

# Rio Rapids Newsletter

## First One Under Our Belt - Lessons Learned

### TIME TRIALS RECAP AND LOOKING TOWARDS DEL NORTE DOLPHINS - THIS SATURDAY 6/12 7:15 CHECK-IN

Wow. What a Time Trials! In normal times, Time Trials is just the beginning, but I don't know about you but it felt like so much more. I found myself teary setting up Friday night with anticipation. It felt like something normal, something I was used to, but not. It was amazing to see the smiles on our kids faces to not only race, but to race with their friends. It was so exciting to see the awesome swimming! We have a great team! Our swimmers swam great for their first meet with little practice diving off those blocks! It will only get better!!

Big thanks to all the Parents who volunteered to help throughout the meet, we cant do it without you. Huge thanks to those who jumped in without being asked or without signing up for a job but just did what had to be done! I appreciate you all! This is why we call it our #RioVillage.

Del Norte Meet this weekend will be with our friends the Del Norte Dolphins. Please go [here](#) and sign in or out of the meet. Either way it is all good. If you do not declare Yes, and dont sign out, but then show up to the swim meet to swim it can cause some problems, we are trying to not reseed the meet the morning of so the information we send out Friday night is accurate.

### MORNING PRACTICE BEGINS MONDAY JUNE 14 - TIMES BELOW

We are beginning Morning Practice on Monday June 14th. This is the annual day that all summer activities start at Rio del Oro. Summer Camp, Tennis Camp, This is not a new time switch. It happens every year and is a normal part of the swim season. It is the best part of the season. Practices in the morning are a little longer and start to become more race focused.

### AFTERNOON PRACTICE BEGINS TUESDAY JUNE 15 - TIME BELOW

We have been blessed to bring in a few more coaches to coach our afternoon practice. We welcome back coach Maurisa Major who just finished coach El Camino High School to be our lead afternoon coach. As a reminder this is a make up practice we will be very limited in lane space (2)



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## SUMMER PRACTICE SCHEDULE

### Summer Practice Schedule Begins June 14th

Morning Practice will Run Monday thru Friday

11 & Up	8:00 to 9:30 am
9 - 10	9:30 to 10:30 am
7 - 8	10:30 to 11:15 am
6 & under	11:15 am to 11:45 am

### Afternoon Practice beginning June 15th

Afternoon Practice will be Tues/Wed/Thurs Only

6 & Under	5:00 to 5:30
7 - 8	5:30 to 6:00
9 & Up	6:00 to 7:00

## ARE YOU GOING TO THE MEET OR NOT? PLEASE SIGN IN OR OUT

Here are the steps if you **ARE NOT GOING**:

- Click on Swim Meets Tab above. Find your the event you would like to RSVP to & click Attend this Event. Click on the swimmer & choose Yes or No as your attendance choice.
- If No, just click on the Submit button and you'll be sent to the confirmation page
- If you have more than one child, repeat the same task as listed above.

Here are the steps if you **ARE GOING**:

- Click on Swim Meets. Find your the event you would like to RSVP to & click Attend this Event. Click on the swimmer & choose Yes or No as your attendance choice.
- Once yes is selected, you will see the events your child **MAY** be eligible to swim, you do not need to select events. The coaches will determine what each swimmer swims.
- Once you have finished, click on the Submit Button in the lower right
- Repeat the process for additional swimmers
- You will notice that Coach Approval column will indicate Pending after you submit
- **Please pay careful attention to:**
  - - **Maximum Event Entry Limitations IF PRESENT. Click on the >>View if present.**
  - - **Add any notes that you want the Coach or Administrator to see**

Coach Richard will review the data and will write the meet entries. I will be posting the meet entries by event and athlete under the "Swim Meets" tab and you can also log back in to your account and click on "Attend the event" button again to see what has been selected by Coach Richard. Please keep in mind that your swimmer will not always be able to swim the event he or she had picked.

## PARENT JOBS FOR THE DEL NORTE MEET

While we do not require parent volunteer hours this season we still need your help!!! In order to run a meet for our kids we MUST have parent support. So...for the Del Norte Meet coming up I will be adding a Friday night set up crew (6), and a Saturday Morning Set Up Crew (4) as well some some stoke and turn judges and a ribbons table. I appreciate you all so much! Without you we will not be able to hold meets this year. If you have any questions at all please shoot me a text! Coach Richard: 916-459-7557

## RAPIDS SPIRIT WEAR

The Rapids Spirit Wear was a huge hit this past weekend! Be sure to check out the clothing table at the swim to get all your Rapids Spirit Gear! This is our main fundraiser this year.

## RAPIDS SWIM MEET SCHEDULE

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Location</u>	
Sat	June 5	Time Trials	RDO	7:15 AM
Sat	June 12	Del Norte Dolphins	RDO	7:15 AM
Sat	June 19	West Sacramento Dolphins	RDO	7:15 AM
Sat	June 26	Sat Town Tsunami	RDO	7:15 AM
Sat	July 10	Woodcreek Seawolves	RDO	7:15 AM
Sat	July 17	Dixon Dolphins	RDO	7:15 AM
Sat	July 24	RDO Championship Invitational(TBA)	RDO (Pending)	7:00 AM

## LEAGUE REGISTRATION - HIGH IMPORTANCE

Now that we have swim meets on the horizon we need all of our swimmers to register with the swim league (\$15 fee per swimmer). If you don't sign up for the league your child will not be able to swim in dual meets. You can click [here](#) to sign up for the league. It looks a lot like the beginning of the Rapids sign ups, but go ahead and fill in the information again. After you do it successfully, you will get a confirmation email from [registrar@norcalswimleague.com](mailto:registrar@norcalswimleague.com). Please see this message from League President; Cory Stowell.

Dear NCSL Families,

My name is Cory Stowell and I am President of the Nor Cal Swim League. It brings a huge smile to my face to see swimmers in the water and competing. After our monthly meeting Wednesday night May 26, it was brought to my attention we still have many participants not registered with the league. All swimmers in this league must register with League in Team Unify in order to compete, there are no exceptions. The league works year-round to make a great summer swim season, and this COVID year is no exception. Even though there is no traditional Championships there are many things that the league provides to keep this league going.

<https://www.teamunify.com/MemRegStart.jsp?team=recncsl>

Cory Stowell

President - NorCal Swim League

[president@norcalswimleague.com](mailto:president@norcalswimleague.com)

## **HELPFUL INFORMATION TO SURVIVE A SWIM MEET**

### **WHO SWIMS?**

A list of swimmers scheduled to swim in each meet will be posted at least 24 hours before the meets. The list will be posted on the swim team bulletin board, which faces the pool from inside the clubhouse. The list will name swimmers in each age group and the events they will be swimming. It is each swimmer's and/or parent's responsibility to check this list.

### **THE INS AND OUTS**

Swimmers are expected to be at the meet location 1 to 1.5 hours before the scheduled start of the meet. Home meet participants are asked to park on the street or in designated areas. Parking violaters will be towed.

When arriving, swimmers should immediately check in at the team's registration station and proceed to the team area. Swimmers should remain in the team area until it is time for warm-up. Swimmers should bring a sleeping bag or blanket, two towels and a change of clothes to each meet. Each team will warm up in the pool before the meet starts.

Swimmers will be told which events are currently taking place so they can be ready when their events are called. Parents will help young swimmers get to the ready area at the appropriate times before their events. As a rule of thumb, swimmers should proceed to the ready bench area two events prior to the event in which they are swimming. After completing their event, swimmers should speak to their coach to receive 'coaching tips,' then return promptly to the team area.

Swim meets general last about 4.5 hours. Saturday meets begin at 8:30am and weekday meets begin at 6pm. Bring folding chairs.

### **THE NITTY-GRITTY**

Boys and girls compete separately in the following age groups, as determined by their age on June 15: 6 & under, 7 & 8, 9 & 10, 11 & 12, 13 & 14, 15 - 18.

Two basic categories of races are conducted, individual and relay. All relay races involve four swimmers per team. The relay races are freestyle and medley. In the 6 & under age group, the freestyle relay is co-ed. In the medley, each swimmer swims an equal distance in a different stroke. The order is backstroke, breaststroke, butterfly, and freestyle. A relay team is disqualified if any swimmer false starts or violates the rules governing their stroke.

There are five categories of individual races: freestyle, backstroke, breaststroke, butterfly, and individual medley (IM). The IM consists of equal lengths of each of the four strokes. The order is: butterfly, backstroke, breaststroke, and freestyle.

In the 6 & under age group, swimmers participate in freestyle, co-ed freestyle relay, and the backstroke events. In the 7 & 8 age group, swimmers participate in all events except the IM. The other age groups swim all events.

## RELAYS

Freestyle relay -- four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply. Medley relay -- four swimmers on each team, each to swim one-fourth of the prescribed distance continuously in the following order: backstroke, breaststroke, butterfly, and freestyle. Rules pertaining to each stroke shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

### RULES PERTAINING TO RELAY RACES:

1. No swimmer shall swim more than one leg in any relay event.
2. In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
3. Any relay team member and relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg shall jump into or enter the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.
4. Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
5. In relay races the team of the swimmer whose feet have lost touch with the starting platform before the preceding teammate touches the wall shall be disqualified.

## RIBBONS

The policy for awarding ribbons at each meet is set by the home team hosting the meet. For all conference meets, however, ribbon policies must conform to the standard established by the Comstock Conference. The Rio del Oro Rapids team has adopted this league policy for all home meets, both conference and non-scoring meets.

At all conference dual meets and at all non-scoring home meets, first through sixth place ribbons are awarded for all individual events, for all heats. In conference relay events, ribbons are awarded only to the winning relay team. In relay events conducted at non-scoring meets, first through sixth place ribbons are awarded on the basis of elapsed time without regard to lane.

Ribbons are filed in the family file after the completion of each meet and can be picked up at Monday's practice. If you think an error was made on a ribbon, notify a coach.

## REASONS YOUR SWIMMER MAY HAVE BEEN DISQUALIFIED”

**FREESTYLE** - This is the hardest stroke to be disqualified in, because there are no real stroke rules. Still it happens.

1. Failing to touch the wall on the turn in a multi-lap race.
2. Pulling the lane line to gain advantage.
3. Standing on the bottom and pushing off the bottom to continue swimming. (Standing is legal, but pushing off isn't-to avoid a DQ, a swimmer who has stood on the bottom would have to FLOAT back to the surface and start swimming without pushing forward off the bottom.)

**BACKSTROKE** - Similar to rules for freestyle, except athletes have to stay on their backs (with the exception of turns in multi-lap races.)

1. Rolling onto the stomach before completing a one-lap race, or on the finish of a multi-lap race, is a DQ. (This is defined as turning past the vertical-if you are flat on your back, you can't roll more than 90 degrees, or you are more on your stomach than on your back.)
2. THE TURN—This is tricky, but the rule is that swimmers can roll to their stomachs, take one stroke (with one arm pull down, not two) and, IN ONE COMPLETED MOTION, do a freestyle flip turn and then push off the wall on their back. The “one complete motion” part of the rule is fairly objective, unfortunately, and some judges give much more leeway on this than others. A guideline? If swimmers roll over, take their one allotted stroke and then have to kick into the wall for some distance before they turn, they are probably in danger of a DQ.
3. On the start, the swimmer must surface no more than 15 yards from the starting wall (for older swimmers who do lots of underwater butterfly kicking at the start of a race.)

### **BUTTERFLY**

1. One big problem for most young swimmers is the touch on turns and on the finish—both hands must touch simultaneously, although they do NOT have to be on the same plane. On turns, swimmers can dip a shoulder as long as their hands touch together. Then, they can drop one hand to do the turn. On the finish, shoulders must be on the plane of the water, but hands can simultaneously touch at different depths.
2. The feet have to kick together. They can be separated slightly, but they have to stay that way. If the feet start crossing, it's no longer a dolphin kick, it's a flutter kick—and it's a DQ.
3. Swimmers can start a race with a series of dolphin kicks under or above the water.
4. Some young swimmers get DQ'd for an underwater recovery—you can't pull down and then recover your arms for the next stroke under the water. If you do, you're essentially doing breaststroke, not butterfly.

5. Swimmers that do not have both arms in unison are in danger of DQ.

**BREASTSTROKE** - This is the most challenging stroke to get right.

1. The biggest problem for young swimmers is the kick—both feet have to be turned OUT in a whip-kick style. Lots of young swimmers turn out one foot, but not the other. This ends up being a scissors kick, which is illegal.

2. The second big problem for young swimmers is the touch on turns and on the finish—but hands must touch simultaneously. Swimmers can dip a shoulder on a turn like in the butterfly (not past vertical), but their shoulders have to be on the plane of the water for the finish (no shoulder dipping). Both arms must be in unison.

3. The third big problem—only one pull-down stroke and one kick allowed on the start. Multiple underwater strokes result in a DQ, because the swimmer's head must be above the surface of the water at some point during each stroke cycle. (In other words, swimmers can't go underwater for two or more strokes at a time, during the start sequence or during the race).

4. Except on the start pull-down, swimmers cannot pull beyond the waistline or hips.

5. A stroke cycle has to be completed. If a swimmer is close to the wall, takes an arms-only quick stroke but doesn't kick, that's a DQ. (Advice—swimmers should GLIDE to the finish instead of trying to sneak in a quick stroke right at the wall).

## **INDIVIDUAL MEDLEY**

1. All the stroke rules apply during that segment of the race.

2. On turns, swimmers must complete each stroke the way they would complete a race doing that stroke. In other words, the butterfly to backstroke turn must incorporate a butterfly FINISH, and then a transition to backstroke that puts the swimmer on his back for that leg of the race. The sometimes-tricky one is backstroke to breaststroke. Swimmers must complete the backstroke leg on their backs, but some swimmers then execute a kind of backward flip turn and push off into breaststroke. BAD IDEA!—these swimmers get far less air on that kind of a turn than on a touch-and-go turn with their head above the surface of the water.

## **RELAYS**

1. All relevant stroke rules apply while swimmers are in the water.

2. Relay starts require the swimmer on the blocks to have some part of his/her body still TOUCHING THE BLOCKS when the swimmer in the water touches the wall.

## **STARTS**

1. Swimmers must come to a MOTIONLESS POSITION before the race begins. Rocking, rolling, leaning, etc..., must CEASE, or the starter can hold the race.

Failure to come to a motionless position in a prompt manner can result in swimmers being charged with a false start.

2. A second false start results in a disqualification.

## **GENERAL**

1. More than 1 swimmer in a lane at a time.

2. Start interference by coach/parent/swimmer, especially with relays when multiple people are near blocks, "DO NOT TOUCH" swimmer on blocks.

3. Early take-off

4. Wrong stroke

5. Finish in wrong lane

6. Missed wall/ no touch

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