



www.rocklinswimteam.org

## President's Message "Saw Something, Said Something" *By Travis Miller, President*

### INSIDE THIS ISSUE

- 1 President's Message
- 2 Swim School
- 3 Important info
- 4 Featured Articles
- 5 Upcoming Events
- 6 Mavericks News
- 7 Facebook / Text Messages / Board and Coach Contacts

The predator lurked in our midst. We don't know how long he had been there. But we do know he's been there before and at other pool decks filled with our children and loved ones.

When the police department detained this unwelcome trespasser, we found out he has been lurking around pool decks, all over the greater Sacramento area. Likely videotaping many other young athletes in compromising situations, just as he tried to do to our team.

Reuben Madril, an alert parent, well versed in Safe Sport and astute to realize he did not recognize this man, **sprang into action** and immediately interrogated this man, asking directed questions: "Hey buddy, what's up"? and "Which team are you with"? and several other very focused, very incisive questions. It was these incredible actions and instinct that defined the success of our "near miss".

Quickly Reuben engaged the help of officials, security personnel and off-duty law enforcement officers who were present on the deck. This team of dedicated parents ensured this perpetrator could not leave the property until Sac PD arrived and further investigated.

See something, Say something. Read about it and how to protect our families at <https://www.usaswimming.org/Home/safe-sport>

As I spoke to Rebecca Landre, our mentor in US Swimming Safe Sport implementation, she reminded us, "Swimming, like all other youth sports, is cyclical. Families come and families go. We need to constantly re-train and refocus and understand the principles of Safe Sport". We couldn't agree more.

A HUGE thank you to Reuben, Jesus I., John F. and the team who contained this situation and saw it to a safe, positive outcome. You truly are heroes. Thank you.

Our commitment to Safe Sport extends beyond the boundaries of the pool and the deck. It's **a culture dedicated to protecting the young athletes** who we are there to support. We encourage you to read about Safe Sport and engage in it.

Unfortunately, HE is not alone. And HE will be back. And WE need to be ready.



## What is Adaptive Swim?

The Rocklin Swim Team offers two programs of adaptive swim, one through our swim school “shark” class and another in partnership with Love, Olivia (a non-profit company created to provide special needs families with educational/community resources, financial assistance and to raise awareness in the community of special needs challenges). These programs are designed for youth ages 1-18 living with special needs and disabilities to develop water awareness and create an opportunity to experience aquatic activities in a positive environment. We want to especially thank Alison Winter from our team who volunteers her time with this program writing grant applications, follow-up reports, and working with our staff. Please pass along information to family and friends about registration being open for all our swim school classes as listed below and [click here](#) for more information about our program in partnership with Love Olivia.



### Registration Now Open

[www.rocklinswimteam.org](http://www.rocklinswimteam.org)

**Session 1:** June 11-21

**Location:** Rocklin High School

**Session 2:** June 25-July 6

Monday–Thursday

(no class July 4)

**Group Lessons:** \$78

**Session 3:** July 9-19

**Private Lessons:** \$225

**Session 4:** July 23-August 2

**Shark (Adaptive) Lessons:** \$110

We offer a range of classes from group lessons, private or semi-private for ages 6 months through adult. Session times and class descriptions are available on our website.

**Minnow**



**Starfish**



**Clownfish**



**Jellyfish**



**Sea Turtle**



**Manta Ray**



**Otter**



**Dolphin**



**Whale**



**Shark**



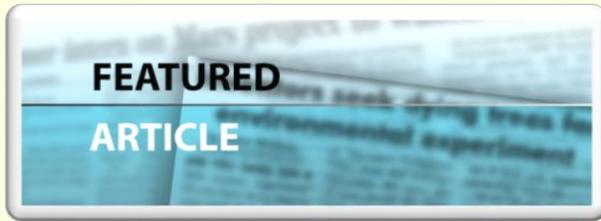
# The More You Know

- ✚ **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)
- ✚ **Did you forget your camera and not get a single picture of your swimmer(s)?** [Click here](#) to learn how to prepay \$25 and have Debbie Dettner take picture of your Wave swimmers. She is available to photograph at our meets on June 23<sup>rd</sup> and Champs. Remember to bring a flash drive to the meet and you can reach Debbie via cell at 916-896-8268. Thank you!

Mavericks share their photos on team Shutterfly page. Click [here](#) to learn how to access the site.

- ✚ **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](#)
- ✚ **Three Ways for Online 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 back 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 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!





## 5 WAYS PARENTS CAN HELP THEIR SWIMMERS' PERFORMANCE

Article from SWIMSWAM Mar 2017 Courtesy of Elizabeth Wickham

What can parents do to help their children's performance in swimming and school? I learned about managing thoughts and that parents can help their children achieve great results from [TrainUgly.com](http://TrainUgly.com) and sports parenting expert David Benzel's webinars. It comes down to this: swimmers need to start with positive thoughts about themselves. These thoughts or beliefs turn into actions, such as going to more practices or working on their strokes. Those actions will turn into successful results. BELIEF, ACTION, RESULTS!

The catch is in our beliefs or thoughts. It's the little voice in our head that can make or break the results we want. If we—or our children—have self-defeating words bouncing through our brains, those negative and destructive thoughts need to be changed.

Here are a few ideas on how to help your children get the results they want:

1. We can manage our thoughts. We can tell our kids that they are in control of their thoughts. If a negative thought pops into their head, like "I'm no good at this," or "I'll never drop enough to time to get the cut," explain that they can ask, "Where did that thought come from?" They can focus on how hard they've been working or that they can achieve their goals. It doesn't help to simply say, "Don't think that way!"
2. We experience 60,000 thoughts per day, which is about one thought per second. If we can separate ourselves from our thoughts, these destructive beliefs will lose their power over us. Negative self-talk hurts our actions and results. If our children believe that they can improve, then they will be more likely to take actions to get better.
3. There's only one moment that deserves our attention—and that is now. If we worry about the past, it's usually with regret and fear. Focusing on the future will fill our heads with anticipation and doubt. There is truth in the phrase, "Live in the moment." We can help our children understand this concept, too.
4. Let our kids problem solve. The pool is a perfect place for our children to experience failure and get right back up and try again. If we try to make every little thing more comfortable for them, whether it's talking to the coach or running to school with forgotten homework, we're not giving our kids room to grow and learn. Instead, our kids may pick up that they aren't capable and they can't handle problems. Despite our best intentions, they could end up feeling insecure and unprepared for the real world.
5. Belief and positive thoughts start with us. If we don't buy into our kids' swim program or coach, then it's doubtful that our children will. With negative beliefs starting with us and filtering down to our kids, we're limiting our children's ability to achieve great results. If our kids don't believe in their coaches' plans, then it will be harder for them to get the results they want. They have to believe in the process, and so do we.

## UPCOMING EVENTS MARK YOUR CALENDARS



- Jun 19: **AQUATHON Fundraiser 4-8pm at Whitney Pool**  
 Our largest fundraiser as we raise funds for a new timing system, offset pool rental and operating costs with our swimmers soliciting online donations. The swimmers are eligible for awards to recognize their efforts. This event will include a team social with fun relays, food, and will recognize our graduating Mavericks swimmers!
- Jul 11<sup>th</sup> **SUNSPASH AND PICNIC (open 11am-6pm) in Roseville**  
[Click here](#) to purchase \$35 per person tickets for waterpark entry with a 1-hr picnic lunch of grilled hamburgers, hotdogs, potato salad, chips, baked beans, cookie, and all day unlimited drinks. Last day to order tickets is July 4<sup>th</sup> so don't delay and understand team is not providing supervision of swimmer(s) at this event. Wristbands purchased will be delivered to you. A fun day at the waterpark with family and friends as tickets not limited to only teammates!
- Jul 31<sup>st</sup> **WAVE BANQUET 6:45pm @2650 Sunset Blvd Rocklin**  
 We celebrate the end of season with volunteer and swimmer recognition and awards!
- Aug 2<sup>nd</sup> **SPLASH END SEASON MOCK MEET**  
[Click here](#) to learn more and have our SPLASH families plan to come 15 minutes early to the last practice for an end of season mock swim meet where parent volunteer participation will be needed!  
**\*\*\*Also...please note new Splash practice times by visiting:**  
<https://www.teamunify.com/SubTabGeneric.jsp?team=recncslrw&staid =181085>
- Sep 11<sup>th</sup> **MAVERICKS BANQUET 7pm @5480 5<sup>th</sup> St Rocklin**  
 We celebrate the end of season with volunteer and swimmer recognition and awards!



## ROCKLIN MAVERICKS NEWS:

**WELCOME TO OUR NEW SWIMMERS:** New swimmer Masha Tkachev and our returning swimmers Nolan Johnson, Elijah Roberts, James and Isaac Ionescu!

### **HIGH SCHOOL SWIMMERS FINISH STRONG:**

Congratulations to our Mavericks swimmers Kelsey Campbell, Rachel Colbus, Vanessa Hill, and Rachelle Karunanayake who qualified to swim individual events for the May 10<sup>th</sup> and 12<sup>th</sup> 2018 CIF Sac-Joaquin Section meet. This high school postseason meet consists of swimmers having reached a qualifying time and the meet itself is one of the fastest qualifying section meets in the country!



**SIERRA NEVADA SWIMMING CAMP:** April 29<sup>th</sup> Sierra Nevada hosted a swim camp in partnership with Swim Labs for video analysis. This unique session provided instant video feedback to transform swim instruction between athlete and coach. Congratulations to Jesse Carter, Brooke Dingle, Marc Centeno, Camryn Jackson, and Callie Costa from our Mavericks team who were able to attend!

### **MAVERICKS SURF AWARD SWIMMERS:**

Jada Duncan- SWAGR  
Brooke Dingle- Far Westerns  
Tim Tkachev and Laasya Gangaravapu - SMST Spring Splash  
Konnor Arnold and Leah Winters- Woodland Spring Splash

### **RECIPIENT OF ROCKLIN SWIM TEAM SCHOLARSHIP AWARD**

Congratulations to Whitney High Senior Morgan Choffin, who is the 2018 recipient of our Assist-a-Grad scholarship award. Morgan is a former Wave and Mavericks swimmer, WAVE and Splash Coach and Rocklin Swim Team school instructor who also volunteered for our organization. This is a well deserved award to a scholar athlete excelling in and out of the pool!



## Facebook

Ever miss posts on Facebook from us? We have an easy fix for that. Click on the Wave & Splash or Mavericks links below and hover over the LIKE button on the Facebook page. You will see an option that says SEE FIRST. Click on that and every time we post something on Facebook, you will see it at the top of your newsfeed. EVERY TIME! We often will post great articles, and other team information there too. Click on the link(s) below to "like" us on Facebook. It's a great way to stay connected and be inspired!



[Wave & Splash](#)

[Mavericks](#)

## 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 at [www.rocklinwave.com](http://www.rocklinwave.com) or [www.rocklinmavs.com](http://www.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



## Contacting the Board and the Coaches

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)  
 Janine Gold – [registrar@rocklinswimteam.org](mailto:registrar@rocklinswimteam.org)  
 Kelli Parker – [recprograms@rocklinswimteam.org](mailto:recprograms@rocklinswimteam.org)  
 Sasha Carter – [fundraising@rocklinswimteam.org](mailto:fundraising@rocklinswimteam.org)  
 Krystal Arnold – [volunteer@rocklinswimteam.org](mailto:volunteer@rocklinswimteam.org)  
 Brian Dingle – [compprograms@rocklinswimteam.org](mailto:compprograms@rocklinswimteam.org)

Coach Megan – [coachmegan@rocklinswimteam.org](mailto:coachmegan@rocklinswimteam.org)  
 Coach Zack – [coachzack@rocklinswimteam.org](mailto:coachzack@rocklinswimteam.org)  
 Coach MacKenzie – [coachmackenzie@rocklinswimteam.org](mailto:coachmackenzie@rocklinswimteam.org)