



President's Message

By Travis Miller, President

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The Great Race

Preparation.
Training.
Communication.
Teamwork.
Recovery.
Conditioning.
Visualization.
and Finishing.
Oh, finishing!

You work hard, morning after morning, practice after practice, so that it all comes together.

A great race has so many different facets, pieces and requires meticulous attention and execution. It also requires a great mindset, and of course lots of support.

As individuals, we hope our kids have learned these qualities. (That's why we get up and drive them to practice - over and over).

As parents, we too, should strive for the best performances at the peak time. It's in our fabric, our culture.

Come on Rocklin. Dig down deep. Find it. It's there.

#RSTProud

Travis





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 or call 916-975-5130 to learn more!



Weeknight 30 minute sessions (Mon-Thur) at 4:30pm, 5pm, 5:30pm, 6pm and 6:30pm over a 2-week period at Rocklin HS pool (8 classes). We also offer adaptive lessons for those living with disabilities.

Session III: July 8-18 **Session IV:** July 22-August 1
Group: \$85, Private: \$225, Adaptive: \$110



Rocklin Swim Team (RST) in partnership with Love Olivia is pleased to offer free aquatic sessions supported by a physical therapist and behavior specialist for youth living with special needs and disabilities. Special thank you to our 2019 grant partners USA Swimming Foundation, Autism Speaks and Sierra Nevada Swimming! **SESSION IS FULL PLEASE WAITLIST IF INTERESTED**
July 22-August 1 from 2-4pm at Rocklin HS Pool



+ FALL TEAM
 (seasonal session)!!

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!

[Click here](#) for information about our seasonal 9-week FALL TEAM session!



The More You Know

- ✦ **Visit our website** www.rocklinswimteam.org for information; Coach Appreciation is in July please [click here](#) for listing of our coaches favorite things!
- ✦ **Visit our Wave, Clinic, Splash calendar page** including July Spirit week activities [here](#)
- ✦ **Visit the Mavericks' calendar page** [here](#)
- ✦ **Wave and Mavs 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:** Interested candidates are encouraged to [click here](#) to review the job descriptions. Qualified candidates must [click here](#) to complete and submit application. Open positions now for Fundraising Rep and Volunteer Rep with term thru October followed by new board elections for 2019-2020 season!
- ✦ **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. 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/!
 - 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 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!



FEATURE ARTICLE: 5 REASONS WHY YOUR ATHLETES NEED A HYDRATION PLAN

There's no way to know *exactly* how much water each of us needs to consume daily. With varying levels of activity, finding the right balance of fluid intake for young athletes can seem like a guessing game. But, it's important to note that without a proper hydration plan, there are potential dangers from both dehydration and the lesser known over-hydration that can be a matter of life and death. **So how can you help an athlete figure out the right hydration plan for themselves?**

Dr. Mitchell Rosner, a nephrologist with a clinical focus on fluid and electrolyte disorders, acute kidney injury, and polycystic kidney disease (PKD), has dedicated much of his work at the University of Virginia to studying the potentially fatal impacts of over-hydration in young athletes. According to Rosner, over-hydration is one of the most preventable and least understood problems that coaches face.

Many of us have spent most of our lives being told to make sure to drink more fluids, but several deaths in marathon races and at football practices due to over-hydration prove that you can get too much of a good thing.

As we approach these hot summer months, it's important to know how to spot the symptoms of over-hydration and how to help your athletes develop a plan to stay balanced with their hydration needs on and off the field.

1. Effects and Symptoms of Over-Hydration

Over-hydration can lead to hyponatremia, meaning too much water is consumed and an athlete's electrolyte balance is dangerously diluted. "People will feel bloated or have a bit of a headache or some nausea, but unfortunately, those are the same symptoms of dehydration," says Rosner.

"But if you've been drinking a lot, you should be able to know that you should stop drinking. Even then, it may be too late—your stomach is already full of water. The best thing to do is to try to avoid getting there," Rosner adds. And, if an athlete is experiencing these symptoms or displaying signs of confusion, you should seek medical attention immediately.

2. Dehydration v. Over-Hydration

"Dehydration in youth sports is relatively mild and rarely life-threatening, but water overload is absolutely life-threatening," says Rosner. While you should be urging your athletes to stay properly hydrated throughout the day, you shouldn't focus on filling them with gallons of water on game day. A few sips of water during most games or practices is usually all an athlete will need, adds Rosner. Remind athletes to sip when thirsty, but don't force them to consume a specific volume of water.

3. How to Gauge Hydration Needs

"If you just use thirst as a guide, that's the optimal way to gauge how much you need," says Rosner. "Thirst is an innate feeling, and rarely would someone *not* know that they're thirsty."

"There's a myth that if you're feeling thirsty, it's too late and you're already too dehydrated — but that's not the case," Rosner adds, and studies support this assertion. "It's rare a young athlete would ever get dehydrated in a baseball game or at cross-country practice," he says.

4. How You Can Help an Athlete Make a Plan

The best way to develop that plan, Rosner says, is by using the scale as a guide. "A good rule of thumb is that if you're gaining weight during an athletic activity, you're drinking too much. You shouldn't lose more than a few percent of your body weight — that indicates dehydration — but losing a little weight during exercise is fine. You can replace that after activity."

Weigh your athlete before and after a few practices to get a sense of how much weight they lose during activity. Ask how they feel and note both their weight and feelings. Keep a record, and eventually, patterns will emerge.

You'll be able to estimate how much your athlete should be drinking during practices and in competition. "If you feel lightheaded and you dropped weight, you need to drink more," says Rosner. "If you're feeling bloated, you're probably drinking too much."

5. Teach Self-Advocacy

Coaches may push fluids on athletes during a hot game or match, but each athlete needs to be able to think for him or herself. "That's very important — hydration is so individual, and everyone has different needs," says Rosner.

If a coach is pushing athletes to drink a lot, it can be lethal. "There are cases of high school athletes following coaches' recommendations who died from over-hydration. Every year, we see fatalities, and the sad thing is, it's completely preventable," he adds.

Make sure your athlete knows that they can say no to chugging a water bottle after running a lap and can ask for a drink break if thirsty. Your athlete should feel in control of their hydration plan — that's the key to developing an athlete who's successful in the long-term.

Wave Team Optional Meet of Champions: The Meet of Champions (MoC) is an optional "all star" meet after our league season champs. You can view further information by [clicking here](#) for the 2019 MOC Meet being held August 3-4th at Roseville Aquatic Center. Swimmers are eligible by meeting a [MOC qualifying time](#) or being a finalist (top 10 per individual swim event) in their league champs and can select one "bonus" swim at MOC. Coaches may invite relay only swimmers who do not need to meet a qualifying time.

Qualifiers: Great work and we're looking forward to even more!

9/10s: Roxie Jahn, William Titley, Rylan Hernandez, Isaiah Tuifua

11/12s: Levi Bertrand

13/14s: Brooke Cooper, Brynn Hay, Claudia Irizarry, Gracie Teachout, Morgan Madril, Tyler Dettner

15/18s: Audrey Graham, Emily Jaquish, Nately-Wareckiy-Cabreros, Julia Williams, Paul Miller, Marcus Pompa, Max Miller, Ian Turner

UPCOMING EVENTS MARK YOUR CALENDARS

**PUBLIC SWIM
ROCKLIN HIGH POOL**

OPEN SWIM DATES!

6/28
7/12
7/26

5:00 - 7:00 P.M.

\$5 ENTRY FEE

Invite your friends, family, and neighbors for OPEN SWIM!

[CLICK HERE](#) for details!

July 16th Sunsplash: [Click here to purchase Tickets](#)

Season pass holders just meet us there this ticket is for entry and lunch we are not selling lunch only tickets (kids under 32" in height are free). Follow the signs "Reserved Rocklin Swim Team" to our pavillion past the wave pool toward the six shooter slides.

\$35 per person (non refundable) for waterpark entry with a picnic lunch of grilled hamburgers & hotdogs, potato salad, chips, baked beans, cookie, and all day unlimited drinks. **Please understand the team is not providing supervision of your swimmer(s).**

Park hours 11am-6pm and lunch served 12:30-2pm.



Parents & Swimmers

*End of Season Celebration
Award Banquet
With Cookies & Ice Cream*

**August 12th 6:45pm
Rocklin Event Center
2650 Sunset Blvd**

Video of our Season • Swimmer Recognition • Senior Acknowledgements

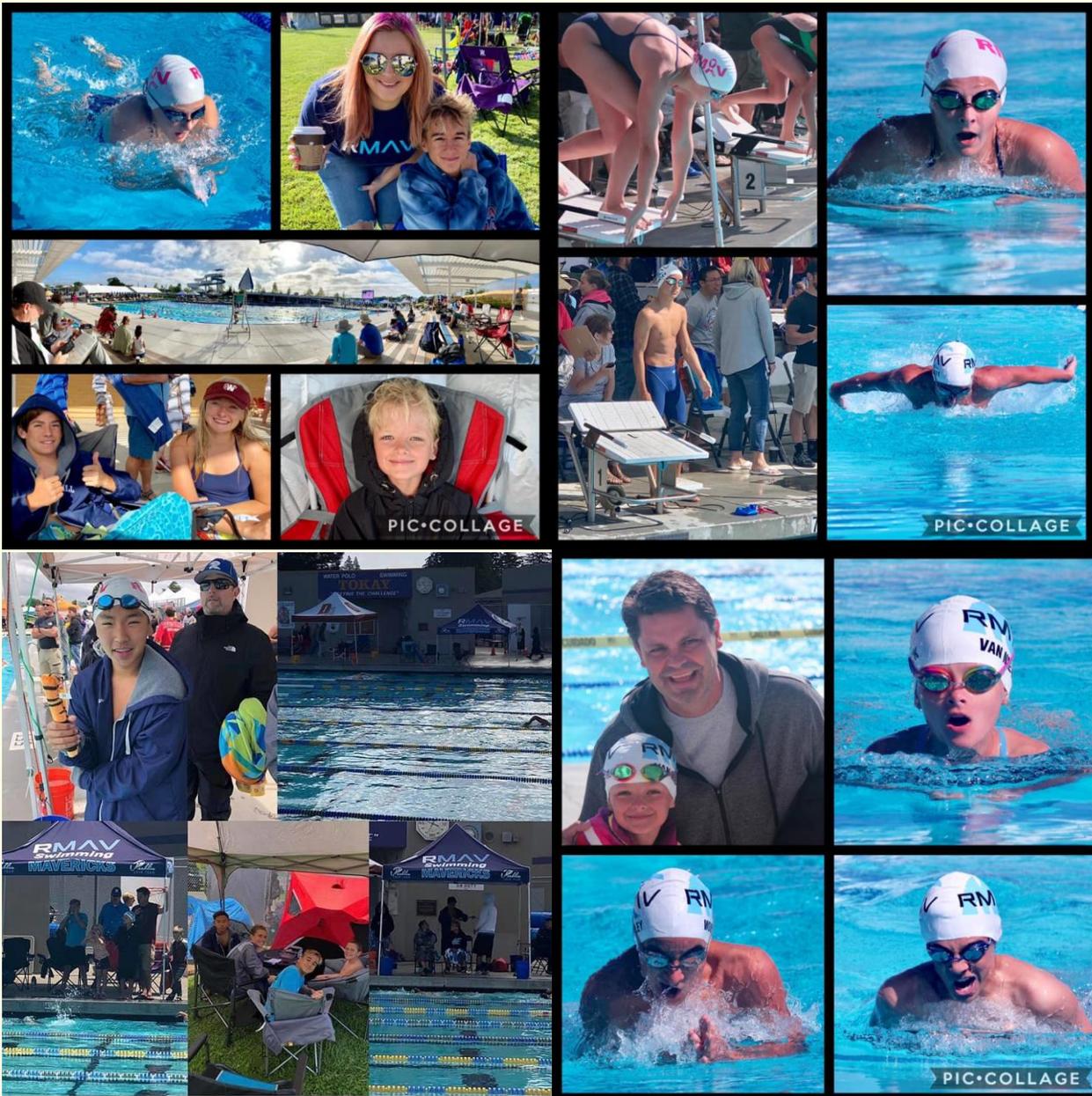
We invite SPLASH, WAVE and Mavericks to our End of Season Celebration!



ROCKLIN MAVERICKS NEWS

NEW SWIMMERS: Welcome Sophia Furtado, Cole Jamieson, Camden Winton and Landon McIntire to our Mavericks Team! New families can schedule an appointment with Jim Contratto for New Family Orientation, please email compprograms@rocklinswimteam.org .

Congratulations to our Mavericks Qualifiers for Junior Olympics Long Course: Kelsey Campbell, Rachel Colbus, Celeste Contratto, Blaec Dettner, Charvi Gangavarapu, Eddie Hill, Nolan Johnson, Rachelle Karunanayake, Landon McIntire, Elijah Roberts, Jacob Schubert, Liberty Sparrow, Camden Winton and Austin Woolley!



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](https://rocklinwave.com) or [@rocklinmavs.com](https://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

Kathy Turner – vicepresident@rocklinswimteam.org

Patricia Hill – secretary@rocklinswimteam.org

Brad Cooper – treasurer@rocklinswimteam.org

Michelle Bertrand – registrar@rocklinswimteam.org

Open Position – volunteer@rocklinswimteam.org

Jim Contratto compprograms@rocklinswimteam.org

Damien Lawrence – recprograms@rocklinswimteam.org

Open Position – fundraising@rocklinswimteam.org

Courtney Woolley – communications@rocklinswimteam.org

Samantha Jaffe (admin) – coordinator@rocklinswimteam.org

Coach Kathy – coachkathy@rocklinswimteam.org

Coach Evan – coachevan@rocklinswimteam.org

Coach Max – coachmax@rocklinswimteam.org

Coach Kate – coachkate@rocklinswimteam.org

Coach Cade – coachcade@rocklinswimteam.org

Coach Eddie – coacheddie@rocklinswimteam.org

Coach Zack – coachzack@rocklinswimteam.org

Coach Madeline – coachmadeline@rocklinswimteam.org

Ashlee Dunn – swimschool@rocklinswimteam.org



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

THANK YOU TO OUR SPONSORS!



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Rancho Cordova - California

Jay.Fuchs@fastsigns.com

Phone 916.631.7375

2246 Sunrise Blvd Ste 8

We are Seeking Sponsors!

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 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				