.sacsherriff.com).

For any questions, please feel free to contact the FEC District Office at 916-927-3802. Thank you so much for your cooperation.

# STATE LAW AND COUNTY ORDINANCES

## Fire Lane

22500.1. In addition to Section 22500, no person shall stop, park, or leave standing any vehicle, whether attended or unattended, except when necessary to avoid conflict with other traffic or in compliance with the directions of a peace officer or official traffic control device along the edge of any highway, at any curb, or in any location in a publicly or privately owned or operated off-street parking facility, designated as a fire lane by the fire department or fire district with jurisdiction over the area in which the place is located.

The designation shall be indicated (1) by a sign posted immediately adjacent to, and visible from, the designated place clearly stating in letters not less than one inch in height that the place is a fire lane, (2) by outlining or painting the place in red and, in contrasting color, marking the place with the words "FIRE LANE", which are clearly visible from a vehicle, or (3) by a red curb or red paint on the edge of the roadway upon which is clearly marked the words "FIRE LANE".

## 10.24.010 Signs and Curb Markings

The Director is authorized, subject to the provisions and limitations of this title to place and maintain and, when required herein, shall place, the following curb markings or signs to indicate parking, standing or stopping regulations, and the curb markings or signs shall have the meanings as herein set forth.

1. Red curb marking means no stopping, standing or parking at any time of any day except as permitted by Vehicle Code;
2. Yellow curb marking means no stopping, standing or parking between 7:00 a.m. and 6:00 p.m. of any day except holidays and Sundays for any purpose other than the loading or unloading of passengers or materials, provided that the loading or unloading of passengers shall not consume more than one minute, nor the unloading of materials more than twenty (20) minutes and such loading or unloading shall be actively carried on during all of that time;
3. White curb marking means no stopping, standing or parking at any time of any day for any purpose other than loading or unloading of passengers and baggage, and shall not exceed five minutes;
4. Green curb marking means no stopping, standing or parking for a period longer than twelve (12) or twenty-four (24) minutes, as designated by signs at any time between 7:00 a.m. and 6:00 p.m. of any day except holidays and Sundays.
5. Blue curb marking means parking limited exclusively to public agency-owned vehicles specifically used for transportation of physically handicapped persons and for vehicles of physically handicapped persons which vehicle bears an appropriate identification identifying the vehicle as that of a physically handicapped person. (SCC 400 § 1, 1979; Ord. 970 § 1, 1968; Ord. 703 § 58, 1960.)

## SUN AND HEAT SAFETY

Along with following pool safety rules, it is important to help keep your kids by focusing on sun and heat safety. Here are some tips to keep your swimmer healthy during the hot-sunny Sacramento summer:

- Protect yourself and your swimmer by wearing sun screen with at least SPF 15 every time you are outside. Remember to reapply as indicated by the manufacturer's direction. This is especially important during long days, swim meets, and champs.
- Whenever possible, swimmers should wear protective clothing, such as a wide-brimmed hat, light weight shirts, and pants, lip balm, and sun glasses (providing 99-100% UVA and UBA protection).
- Remind your swimmer to drink plenty of water to avoid dehydration!
- If a swimmer starts to feel ill or show signs of sweating; dizziness; nausea; headache; or general weakness, please alert your coach or a lifeguard that the swimmer may be experiencing a heat-related illness.

## STINGRAY FUNDRAISERS

A great way to support your team is to participate in Stingray fundraisers. The funds raised help by equipment, pay league-fees, assist with coaching stipends, and support Stingray activities. Activities change annually, below is a list of current and past fundraisers:

**Ice Cream Social (Cottage Pool) – Friday, May 1**

**Stingray Snack Bar – all home Swim and Synchro meets**

**River Cats (Thursday) June 18th**

**Splash for Cash/Spaghetti Feed (Cottage Pool) – June 24**

**Aquacade – Saturday, June 27**

Capital Confections with flyer

Hagen's Freeze – Saturday, Home Swim Meets

Dine Outs TBA

## STINGRAY SOCIAL PAGE

### ICE CREAM SOCIAL/PARENT MEETING

This is the time to meet your coaches and Stingray Booster Members. Get to know your teammates by meeting new people and catching up with old friends. The best part is the ICE CREAM! Both Swim Team and Synchro Team meet at Cottage Pool at on **Friday, May 1 at 6:30 p.m.** Kids may swim from 6:30 – 8:00 p.m. while parents attend an orientation meeting.

### PICTURE DAY

Picture Day will be held on the evening of **Friday, May 15. Swim Team Swimmers are asked to arrive at 4:00p.m., and Synchro Team Swimmers are asked to arrive by 5:00p.m. (Times subject to change).** Look for an order form in early May.

### Splash for Cash & SPAGHETTI FEED

This fun fundraiser lets you combine two of your favorite things: swimming and eating! Members from both teams take pledges for Swim-A-Lap. T-shirts and prizes are awarded. After using so much energy swimming all those laps, come and treat yourself to a yummy dinner. Family and friends are welcome to cheer on swimmers and feast on spaghetti. **Date June 24<sup>th</sup>.**

### AQUACADE:

**Be sure to get your tickets for Aquacade, Synchronized Swimming's grand finale and water show! Show begins at 6:00p.m. On Saturday, June 27<sup>th</sup>.**

### INDEPENDENCE DAY Pool Party

**Saturday, July 4<sup>th</sup> 2pm -7pm (\$1.00 entry)**

### SPIRIT Picnic

A fun pool party for ALL STINGRAYS!!! Make posters, practice cheers, and - most of all - load up on team SPIRIT with your teammates! The picnic will be **on July 16<sup>th</sup>.**

### AWARDS NIGHT

Come bid farewell to the **2020** swim season and commemorate your accomplishments with awards for all.

**-Swim Team Awards** take place the evening of **Monday, July 20 @ 6:00pm** and will be followed by an open swim pool party.

## ABOUT SWIM TEAM MEETS?

The coaches will determine who swims what events at meets according to individual goals, abilities, and what is best for the team. Every swimmer is expected to come and swim at every meet. **Please notify the coaches as soon as possible in the event that a swimmer cannot attend a meet.** The coaches should be notified at least one week before the meet. Everyone has a place on the team and is important to our success. Therefore, when a child does not show up at a meet without alerting the coaches, it often necessitates changing the entire meet sheet prior to the start of the meet. This is not fair to the other swimmers and the coaches. Should a swimmer not show up to a meet without notifying a coach, that swimmer will NOT swim in the next meet! If there is a problem or emergency preventing a swimmer from participating in a meet, contact a coach as soon as possible! You can contact the Head Coach at any time in case of an emergency. We would prefer to know ahead of time rather than 15 minutes before the meet starts. Should you have any questions or concerns as to this procedure or the seeding, please ask or call the Head Coach. Please, check with a coach prior to leaving the meet as substitutions in relays often occur.

The swimmers must arrive no later than 6:45 a.m., ready to swim for home meets. **Check-in time is 6:45 a.m.** The first responsibility of the swimmer is to check in! Swimmers must first check-in with a coach and then check in with their team parent(s). Failure to check in will result in being scratched from the meet. Once you are scratched, there is nothing the coaches can do to get you back into the meet!

### **Home Meets:**

Warm-ups are mandatory. Be prepared to enter the water no later than 6:55 a.m.

### **Away Meets:**

Check-in time for away meets is 7:15 a.m. Warm-ups will begin between 7:30 and 7:45 a.m. Remember that warm-ups are a vital component to each swimmer's safety while in the water.

While at the meets, swimmers must always stay in their team area and obey the team parent(s)! If the swimmer needs to leave for any reason, such as to use the rest room or get food, it is essential to notify the team parent upon departure and return.

Good sportsmanship is good team spirit. Cheer on fellow teammates. Do not forget to let other swimmers know they had a good swim! Have fun at the meets and do your best!

**Running late to a meet or cannot make the meet at the last minute? Call or Text Head Coach Jason at 916-541-8590, or Booster President Marla at 916-600-2013.**

**Volunteers please contact Swim VP – Kristin Elser at 916-634-2006. For Home Meets additionally, try Cottage Pool at 916-487-8452.**

**THANKS!!!**

## **Northern California Swim League SWIMMER ELIGIBILITY RULES**

1. A participant who will attain the age of 19 on or before **June 15** of a League swim season shall not be eligible to compete.
2. A participant shall not be eligible if, between the time period commencing on February 1 and continuing through the end of the League swimming season during any calendar year, an individual:
  - I. swims in any United States Swimming sanctioned meet;
  - II. participates in any stroke and turn clinic or training session conducted by a U.S. Swimming team which trains for the purpose of competing in U.S. Swimming sanctioned meets; or
  - III. practices with, or competes for, any swimming team other than the swimmer's team; then said individual shall be ineligible to register and participate (or continue participating, as the case may be) in the League swimming season occurring in said calendar year. (Exception, high school swim meets.)

## **Northern California Swim League SUSPENSION AND EXPULSION OF LEAGUE MEMBERS**

The Board of Directors is authorized, as herein provided, to censure either privately or publicly, suspend from membership for a period of not more than one year, or to both censure and suspend and fine, or expel from membership any Team, participant, coach, official or other representative of this League for good cause. The term member as used in the remainder of this section shall mean any of the persons or entities named in this paragraph.

Good cause, as used in this section, means:

Any willful failure or refusal to abide by the Articles of Incorporation, Bylaws or Rules of this League;

Any willful failure or refusal to abide by the terms of an award in any arbitration proceeding under the terms of this Article after having agreed in writing to do so and after having received notice of the award;

Any willful failure or refusal to pay any assessment levied pursuant to the provisions of this Article; or

Any conduct which, in the opinion of the Board of Directors, is prejudicial to the League's welfare, good order and discipline therein or violates the purposes for which this League is formed.

## **SYNCHRONIZED SWIM TEAM FACTS**

<u>Team Size</u>	Maximum of 65 participants (only 40 may swim in dual meets and champs).
<u>Participation</u>	<b>Participation in meets is based on swimmers' attendance and participation at practice and performance at meets.</b>
<u>Team Suit</u>	Solid black one-piece suits must be worn during figures competition. These can be purchased at any swim store. You may wear any type and color of suit to practice.
<u>Caps</u>	Plain white caps must be worn during figures competition. You may wear any cap color to practice.
<u>Nose Clips</u>	Highly Recommended
<u>Practice</u>	Swimmers must be prepared to be in the water at their appointed practice time. If you know in advance that you will be late or miss practice, please let the coach know ahead of time.
<u>League Meets</u>	Regular meets of the Valley Foothill Competitive Aquatic League are held on Wednesday or Friday evenings during May, June and July depending on the Hosting Teams Facility availability. The meets usually run between 5:00 and 10:00 pm. Routine entries are limited to three entries per team. <b>Team entries for figures are limited to <u>40 swimmers</u>, thus not all participants will swim in all the meets.</b>
<u>Championships</u>	<b>A maximum of 40 figures entries per team and 12 routine entries per team is allowed.</b> Not all team members are entered into the championships and the decision is objectively based on the coaches' decision on performance at past meets and attendance at practices. Though not all team members can participate in championships, everyone is encouraged to come and cheer for the Stingrays. <b><u>NOTE: the League requires swimmers to compete in two league meets in order to be eligible to swim in Championships.</u></b>
<u>Aquacade</u>	The Stingrays hold an annual Aquacade event where we showcase the hard work of all the swimmers. Each participant will have a chance to participate in at least one routine in full costume regalia for the show. You are encouraged to bring friends and family to watch your swimmer show off her skills.

## **SYNCHRO "GEL" KIT CONTENTS**

1. UNFLAVORED KNOX GELATINE: 4 to 6 Packets. Mix ratio 2 to 3 packets minimum to ½ cup water.
2. PAPER (DISPOSABLE) HOT CUP: To mix gel in.
3. PLASTIC SPOONS
4. PASTRY BRUSH: 1" size or disposable paint brushes.
5. BRUSH: To put hair up in ponytails.
6. FINE TOOTH COMB
7. HAIR DONUT: To form bun. Can be purchased at Forsees or any beauty supply store.
8. HAIR PINS: To use on bun.
9. BOBBY PINS: Small and large, to pin on headpieces and to pin up hair.
10. RUBBER BANDS: Assortment of sizes.
11. VASELINE
12. WASHCOLTH AND OLD TOWEL
13. THERMOS FOR HOT WATER
14. WATERPROOF MAKEUP
15. MIRROR
16. EMERGENCY THREAD/NEEDLE/SAFETY PINS/ FISHING LINE: For last minute suit repairs or to tie back shoulder straps.
17. NAIL POLISH REMOVER
18. SHAMPOO/CONDITIONER: To be used by the swimmers to get the "gel" out. Hair must be washed with warm water to get gel out.

WARNING: Gelatin will clog plumbing. Do not pour any down the drain

**VALLEY FOOTHILL COMPETITIVE AQUATIC LEAGUE**  
**RULES OF CONDUCT FOR SPECTATORS, PARTICIPANTS, AND COACHES**

1. Smoking is prohibited in the pool area.
2. Spectators must remain in the stands and/or designated areas until the meet is concluded.
3. At no time will a spectator, participant, or coach question a judgment decision given by a meet official.
4. Visiting and home team members will remain in their designated team areas unless competing or making ready to compete.
5. Questions by coaches, spectators, or participants on decisions made by meet officials must be directed to the League Representative.
6. Unsportsmanlike conduct (e.g., abusive language, inappropriate yelling, and derogatory mannerisms) will not be tolerated by a spectator, participant, or coach at any time.
7. At no time will a coach, participant, or spectator act in a physical or threatening manner toward another person. This type of action will result in immediate dismissal from the pool area and suspension from the remainder of League meets.
8. At the conclusion of the meet, all participants must stay out of the pool
9. At the conclusion of the meet, teams will thoroughly clean their respective team areas.
10. The following procedures will be used for anyone who disregards the rules governing the operation of a VFCAL sponsored meet/event and/or authority of any League official on duty:
  - a. The League Representative will issue a verbal warning explaining why the rule is in effect and how it was violated. In addition, the League Representative has the authority to:
    - i. Ask the violator to leave the pool area for the remainder of the meet/event.
    - ii. Issue a written statement (stating the event(s) leading to the removal, the violator's name and address, and any other pertinent information) to appropriate Division Chairperson by 5:00 pm on the first working day after the meet/event.
  - b. The Division Chairperson has the authority to:
    - i. Issue a written warning to the violator stating the next problem the League encounters with him/her will result in immediate dismissal from the pool area and could result in suspension from subsequent meets determined by the League Representative. (The Division Chairperson will send this letter, along with written statement, to the violator and all League Representatives.)
    - ii. Suspend violator from subsequent meets/events as determined by the League Representative.

## **VALLEY FOOTHILL COMPETITIVE AQUATIC LEAGUE SWIMMER ELIGIBILITY RULES**

- 1-A. All swimmers may workout and compete with any organized group from the end of the V.F.C.A.L. season up through January 15th.
- 1-B. The League season starts the first week of May (This might include part of April.) After the League starting date, no swimmer may swim with any organized synchronized swimming group outside of their VFCAL team for the duration of the V.F.C.A.L. season (the VFCAL season ends with the Championship weekend). Penalty: Ineligibility
- Definition of an "Organized Group": Any group that meets on a daily, weekly, or monthly basis in which an organized workout with a coach, instructor or other person responsible for the group is present on the deck or in the pool at one time. Specialized clinics or classes of only one (1) day in duration are allowed with a maximum of five (5) 1-day classes/clinics throughout the season.
- 1-C. The League "Rest Period" is January 16 through the month of February. During the League's rest period, no swimmer may swim or compete with any organized synchronized swimming group, which meets on a daily, weekly or monthly basis.
- From January 16 through the League's starting date, a swimmer who competes in any synchronized swimming meet (Attached, Unattached or Unofficial) is not eligible to participate in the V.F.C.A.L. (exception, high school and college swim team members, practicing and competing for their schools)
- 1-D. The penalty for swimming during a division's specified "rest period" and/or competing in a meet after January 15 will be cause for a swimmer's removal from the League and all points earned by that swimmer at any point in the season will be removed and the meets will be re-scored.
- Complaints regarding a swimmer violating the "rest period" policy must be in writing using the official League complaint form. This complaint form must then be submitted to the League Representative of the accused swimmer. (See appendix A)
- 1-E. From March 1 to the beginning of the season, VFCAL Synchronized Swimming may participate in clinics open to the public and not limited to members of the team. These clinics may include figures, conditioning, transitions, and routine elements. The clinics may not include routine practiced to music, including dry land drills, which may be used in the subsequent season.

### **INTERMEDIATE CLASSIFICATION**

Participants must compete in the intermediate class if they have qualified under the following provisions: (Pending March approval)

- 3-A. Participants must compete in the intermediate class if they have competed as an Intermediate in any previous season.
- 3-B. If a novice placed first place in 11-year-old and up age group figure competitions during dual meet competition, three or more times, in a season. (If an 11-year-old met this criteria as a 9-10 novice, she is classified as an 11-12 intermediate.)
- 3-C. If a swimmer places in the top eight novice class (top six for 9-10) in their first synchronized swimming championship meet they have the option of moving up to intermediates (unless they fall under the 3-B criteria) A swimmer who qualifies for intermediate classification in their first synchronized swimming championship must have a coach's approval to move to intermediate status. If a swimmer places in the top eight novice class (top six for 9-10) in their second (or more) championship meet, then they must move up to intermediates.
- 3-D. If a swimmer has competed at the USSI level, a committee of USS coaches from the swimmer's team will determine the level of placement for the swimmer. The League must approve the committee and the Synchronized Division Chair will be a member of the committee.
- 3-E. All swimmers compete at the Novice level until they meet the above criteria.

## 2020 VFCAL Dual Meet Schedule

**Compulsory Figures:** Novice: Ballet Leg & Front Walkover  
Intermediate: Barracuda Airborne Split & Catalina

### Week of May 25

Wed 5/27 Davis @ FEC (home team warmups begin at 5:30 pm)  
Fri 5/29 Sunrise @ Cordova (home team warmups begin at 5:00 pm)  
Auburn Bye  
**Routines:** Solos and Duets  
**Figures:** Group 1 Novice: Tower & Somersub (Right Ballet Leg)  
Intermediate: Flamingo Bent Knee & Back Walkover

### Week of June 1

Wed 6/3 Cordova @ Davis (home team warmups begin at 5:00 pm)  
Sunrise @ Auburn (home team warmups begin at 5:30 pm)  
FEC Bye  
**Routines:** Solos, Duets and Trios  
**Figures:** Group 3 Novice: Kipnus & Prawn Twirl (Right Ballet Leg)  
Intermediate: Albatross & Side Fishtail Split

### Week of June 8

Wed 6/10 Auburn @ Davis (home team warmups begin at 5:00 pm)  
Fri 6/12 FEC @ Sunrise (home team warmups begin at 5:15 pm)  
Cordova Bye  
**Routines:** Solos, Duets and Trios  
**Figures:** Group 2 Novice: Barracuda & Neptunus (Left Ballet Leg)  
Intermediate: Kip Half Twist & Angelfish

### Week of June 15

Wed 6/17 Cordova @ FEC (home team warmups begin at 5:30 pm)  
Auburn, Davis, Sunrise Bye  
**Routines:** Trios and Teams  
**Figures:** Group 3 Novice: Kipnus & Prawn Twirl (Left Ballet Leg)  
Intermediate: Albatross & Side Fishtail Split

### Week of June 22

Fri 6/26 Auburn @ Cordova (home team warmups begin at 5:00 pm)  
Davis @ Sunrise (home team warmups begin at 5:15 pm)  
FEC Bye  
**Routines:** Trios and Teams  
**Figures:** Group 2 Novice: Barracuda & Neptunus (Left Ballet Leg)  
Intermediate: Kip Half Twist & Angelfish

### Week of June 29

Wed 7/1 FEC @ Auburn (home team warmups begin at 5:30 pm)  
Davis, Cordova, Sunrise Bye  
**Routines:** Trios and Teams  
**Figures:** Group 1 Novice: Tower & Somersub (Right Ballet Leg)  
Intermediate: Flamingo Bent Knee & Back Walkover

**Championships @ Davis July 18th and 19th**

## **FIGURES**

All age groups perform 4 figures at each meet.

Novice Ballet Leg will alternate from Left to Right, Starting with the Right at the first meet.

	<b><u>Novice</u></b>	<b><u>Intermediate</u></b>
<b><u>Compulsory</u></b>	Ballet leg (1.6), Walkover (2.1)	Heron (2.1) Porp. Spin 180 (2.0)
<b><u>Group 1</u></b>	Barracuda (2.0), Prawn (1.8)	Kip 1/2 twist (2.2), Angelfish (2.5)
<b><u>Group 2</u></b>	Tower (1.8), Somersub (2.0)	Flam. Bent knee (2.4), Back Walkover (2.0)
<b><u>Group 3</u></b>	Kipnus (1.8), Neptunus (1.8)	Albatross (2.2), Side Fishtail Split (2.0)

For in-depth descriptions of each figure please visit:

<https://vfcalsynchro.shutterfly.com/figures>

### **DUAL MEET SCORING**

<u>Place</u>	<u>Figure Score</u>
1 <sup>st</sup>	7
2 <sup>nd</sup>	5
3 <sup>rd</sup>	3
4 <sup>th</sup>	2
5 <sup>th</sup>	1
6 <sup>th</sup>	0

Routines

### **CHAMPIONSHIP SCORING**

<u>Place</u>	<u>Figures &amp; Solo</u>	<u>Duets</u>	<u>Trios</u>	<u>Team</u>
1 <sup>st</sup>	10	14	16	18
2 <sup>nd</sup>	8	11	13	15
3 <sup>rd</sup>	6	8	10	12
4 <sup>th</sup>	5	6	8	10
5 <sup>th</sup>	4	5	7	9
6 <sup>th</sup>	3	4	6	7
7 <sup>th</sup>	2	3	4	5
8 <sup>th</sup>	1	2	3	4

5 points for each of two mandatory entries.

# SWIM TEAM FACTS

## **Participation:**

Swimmers must be able to swim 1 lap, unassisted, without stopping, and have the basic swimming skills that allow them to participate in workouts and age-group events. Swimmers who are having difficulty participating in their age-group workout may be asked to take swim lessons in addition to, or instead of, swim team. While the Stingrays are a recreational, learning focused swim team, some swimmers may be referred to lessons for their own safety and athletic development.

## **Team Suit:**

The purchase of a Team Suit is strongly recommended, though not mandatory. Suits will be available for order on Registration Night and from the **California Swim Shop.**

7330 Fair Oaks Blvd., Suite 7  
Carmichael CA 95608  
(916) 971-9836

2019- 2020 FEC Team Suit: Speedo Lane  
GameBlue,Red,White or **Dolphin Color Block Black/Royal**  
Alternate suit options: Any black racing suit

## **Time Trials:**

This years' time trials will be held on **Saturday, May 2, 2020.**

Time trials are important to attend:

1. To determine each child's performance level and strengths.
2. To have a comparison on improvement throughout the season.
3. To understand the process of a swim meet and to overcome the first meet jitters.
4. To get to know the other team members.

It is very important for all to attend. Parent help is also very much needed.

## **League Meets:**

Participation in meets is judged on attendance and participation at practice and times at meets. Regular meets of the Northern California Swim League are held on Saturdays during May, June, and July. The meets usually run between 7:00 a.m. and 2:30 p.m. At League meets, swimmers will be placed in events that will best help the team. The league requires swimmers to swim in two league meets and two events in those same meets in order to be eligible to swim in Championships.

## **Championships:**

Championships will be held on the weekend of **July 18 and 19**, scheduled to be located at **West Sac, CA**. All team members are entered for Championships, if they meet the two-meet league meet requirement.

## SWIM MEET SCHEDULE/THEMES

2- May - Time Trials  
 16-May - AH @ FEC  
 23-May - Off  
 30-May - @ AP  
 6-Jun - @ DN  
 13-Jun - Off  
 20-Jun - @ Amador  
 27-Jun - FO @ FEC  
 11-Jul - Dixon @ FEC  
 18/19 - Jul - West Sac

## ORDER OF EVENTS

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1 .	Free Relay, 100 yards	6 & under Coed
2 .	Medley Relay, 100	7-8, 9-10
3 .	yards Medley Relay,	11-12, 13-14, 15-18
4 .	Individual Medley, 100 yards	9-10, 11-12, 13-14, 15-18
5 .	Freestyle, 25 yards	6 & under, 7-8, 9-10
6 .	Freestyle, 50 yards	11-12, 13-14, 15-18
7 .	Backstroke, 25 yards	6 & under, 7-8, 9-10
8 .	Backstroke, 50 yards	11-12, 13-14
9 .	Backstroke, 100 yards	15-18
1 0 .	Freestyle, 50 yards	7-8, 9-10
1 1 .	Freestyle, 100 yards	11-12, 13-14, 15-18
1 2 .	Breaststroke, 25 yards	7-8, 9-10
1 3 .	Breaststroke, 50 yards	11-12, 13-14
1 4 .	Breaststroke, 100 yards	15-18
1 5 .	Butterfly, 25 yards	7-8, 9-10
1 6 .	Butterfly, 50 yards	11-12, 13-14, 15-18
1 7 .	Free Relay, 100 yards	7-8, 9-10
1 8 .	Free Relay, 200 yards	11-12, 13-14, 15-18

### DUAL MEET SCORING

	Individual	Relay
1st	5	7
2nd	3	0
3rd	2	0
4th	1	0
5th	0	0
6th	0	0

### CHAMPIONSHIP SCORING

	Individual	Relay
	(If an 8-lane	
1st	9	18
2nd	7	14
3rd	6	12
4th	5	10
5th	4	8
6th	3	6
7th	2	4
8th	1	2

## **FEC Swim Away Meet Directions**

### **Saturday, May 30th – Arden Park Dolphins – Arden Park Community Center** **1000 La Sierra Drive, Sacramento CA, 95864**

East on Cottage Way  
Right on Watt Ave  
Left on San Ysidro Way  
Left on 1000 La Sierra Drive  
Right turn

### **Saturday, June 6 –Del Norte –Del Norte Country Club**

Turn left onto Bell St  
Turn right onto El Camino Ave  
Turn left onto Morse Ave  
Turn right onto Marconi Ave  
Turn left onto Becerra Way  
Del Norte Club

### **Saturday, June 20 – Amador Polar Bears – Jackson City Pool** **530 Sutter Street, Jackson CA 95642**

East on Cottage Way  
Right on Watt Ave  
Left on CA-16 East / Jackson Road  
Slight Right on CA-49 South  
Left onto CA-49 S / CA-88 E  
Turn Left for parking lot

### **Eureka Championships** **July18-19 – West Sacramento Recreation Center at 2801** **Jefferson Blvd. West Sacramento, CA 95691.**

Get on I-80BL in Sacramento from Alta Arden Exp. and Arden Way  
6 min (1.7 mi)

Continue on I-80BL. Take I-80BUS W and US-50 W to Jefferson Blvd in West Sacramento. Take exit 3 from I-80BUS W/US-50 W  
7 min (7.0 mi)

Follow Jefferson Blvd to your destination

# **FEC Synchro Away Meet Directions – from Cottage Pool**

## **Friday, June 12 – Sunrise**

### **801 Auburn Blvd, Citrus Heights, CA 95610**

Head north on Howe Ave toward Cottage Way  
Take the I-80 E ramp on the left  
Follow I-80BL E and I-80 E to Antelope Rd in Citrus Heights. Take 100 from I-80 E  
Merge onto I-80 BL E  
Use the left 3 lanes to merge onto I-80 E toward Reno  
Take exit 100 for Antelope Rd  
Keep right at the fork, follow signs for Citrus Heights and merge  
onto Antelope Rd  
Continue on Antelope Rd. Drive to Oak Forest St  
Merge onto Antelope Rd  
Left lane to turn left onto Auburn Blvd  
Turn left onto Oak Forest St

## **Wednesday, July 14 – Auburn - Auburn Pool**

123 Recreation Dr, Auburn, CA 95603

Head east on Cottage Way toward Morse Ave  
Turn left at Watt Ave  
Continue straight to stay on Watt Ave  
Take the I-80 ramp to Reno 0.3 mi  
Merge onto Capital City Fwy E  
Merge onto I-80 E  
Take exit 119A for Maple St toward Auburn  
Turn right at Lincoln Way  
Turn right at Sacramento Street  
Turn right at Auburn Folsom Rd/Sacramento St  
Turn right at Racetrack St 0.2 mi  
Turn left at Rec Dr

## **Saturday and Sunday, July 18 & 19 – Davis VFCAL Championships – Arroyo Pool**

2000 Shasta Drive, Davis 95616

East on Cottage Way  
Right (South) on Watt Ave  
Take US-50/I-80 toward San Francisco  
Exit 70 onto CA-113 North  
Exit 28 for Russell Blvd, turn Left  
Continue onto Arlington Blvd  
Right onto Shasta Drive (Park located on the Right)

## PRACTICE SCHEDULE

All swimmers should be present at the pool in their suits 15 minutes before practice is scheduled to begin dry-land. This allows time for stretching, which is of the utmost importance in all athletics and extremely important in swimming. Without proper stretching and warming up a swimmer is putting their own body at risk. The work we do in the pool is taxing on the body and the last thing any of the coaches want is for any swimmers to get hurt. Swimmers who don't stretch and warm up usually spend most of practice complaining about cramps and exhaustion. Swimming is a whole body work out and the best form of exercise on the planet although it can be harmful without the proper preliminary work.

### **Evening practice (April 8 – 27): Monday – Friday**

6 & under	5:30 – 6:00 pm
7 & 8	6:00 – 6:30 pm
9 & 10	6:30 – 7:15 pm
11 & 12	7:15 – 8:00 pm
13 & up	7:45 – 8:45 pm

### **Evening practice (begins April 30): Monday – Friday**

Red	5:30 – 6:15 pm
White	6:15 – 7:15 pm
Blue	7:15 – 8:30 pm

### **Morning practice (begins June 15): Monday/Wednesday/Friday's**

AM practices are a more strenuous workout. All are encouraged to come to as many practices as possible, but swimmers should be aware that in the morning they will have more asked of them in the pool.

Blue	7:00 – 8:30 am
White	8:30 – 9:30 am

Unless otherwise authorized by the Head Coach, those swimmers in the Red group will only practice during evening practice.

### **Lane Assignments/Practice times:**

Only for the first couple weeks swimmers will be assigned practice times by age for assessment. Beginning in May, swimmers will be assigned a practice time by color, so swimmers are training at their appropriate level. There is no such thing as a better practice time or lane. Swimmers may be asked to switch lanes from day to day and sometimes from set to set. As the season continues swimmers will move up and down according to their individual needs. Parents should refrain from commenting on their child's lane or practice time, if there is a question about your swimmers practice time/lane, please ask the Head Swim Coach, in between practices or sets.

- Practice times are Subject to Change

## PRACTICE SCHEDULE

It is important for ALL swimmers to arrive on time for practice with swim suits on. It is recommended for swimmers to bring a water bottle and an evening snack.

The first 15 minutes of each practice will be dedicated to stretching and land conditioning. It plays an important role in each swimmers skills and performance level at practice and during meets.

Routine participants will be determined within the first couple of weeks of practice, so attendance is very important.

Below are the practice times provided to the Stingrays, each swimmers' specific practice schedule will be determined by the routine(s) they are placed in. The Coaches will distribute any variations and changes through the season.

### Evening practice (beginning on April 27):

To be held Monday - Friday (except during Synchro meets)

Novice: 5:30pm - 6:45pm

Intermediate: 6:30pm - 8:15pm

### Morning practice (beginning on June 15):

Moring practice will be held Monday, Wednesday and Friday.

Intermediate: 8:00 - 9:00am

Novice: 9:00 - 10:00am



**Fulton - El Camino Stingrays**

**RECORDS Stingray Record**

**Yards-Girls**

6 & U	25 Free	16.70	1-Jul-87	FEC	Alexis Oakland
	25 Back	20.45	1-Jul-87	FEC	Alexis Oakland
7-8	25 Free	14.64	1-Jul-89	FEC	Alexis Oakland
	50 Free	35.53	1-Jul-98	FEC	Briana Smalley
	25 Back	17.53	1-Jul-89	FEC	Alexis Oakland
	25 Breast	20.32	1-Jul-89	FEC	Alexis Oakland
	25 Fly	15.93	1-Jul-89	FEC	Alexis Oakland
	100 Free Relay	1:09.50	21-Jul-07	FEC	Fulton - El Camino Stingrays R. Robinson-Stahl, N. Monterrey, C. Wiley, K. Lond
100 Medley Relay	1:20.35	1-Jul-89	FEC	Stingrays J. Calder, A. Oakland, R. Pruett, J. Rawlings	
9-10	25 Free	13.43	11-Jul-15	FEC- NC	Maya Moseley at FEC Stingrays at Sunrise Sharks
	50 Free	29.55	17-Jul-10	FEC	Michelle Akana at Eureka Championships 2010
	25 Back	17.03	10-Jul-10	FEC	Michelle Akana at Fulton-El Camino @ Sunrise
	25 Breast	17.78	1-Jul-96	FEC	Deborah Shelley
	25 Fly	14.66	1-Aug-15	FEC- NC	Maya Moseley at 2015 Meet of Champions
	100 IM	1:16.61	31-Jul-10	FEC	Michelle Akana at 2010 Meet of Champions
	100 Free Relay	58.42	18-Jul-09	FEC	Fulton - El Camino Stingrays R. Robinson-Stahl, M. Akana, K. Londeree, C. Osbo
100 Medley Relay	1:07.50	1-Jul-79	FEC	Stingrays K. Beard, L. Desin, C. Favero, K. Silver	
11-12	50 Free	26.11	4-Aug-07	FEC	Nikole Runyon at 2007 Meet of Champions
	100 Free	58.72	4-Aug-07	FEC	Nikole Runyon at 2007 Meet of Champions
	50 Back	32.14	28-Jul-12	FEC- NC	Michelle Akana at 2012 Eureka Championships
	50 Breast	34.37	21-Jul-07	FEC	Nikole Runyon at Eureka Championships 2007
	50 Fly	29.60	1-Jul-78	FEC	Deleane Dellinger
	100 IM	1:08.39	4-Aug-07	FEC	Nikole Runyon at 2007 Meet of Champions
	200 Free Relay	1:56.74	30-Jul-11	FEC- NC	Fulton - El Camino Stingrays K. Londeree, R. Robinson-Stahl, C. Osborn, M. Akana
200 Medley Relay	2:12.98	9-Jul-11	FEC- NC	Fulton - El Camino Stingrays R. Robinson-Stahl, C. Wiley, K. Londeree, M. Akana	
13-14	50 Free	25.63	21-Jun-14	FEC- NC	Michelle Akana at Arden Park Dolphins vs. FEC Stingrays
	100 Free	56.96	19-Jul-14	FEC- NC	Michelle Akana at 2014 Eureka Championships
	50 Back	30.77	19-Jul-14	FEC- NC	Michelle Akana at 2014 Eureka Championships
	50 Breast	33.35	30-Jul-11	FEC- NC	Kirsten DePauw at Gold Rush Championships 2011
	50 Fly	29.22	28-Jul-12	FEC- NC	Libby Dahlberg at 2012 Eureka Championships
	100 IM	1:05.70	28-Jul-12	FEC- NC	Libby Dahlberg at 2012 Eureka Championships
	200 Free Relay	1:46.58	30-Jul-11	FEC- NC	Fulton - El Camino Stingrays K. DePauw, E. Dahlberg, M. Rehorn, H. Dement
	200 Medley Relay	2:02.60	9-Jul-11	FEC- NC	Fulton - El Camino Stingrays H. Dement, K. DePauw, C. Johnston, M. Rehorn
15-18	50 Free	24.80	21-Jul-18	FEC	Michelle Akana at 2018 MotherLode Championships
	100 Free	54.82	21-Jul-18	FEC	Michelle Akana at 2018 MotherLode Championships
	50 Back	30.90	1-Jul-79	FEC	Amy Branthaver
	100 Back	1:03.51	21-Jul-18	FEC	Michelle Akana at 2018 MotherLode Championships
	100 Breast	1:11.25	28-Jul-12	FEC- NC	Sophie Osborn at 2012 Eureka Championships
	50 Fly	28.01	19-Jul-08	FEC	Katia Monterrey at Gold Rush Championships 2008
	100 IM	1:02.17	21-Jul-18	FEC	Michelle Akana at 2018 MotherLode Championships
	200 Free Relay	1:43.83	3-Aug-13	FEC- NC	Fulton - El Camino Stingrays E. Dahlberg, N. Runyon, K. DePauw, L. Cagle
	200 Medley Relay	1:59.04	19-Jul-08	FEC	Fulton - El Camino Stingrays B. Smalley, S. Imura, K. Monterrey, V. Ayeni

**Fulton - El Camino Stingrays**

**RECORDS Stingray Record**

**Yards-Boys**

6 & U	25 Free	17.00	<b>1-Jul-81</b>	FEC	Brian Cornell
	25 Back	22.14	<b>31-Jul-10</b>	FEC	William Seargeant at 2010 Meet of Champions
7-8	25 Free	14.37	<b>28-Jul-12</b>	FEC- NC	Elijah Rogalski at 2012 Eureka Championships
	50 Free	33.45	<b>4-Aug-12</b>	FEC- NC	Elijah Rogalski at 2012 Meet of Champions
	25 Back	18.75	<b>28-Jul-12</b>	FEC- NC	Elijah Rogalski at 2012 Eureka Championships
	25 Breast	20.22	<b>1-Jul-79</b>	FEC	John Pruett
	25 Fly	16.49	<b>1-Jul-90</b>	FEC	M. Bouchard
	100 Free Relay	1:08.41	<b>1-Jul-81</b>	FEC	Stingrays L Britt, C Curry, J Dressler, J Smith
	100 Medley Relay	1:19.79	<b>1-Jul-83</b>	FEC	Stingrays R. Burmeister, J. Conwell, R Henry, B Sanchez
9-10	25 Free	13.54	<b>14-Jun-14</b>	FEC- NC	Elijah Rogalski at Arden Hills Otters vs. FEC Stingrays
	50 Free	30.00	<b>1-Jul-76</b>	FEC	Mike Kleinheksel Kevin Carissimi tied in 1980
	25 Back	16.55	<b>1-Jul-97</b>	FEC	John Strand
	25 Breast	17.70	<b>1-Jul-76</b>	FEC	Mike Kleinheksel
	25 Fly	14.45	<b>1-Jul-96</b>	FEC	Brian Buchanan
	100 IM	1:15.34	<b>1-Jul-96</b>	FEC	Brian Buchanan
	100 Free Relay	58.86	<b>1-Jul-95</b>	FEC	Stingrays A Austin, B Buchanan, K Michelmore, B Smalley
	100 Medley Relay	1:10.49	<b>1-Jul-96</b>	FEC	Stingrays A. Austin, B. Buchanan, M. Lukawski, J. Strand
11-12	50 Free	24.85	<b>1-Jul-82</b>	FEC	Kevin Carissimi
	100 Free	59.82	<b>2-Aug-14</b>	FEC- NC	Kai Thomas at 2014 Meet of Champions
	50 Back	31.69	<b>1-Jul-98</b>	FEC	Brian Buchanan
	50 Breast	35.11	<b>1-Aug-09</b>	FEC	Griffin Dorais at 2009 Meet of Champions
	50 Fly	29.49	<b>6-Aug-05</b>	FEC	Nathaniel Carder at Meet of Champions
	100 IM	1:07.96	<b>19-Jul-14</b>	FEC- NC	Kai Thomas at 2014 Eureka Championships
	200 Free Relay	1:56.99	<b>1-Jul-81</b>	FEC	Stingrays K Carissimi, E Curry, D Madsen, T Simmons
	200 Medley Relay	2:15.10	<b>1-Jul-67</b>	FEC	Stingrays M. Short, M. Templeton, ?, ?
13-14	50 Free	23.33	<b>4-Aug-07</b>	FEC	Tanner Bond at 2007 Meet of Champions
	100 Free	51.25	<b>21-Jul-07</b>	FEC	Tanner Bond at Eureka Championships 2007
	50 Back	28.46	<b>1-Jul-88</b>	FEC	Lucas Britt
	50 Breast	31.45	<b>21-Jul-07</b>	FEC	Tanner Bond at Eureka Championships 2007
	50 Fly	25.93	<b>1-Jul-88</b>	FEC	Lucas Britt
	100 IM	59.70	<b>21-Jul-07</b>	FEC	Tanner Bond at Eureka Championships 2007
	200 Free Relay	1:41.20	<b>1-Jul-80</b>	FEC	Stingrays D Boatwright, M Kleinheksel, K Peshel, B Sugimoto
	200 Medley Relay	1:54.20	<b>1-Jul-80</b>	FEC	Stingrays D Boatwright, M Kleinheksel, K Peshel, B Sugimoto
15-18	50 Free	22.89	<b>1-Aug-15</b>	FEC- NC	Andrew Chang at 2015 Meet of Champions
	100 Free	49.37	<b>1-Jul-99</b>	FEC	Heath Smalley
	50 Back	26.96	<b>1-Jul-92</b>	FEC	Lucas Britt
	100 Back	57.18	<b>1-Aug-15</b>	FEC- NC	Patrick Abercrombie at 2015 Meet of Champions
	100 Breast	1:06.00	<b>15-Jul-17</b>	FEC	Alec Londeree at 2017 Eureka Championships
	50 Fly	24.84	<b>21-Jul-18</b>	FEC	Gage McCutcheon at 2018 MotherLode Championships
	100 IM	56.34	<b>1-Jul-82</b>	FEC	Brian Baldwin
	200 Free Relay	1:34.82	<b>18-Jul-09</b>	FEC	Fulton - El Camino Stingrays M. Pherigo, K. Mirsepassi, M. Helm, K. Keller
	200 Medley Relay	1:46.77	<b>1-Jul-82</b>	FEC	Stingrays B Baldwin, D Boatwright, K Hanson, K Peshel

**Fulton - El Camino Stingrays**

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**RECORDS Stingray Record**

**Yards-Mixed**

6 & U	100 Free Relay	1:17.81	31-Jul-10	FEC	Fulton - El Camino Stingrays J. Espy, E. Rogalski, W. Seargeant, B. Londeree
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## Stingray Team CALENDAR OF EVENTS – 2020

DATE	EVENT	TIME	LOCATION
Monday, 4/6	1st Day of Practice – swim (M-F)	TBA	Cottage Pool
Wednesday 4/15	Swim Shop on Deck. Final Team Suit Order	5:30pm	Cottage Pool
Wednesday 4/22	Welcome Back Dine Out Fundraiser	TBA	
Monday, 4/27	1st Day of Practice – Synchro (M-F)	TBA	Cottage Pool
Friday, 5/1	Ice Cream Social/Parent Orientation	6:00pm	Cottage Pool
<b>Saturday, 5/2</b>	<b><u>Time Trials Mock Meet</u></b>	<b>6:45am</b>	<b>Cottage Pool</b>
<b>Wednesday 5/13</b>	<b><u>Synchro Mock Meet</u></b> <b>(No Evening Practice)</b>	<b>6:00pm</b>	<b>Cottage Pool</b>
Friday, 5/15	Team and Individual Pictures	5:00pm	Cottage Pool
<b>Saturday 5/16</b>	<b><u>Swim Meet vs Arden Hills</u></b>	<b>6:45am</b>	<b>Cottage Pool</b>
Monday, May 5/25	Holiday - <b>No Practice</b>	N/A	
<b>Wednesday, 5/27</b>	<b><u>Synchro Davis @ FEC Meet</u></b> - No Practice	<b>6:00pm</b>	<b>Cottage Pool</b>
<b>Saturday, 5/30</b>	<b>Meet: <u>FEC @ Arden Park</u></b>	<b>7:00am</b>	<b>Arden Park</b>
<b>Saturday, 6/1</b>	<b>Meet: <u>FEC @ Del Norte</u></b>	<b>7:00am</b>	<b>Del Norte</b>
Wednesday 6/10	Dine Out Fundraiser	TBA	TBA
<b>Friday, 6/12</b>	<b>Synchro: FEC @ Sunrise</b>	<b>5:15pm</b>	<b>Sunrise</b>
Monday, June 15	Morning Practice begins	TBA	Cottage Pool
<b>Wednesday, 6/17</b>	<b><u>Synchro Cordova @ FEC Meet</u></b> - No Practice	<b>6:00pm</b>	<b>Cottage Pool</b>
Thursday 6/18	River Cats	TBD	
<b>Saturday, 6/20</b>	<b>Meet: <u>FEC @ Amador</u></b>	<b>6:45am</b>	<b>Amador</b>
Wednesday 6/24	Splash-For-Cash & Spaghetti Feed	TBA	Cottage Pool
Friday, June 26	FEC Special Event: Movie @ Cottage Pool (No evening Practice 13 & Up)		
<b>Saturday 6/27</b>	<b>Swim Meet vs Fair Oaks</b>	<b>6:45am</b>	<b>Cottage Pool</b>
<b>Saturday, 6/27</b>	<b>Synchro: Aquacade</b>	<b>6:00pm</b>	<b>Cottage Pool</b>
Wednesday, 7/1	<b><u>Synchro FEC @ Auburn Meet</u></b>	<b>6:00pm</b>	<b>Auburn</b>
Friday, 7/3	Holiday – <b>No Practice</b>	N/A	
Saturday 7/4	4 <sup>th</sup> of July Pool Party	2:00pm	Cottage Pool
Saturday 7/11	<b>Swim Meet vs Dixon</b>	<b>6:45 am</b>	<b>Cottage Pool</b>
Thursday 7/16	Spirit Picnic	6:00pm	Cottage Pool
Sat/Sun, 7/18 & 19	Swim Championships	TBA	West Sac
Sat/Sun, 7/18 & 19	Synchro Championships	TBA	Davis
Monday, 7/20	Stingray Awards Night (Swim)	6:00pm	Cottage Pool
Friday, 7/31	FEC Special Event: Movie @ Cottage Pool	TBA	Cottage Pool
<b>Sat/Sun, August 1/2</b>	<b>Meet of Champs (Qualifying/Optional)</b>	<b>TBA</b>	<b>TBA</b>