



## President's Message

*By Travis Miller, President*

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### The whistle blows - The deck becomes quiet.....

"Swimmer's, you may step up on the blocks"  
... water drips down to the deck and pool surface

Pause

"Take your mark" ...  
And for a second or two, there is total and complete synchronicity.

Wouldn't it be amazing if our volunteer shifts went so smoothly? :)

Well, at least we could hope. Bottom line is, things don't always go according to plan. Flexibility is key.

I want to point out those volunteers leaders who spend hundreds of hours making out lives easier and better.

Karen Shaver, Kathy Turner, Patricia Hill, Michelle Betrand, Todd Dettner & Age Group Parents to name a few

Please make sure to thank these people (and their families) for the hard work and sacrifice they put in.

We are all one team. We're in this for the benefit of our kids, but also our neighbors, our community and so much more.

When we won the John Hooten Spirit Award last year, another teams leader said "Rocklin's team defines what it means to be great sportsman and friends. They always help".

#rstproud

As always, One Team, One Dream





Join our aquatics programs in the heated Rocklin HS and Whitney HS pools! Our professional coaches provide the culture, training, and development for swimmers of all ages & abilities to become all that they choose to become. Visit [RocklinSwimTeam.org](http://RocklinSwimTeam.org) or call 916-975-5130 to learn more!

### Summer Lesson Session I Registration Closes on June 3<sup>rd</sup>!



Weeknight 30 minute sessions (Mon-Thur) over a 2-week period at Rocklin HS pool (8 classes). We also offer adaptive lessons for those living with disabilities.  
**Session I:** June 10-21 (no class 6/18) **Session II:** June 24-July 5 (no class July 4)  
**Session III:** July 8-18 **Session IV:** July 22-August 1  
**Group: \$85, Private: \$225, Adaptive: \$110**  
**Love Olivia Adaptive Program Available 2-4pm for Session II and IV!**



A pre-competitive team and fun stepping stone for children who aren't ready for a competitive swim team. No need to tryout but swimmers must be able to swim 50 yards unassisted as this is not a learn to swim session. The last day of practice is a mock swim meet! Practice Mon-Thu, Jun 10-Aug 1st (no practice Jul 4th) at Whitney HS pool.  
 12:45pm-1:15pm Ages 8&Under  
 11:45am-12:45pm Ages 9+  
**\$260 session fee and \$10 coupon card fundraising fee**



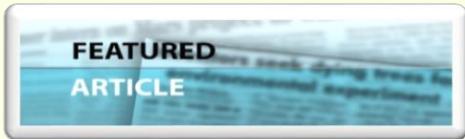
Rocklin MAVERICKS is a year-round team (monthly fees) with tryouts by appointment [here](#). Multisport athletes who cannot commit to Rocklin WAVE can focus on personal and long term development of swim skills with meets once a month for qualification to local and national championships. Introductory fall and winter sessions require no tryout if able to swim 50 yards unassisted and we welcome multisport athletes, high school water polo players and high school swimmers! Training that prepares those who want to excel into high school teams and beyond as collegiate athletes!  
**Registration will open in July for our seasonal 9-week FALL TEAM session!**



# The More You Know

- ✦ **May 14<sup>th</sup> Start of Tuesday Treats and Signups Are Ready:** We provide the treat & parents signup to hand them out at the end of swim practice by [clicking here](#) for info & to specify date.
- ✦ **May 15<sup>th</sup> Social with SWIMMER POTLUCK at the End of Each Practice:** Food item by Last Name with A-F Dessert, G-N Entrée, and O-Z Side dish!
- ✦ **May 22<sup>nd</sup> Make-up Individual and Buddy Picture Day at Whitney HS pool.** Picture order forms online at [www.ktsphotographyinc.com/wave](http://www.ktsphotographyinc.com/wave)
- ✦ **Visit our website** for the latest and greatest information. We are continuous adding new content to make it easier for parents to navigate all the content. Take a few minutes and explore them today. [www.rocklinswimteam.org](http://www.rocklinswimteam.org)
- ✦ **Wave Swim Meet Photos:** Debbie Dettner can be contacted at 916-896-8268 if you want photos taken of your swimmer at the team swim meets. Please [click here](#) to learn more!
- ✦ **Board of Directors Call for Nominations:** Our next Board meeting is May 21<sup>st</sup> 6pm at the Whitney HS pool classroom. Interested candidates are encouraged to attend and can [click here](#) to review the job descriptions. Qualified candidates must [click here](#) to complete and submit application. Two open positions now for Fundraising Rep and Volunteer Rep with term thru October followed by new board elections!
- ✦ **Visit the Wave's calendar page** for more up to date information [here](#)
- ✦ **Visit the Mavericks' calendar page** for more up to date information [here](#)
- ✦ **Coupon Cards\*:** We are excited to bring a new, easier version of fundraising to our team. This year, we thank Amy Schubert and Courtney Woolley for our coupon cards! Each swim family will receive 10 - \$10 coupon cards with sample [view card here](#). Each \$10 card has a value of over \$120. You can sell the cards or keep them for yourself. Additional cards are available from [fundraising@rocklinswimteam.org](mailto:fundraising@rocklinswimteam.org). Prizes for families who sell 25 cards!  
\*This replaces lost revenue from cancelled Sep 2018 and Jan 2019 invitationals.
- ✦ **SHOPPING ONLINE and 3 Ways for Purchases Benefiting Rocklin Swim Team**
  - 1) Purchases for all family swim gear available year around with home delivery and portion of proceeds to our team at [swimoutlet.com/rocklinswimteam!](http://swimoutlet.com/rocklinswimteam!)
  - 2) [Click here](#) for personalized items with team logo with 30% of proceed sales to our team!
  - 3) You can also select Rocklin Swim Team as a nonprofit for Amazon Smile to make purchases! All the benefits of Amazon.com but users must enter site @ [amazonsmile.com](http://amazonsmile.com) and via account settings select from the nonprofit drop down menu "ROCKLIN SWIM TEAM". Any online purchase will have a portion of the proceeds stay with our team!





# ARTICLE FROM TRUE SPORT

## Six keys to setting good goals for youth athletes

1. For most youth athletes, goals should be process-oriented: namely, what the athlete should individually focus on while practicing a skill. For example, Riley can work on taking fewer breaths to increase her efficiency in the water.
2. Try not to base goals around championships or finish place in race because there's so much that the athlete can't control: weather, the ability of the other team, the mentality of his teammates. With the guidance of a coach, teams can certainly set collective goals, but individual athletes should focus on their own skills and mentality.
3. Let your athlete set their own goals or work with their coach to set some. When a parent sets the goals for the athlete, the ownership of the goal—and the joy the athlete feels when they achieve it—is significantly compromised. You can certainly prompt them—what skills do you think you'd like to improve on?—but they get to fill in the blanks.
4. Realize that goals don't all have to be athletically oriented. Maybe you could ask your child if they have some academic or social goals. For example: Frustrated by a last-place performance in the butterfly in a big meet, Riley emerged from the pool in tears. She had been intimidated by the competition, and let it get the best of her. Her revelation based on that experience? "If I don't go into a race with a smile, I won't come out of it with a smile," she says, "Smiling at competition is a new goal."
5. Have your child write down their goals, and then have a discussion with their coach (again, they lead) about how they might reach them, helping them break them down into smaller chunks. In addition to thinking about what is appropriate for your child's age, personality and ability, a good guideline is to make the goals or chunks SMART: Specific, Measurable, Attainable, Reasonable, and Timely.
6. Check in with the coach and child on the goals. If you saw your athlete realize a piece of their goal—or their entire goal—during practice or a competition, definitely compliment them. But don't let the goal turn into a source of tension, and if the goal seems to be fading into the background out of frustration or attention, gently ask your child about it. If need be, help them readjust with the guidance of their coach so they can taste success.

**Rocklin Swim Team Goal Sheets:** Forms available online under Practice/Meets tab ([click here](#) for the WAVE Team forms and [click here](#) for the Mavericks Team forms. Print the form and enter preliminary information to then hand it to your coach so the coach can set-up a goal meeting!

 <b>Goal Sheet</b>	 <b>6 year old &amp; Under - Goal Sheet</b>	 <b>9 &amp; 10 year old - Goal Sheet</b>
SWIMMER: _____ COACH: _____ DATE: _____ TIME GOALS per Event (this season): > Event _____, Time Goal _____ > Event _____, Time Goal _____ TECHNIQUE GOALS: 1. _____ 2. _____ 3. _____ Overall Season GOALS: ✓ ✓ ULTIMATE GOAL (LONG TERM): ◇ Historical Best Times: > Event _____, Time _____ > Event _____, Time _____	SWIMMER: _____ COACH: _____ DATE: _____ TIME GOALS (this season): > 25 Free: > 25 Back: > 25 Fly: > 25 Free: > 25 Back: TECHNIQUE GOALS: 1. _____ 2. _____ 3. _____ Overall Season GOALS: ✓ ✓ ULTIMATE GOAL (LONG TERM): ◇ Historical Best Times: > 25 Free: > 25 Back:	SWIMMER: _____ COACH: _____ DATE: _____ TIME GOALS (this season): > 25 Free: > 25 Back: > 25 Breast: > 25 Fly: > 50 Free: > 100 IM: TECHNIQUE GOALS: 1. _____ 2. _____ 3. _____ Overall Season GOALS: ✓ ✓ ULTIMATE GOAL (LONG TERM): ◇ Historical Best Times: > 25 Free: > 25 Back: > 25 Breast: > 25 Fly: > 50 Free: > 100 IM:

## UPCOMING EVENTS MARK YOUR CALENDARS

[CLICK HERE TO REGISTER](#)



**Rocklin**  
SWIM TEAM  
*Invitational*

June 23, 2019 Olympic Day



**REGISTER NOW**

**SUNDAY - JUNE 23**  
**MEET STARTS AT 9AM**  
**WHITNEY HIGH SCHOOL**

Calling all Recreational Team Swimmers!

- Fun prizes for heat winners
- Ribbons for Top 8
- Concessions and Food Trucks



**To Register: [RocklinWave.com](http://RocklinWave.com)**  
**Inquiries: 916-975-5130**



## ROCKLIN MAVERICKS NEWS

**NEW SWIMMERS:** Welcome Jayden Kawl, Sophia Furtado, Dylan Woolley and Cole Jamieson to our Mavericks Team! New families can contact [compprograms@rocklinswimteam.org](mailto:compprograms@rocklinswimteam.org) to schedule an appointment for 6pm on the pool deck with Jim Contratto for New Family Orientation.

### Congratulations to our Mavericks Champions from Short Course Season!

Jacob Schubert qualified for Far Westerns in Santa Clara and shaved time on 200 free, 100 fly, and 50 free. It was his first time attending this meet!

Kelsey Campbell, Rachel Colbus, Blaec Dettner, Nolan Johnson, Vanessa Hill, Rachelle Karunanayake, Elijah Roberts, and Liberty Sparrow qualified for CIF Sac-Joaquin Sections which is one of the fastest high school section meets in the country!



### Information from USA Swimming and Clean Sport

The USA Swimming Drug Reference team is available to answer your questions about the status of substances to educate you. Give them a call! It's important that athletes tell their doctors they're subject to #antidoping rules. If a doctor doesn't take these rules into consideration, that's a #cleansport red flag.

**Supplements:** MYTH : "This supplement is approved by USADA." Fact : USADA does not approve any dietary supplement products. Learn more myths surrounding #supplements. Compounded products are more likely to be contaminated because they are mixed by hand and there is limited regulatory oversight. Here's more on why compounding pharmacies are risky: #HighRiskList update! 29 products have been added, bringing the total number to 557! Check your #supplements today! #Supplement411 #cleansport

## Social Media Links

Ever miss a posts from us? We have renamed and combined our social to Rocklin Swim Team on Facebook and Rocklin\_Swim\_Team on Instagram. Click on the links below and hover over the LIKE or FOLLOW button. We often will post great articles, and other team information there too. Click on the link(s) below as it is a great way to stay connected and be inspired!

[Facebook](#)

[Instagram](#)



## Text Messages

Want to receive text notifications from RST regarding important & timely information? Follow these steps to ensure your cell phone number is listed in our system:

- Log into your account @[rocklinwave.com](http://rocklinwave.com) or [rocklinmavs.com](http://rocklinmavs.com)
  - Go to My Account > My Account
- You will see a box for "SMS and Carrier" – fill in the cell phone number and cell phone carrier in the boxes and click the SAVE button.
- Check your cell phone for a text message and make note of the "Verification Validation Code". Note that some cell carriers can take a while to deliver this message.
- Enter this number in the "Verification Code" field and click VERIFY. This MUST be done for the number to be activated!
- Some carriers make it even easier and just require you to click the link to verify.
- You may enter up to TWO cell phone numbers per account



## Team Contacts

Travis Miller – [president@rocklinswimteam.org](mailto:president@rocklinswimteam.org)

Kathy Turner – [vicepresident@rocklinswimteam.org](mailto:vicepresident@rocklinswimteam.org)

Patricia Hill – [secretary@rocklinswimteam.org](mailto:secretary@rocklinswimteam.org)

Brad Cooper – [treasurer@rocklinswimteam.org](mailto:treasurer@rocklinswimteam.org)

Michelle Bertrand – [registrar@rocklinswimteam.org](mailto:registrar@rocklinswimteam.org)

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Damien Lawrence – [recprograms@rocklinswimteam.org](mailto:recprograms@rocklinswimteam.org)

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Coach Madeline – [coachmadeline@rocklinswimteam.org](mailto:coachmadeline@rocklinswimteam.org)

Coach Brian – [coachbrian@rocklinswimteam.org](mailto:coachbrian@rocklinswimteam.org)

Ashlee Dunn – [swimschool@rocklinswimteam.org](mailto:swimschool@rocklinswimteam.org)



Coaches Madeline, Zack, Blaec, Max, Eddie & Kate

## THANK YOU TO OUR SPONSORS!

**FASTSIGNS**<sup>®</sup>  
 More than fast. More than signs.<sup>™</sup>

Rancho Cordova - California

Jay.Fuchs@fastsigns.com

Phone 916.631.7375

2246 Sunrise Blvd Ste 8

**We are Seeking 2019 Sponsors!** Join as Sponsor before May 24<sup>th</sup> to have the opportunity to have your company on the back of our SPLASH REGISTRATION SHIRTS!

Rocklin Swim Team is a non-profit aquatics program serving over 1300 youth swimmers annually from the city of Rocklin and surrounding areas. Our websites and social media sites are active year-round and the main source for member information. Our address is 2351 Sunset Blvd, Ste 170-184, Rocklin, CA 95765 and please email [fundraising@rocklinswimteam.org](mailto:fundraising@rocklinswimteam.org) for more information. Click here for [Sponsorship Application Form](#).

Sponsor Level	Gold	Silver	Bronze	Meet Sponsor
	\$1,500	\$1,000	\$500	\$200
Home Meet Booth with Ability to display and offer products/services	•			
Targeted Facebook post for your business (thanks for your company support and request to share); Twitter announcement "Supporting Sponsor" reasons you should consider this company	•			
Spirit wear Placement and Recognition at Award Banquet and 2 tickets to Attend	•	•		
Approved advertisement in e-Blast's to members	2x	1x		
Company Logo on Banner at all Home Meets	•	•	•	
Company Logo, Link on our Website, Team Plaque	•	•	•	
Meet Recognition and Announcement	•	•	•	•
Banner Ad the Week of Meet on Website				•
Lane Sign with Company Logo at Meet				