



# Newsletter - January 2022

## WWW.ROCKLINSWIMTEAM.ORG

### Mavericks, Wave, Splash, Swim School

(916) 975-5130

## Director's Message

### By Chris Stehula

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Dear Swim Families,

The Rocklin Swim Team staff and the Board of Directors have been working hard on relaunching all our programs for 2022. Activities include our Spring March Clinic (March 2-April 1) and Spring Lessons (Apr 11-14) that are now open for [registration](#). We have a fundraising dining night out at Blaze Pizza this Thursday, January 27th. See info [here](#). You have options to order online with promo code 1044A or dine-in at the restaurant.

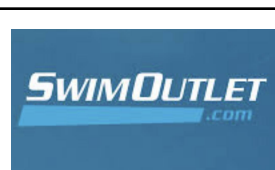
Recently we have completed our team name change to Rocklin Swim Team with club code "ROC" and retained the names of Wave (spring/summer league) and Mavericks (year round league) as groups/squads within Rocklin Swim Team. We continue to expand our staffing and are working to increase our pool time with the City of Rocklin. Currently we are seeking 2022 Sponsors so please see the last page of this flyer for Sponsorship opportunities!

The Rocklin Swim Team has four programs that your athletes can participate in. They include year round USA swimming (Mavericks, "Mavs"), spring/summer rec swimming (Wave), precompetitive summer swimming (Splash), and our Swim School that includes March Clinic, Lessons and Lifeguard Training.

All of our swimmers are members of the Rocklin Swim Team (ROC). Our Mavericks group and our Wave group are all members of the Rocklin Swim Team. It is only our own nomenclature that has any separation to help us distinguish the difference between internal swim groups. Rocklin Swim Team - "One team, one dream".

In February, our Wave (summer Rec team) swimmers begin their mandatory "dry" period unless they are part of a high school team. It is very important that you understand the "dry" period so your swimmers will remain eligible to participate in the summer Rec program (Wave) and are able to compete. Failing to understand these rules will result in your swimmer being ineligible for summer competition with the Wave. Please read more on page 3 of this newsletter to help understand the difference between these swim groups. They are eligible to start swimming again with the start of our spring clinics starting in March. Our Mavs swimmers do not have restrictions.

If you have any questions, please contact me at [RSTDirector@rocklinswimteam.org](mailto:RSTDirector@rocklinswimteam.org)



Shop Online with Team Benefits! Visit [swimoutlet.com/rocklinswimteam](http://swimoutlet.com/rocklinswimteam) and any online purchase will have a portion of the proceeds stay with our team. [Click here](#) for more information on our TEAM STORE.



Shop Online with Team Benefits! All the benefits of Amazon.com but users must enter the site [@smile.amazon.com](https://smile.amazon.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.



# WWW.ROCKLINSWIMTEAM.ORG

## Mavericks, Wave, Splash, Swim School



Join us for swim programs at the heated pools of Whitney High School & Rocklin High School. Our professional coaches provide the culture, training, and development for swimmers of all ages & abilities to become all that they choose to become.

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## MAVERICKS

### (Year-Round USA Swimming, Fall/Winter Seasonal Sessions)

- Year-round competition with seasonal Fall and Winter introductory sessions.
- Coach tryout and USA swimming membership to join. Monthly swim meets are a critical component of membership.
- Multisport athletes can focus on personal and long term development of swim skills with meets once a month for qualification to local and national championships.
- Training that prepares those who want to excel on high school water polo/swim teams and beyond into collegiate athletes!

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## WAVE

### (Spring/Summer League)

- **MARCH CLINIC registration is now open for this stroke refresher session!**
- **Tryouts in March, visit website for appointment**
- Competitive season with 5 dual meets and eligibility for championship meet
- Requires minimum participation of swimmer in 3 meets
- Season is April through July

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## SPLASH

### (Summer Non-Competitive)

- **Tryouts in March, visit website for appointment**
- Non-competitive season with mock swim meet on the last day of practice
- Season is June through July with practice Monday - Thursday

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## SWIM SCHOOL

### (Spring/Summer)

- Weeknight 30 minute sessions (Monday - Thursday)
- Spring Break registration is open for 5pm, 5:30pm, 6pm; Summer 4:30pm, 5pm, 5:30pm, 6pm, 6:30pm
- Parent/Tot, Adaptive (swimmers with special needs), Youth Learn-to-Swim Program

**Spring Break:** April 11-14 (4 classes)

**Lifeguard Training\***

**Session I:** June 6-16 (8 classes)

**Session II:** June 20-30 (8 classes)

**Session III:** July 5-8, 11-14 (8 classes)

**Session IV:** July 18-28 (8 classes)

*\*Lifeguard Training session for those 15 years and older with 5 classes from 9-4pm in May (morning classroom and afternoon water skills).*

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# IMPORTANT INFORMATION

**Starting February, the Rocklin Swim Team will resume offering both USA (Mavericks) and Recreational (Wave) swim programs.**

**Before registering for any swim program, please review the following carefully:**

## 1) What are the requirements to be eligible to participate in the Recreational swim program in spring/summer with WAVE?

For swimmers who want to swim in the rec league (Wave), they must adhere to the following requirements:

- February is a mandatory dry period. Swimmers are not to be coached or in the water with a USA club team or coach outside of high school.
- March is limited to our stroke-and-turn clinics, with participation limited to 3 days a week.
- Exemptions to these two requirements include participating on:
  - High School Diving/Swim Teams
  - College Swim Teams
  - Water Polo Teams
  - Synchronized Swimming Teams

**Important!** Failure to comply will result in swimmers unable to participate in the Wave season (April-July).

## 2) What are the differences between the USA (Mavericks) and Recreational (Wave) swim programs?

Below are the highlights of each program:

- **USA Swimming (Mavericks)\***
  - Program offered year round (12 months a year)
  - Must purchase athlete USA swim membership
  - USA Swim certified coaches
  - Participation in USA Swim Meets required (~1 meet per month)
  - Eligibility to qualify for the Junior Olympics/Championship meets

\* There are added expectations for our year-round USA Swimming (Mavericks) swimmers and families. Our swimmers are expected to participate in meets and attend practices. Our swim families also have volunteer requirements at swim meets such as timing or officiating.

- **Recreational Swimming (Wave)**
  - Programs offered 10 months of the year, including:
    - March Swim Clinics
    - Wave program (April to July)
    - Fall Swim (August to October)
    - Winter Swim (November to January)
  - Participation in at least 3 swim meets May-July required
  - Eligible to participate in Invitational swim meets
  - Eligible to participate in Championship swim meet
  - Eligible to qualify for the Sacramento Meet of Champions

## 3) What are the planned meet schedules for the USA and Recreation programs? Below is the planned schedule.

### 2022 Mavericks Meet Schedule (USA Swimming):

Jan 28-30 SMST Winter Splash at Folsom Aquatic Ctr  
Feb 4-6 Qualifier Meet: SNS Senior SCY Championships at Roseville  
Feb 25-27 Last Chance Meet at Rusch Park, Citrus Heights  
Mar 11-13 Qualifier Meet: SNS SCY (14 & under) Championships at Elk Grove  
Apr 8-10 Spring Splash MAVS Folsom, CA  
May 7-8 DART SCY meet  
May 20-22 WOOD LCM meet  
June 10-12 Qualifier Meet: Summer Sanders (Seniors) LCM meet at Roseville  
June 12 Chico SCY meet (Agegroup)  
June 24-26 WOOD LCM last chance meet  
Jul 21-24 Qualifier Meet: SNS LCM Championships Bill Rose in Davis

### 2022 WAVE Meet Schedule (Recreational Swimming):

Apr 30 Time Trials @ Rocklin High  
May 21 Laguna @ Rocklin High  
June 4 Rocklin @ Roseville Aquatic Ctr  
June 11 Rocklin @ Rollingwood  
June 18 Rocklin @ Galt  
July 9 Sunrise @ Rocklin  
July 16-17 Champs @ Vista Del Lago

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# ONLINE/SOCIAL MEDIA LINKS

Website: [RocklinSwimTeam.org](http://RocklinSwimTeam.org)

Facebook: [Rocklin Swim Team](https://www.facebook.com/RocklinSwimTeam)

Instagram: [Rocklin\\_Swim\\_Team](https://www.instagram.com/Rocklin_Swim_Team)



## TEXT MESSAGES

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

- Log into your account at [RocklinSwimTeam.org](http://RocklinSwimTeam.org)
- 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

Brad Cooper - [President@RocklinSwimTeam.org](mailto:President@RocklinSwimTeam.org)

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# BECOME A SPONSOR

## Rocklin Swim Team Sponsorship Program

[Click here for Application](#)

Rocklin Swim Team is a non-profit aquatics program serving over 1000 youth swimmers annually from the city of Rocklin and surrounding areas. Our website and social media sites are active year-round and the main source for member information. RST Mission is to provide the culture, training and development for swimmers of all ages and abilities to become all that they choose to become. Our address is 2351 Sunset Blvd, Ste 170-184, Rocklin, CA 95765 and please contact email: [Secretary@RocklinSwimTeam.org](mailto:Secretary@RocklinSwimTeam.org) for more information.

| Sponsor Level   | Gold<br>\$1,500 | Silver<br>\$1,000 | Bronze<br>\$500 | Meet<br>Sponsor<br>\$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<br>Lane Sign with Company Logo at Meet  |                 |                   |                 | •                        |