



www.rocklinswimteam.org

President's Message

By Travis Miller, President

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The Future Home of Rocklin Swim Team

For more than 22 years, Rocklin Wave, now Rocklin Swim Team, has been a pillar in our community. Our Mission, Vision and Culture statements exemplify what youth sports should aspire to.

Our future, specifically where we practice and compete, is under threat. Make no mistake, we have tried all methods and acted in exemplary fashion in our discussion with the City and RUSD.

The bottom line is: Rocklin is a community that values exercise, sports and recreation and we have outgrown our facilities.

There is currently a survey for Whitney Ranch Park phase 2 on the City of Rocklin's website. Please [click here](#) to access the survey and read below for response to question #4.

There is one clear statement that **MUST** be made by all RST families:

WE NEED A 50 METER POOL and AQUATICS COMPLEX to achieve the depth, breadth and reach of our program.

This answer would fit well in the free form box for Question 4. Please make sure to use the **EXACT** wording above.

I welcome any calls or questions, and look forward to working for the best future for RST.



2018 Fall and Winter Team



Whitney High Pool

Head Coach Zack Davis, email coachzack@rocklinswimteam.org
 Aquatics Director Megan Hylton, email coachmegan@rocklinswimteam.org

We focus on proper stroke mechanics, starts, turns, and conditioning with opportunity to participate in meets. Our 2018 Fall Team will receive a \$25 credit for subsequent 2018 Winter Team registration! Each session is about 9 weeks and Winter team observes RUSD holiday break.

Open Registration: @rocklinwave.com – open now for Fall Team!
 Register for Winter Team in October!

Fall Dates: Sep thru Oct 25 (Mon-Thur)

Winter Dates: Nov thru Jan 24 (Mon-Thur)

Meet Schedule:
 Oct 13-14 Spooktacular @Roseville
 Oct 27 Fall Team Champs @Roseville
 Nov 17-18 Gobbler Classic @Folsom
 Dec 8-9 EGAC @Sac City College
 Jan 26-27 IceBreaker @Whitney HS

John Hooten Spirit Award to Rocklin Swim Team

Proudly our Rocklin Swim Team received the John Hooten Spirit Award at the 2018 Meet of Champions! This prestigious award was renamed after the late John Hooten, longtime coach of the Johnson Ranch Barracudas. John passed unexpectedly this spring while rowing on Lake Natoma. John was a stalwart leader in the community and known far and wide for his dedication to all teams, his sportsmanship and his true love of sport. We are honored to receive this award!



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

- ✚ **Visit the Wave's calendar page** for more up to date information [here](#)

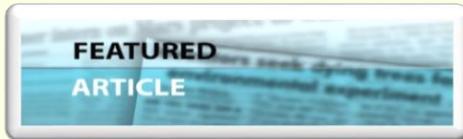
- ✚ **Visit the Mavericks' calendar page** for more up to date information [here](#)

- ✚ **SHOPPING ONLINE and 3 Ways for Purchases Benefiting Rocklin Swim Team**
GREAT FOR THE UPCOMING HOLIDAY SHOPPING MONTHS!
 - 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 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!





PREPARATION FOR LIFE

BY Coach Phil Hansel and reprinted from
Swimming World, February 1998

Not everything we do in life is a pleasant experience. Not everything we do is beneficial. Not everything is productive. Not everything is a nurturing, loving experience. Life is full of negative, destructive experiences. Rejection, defeat and failure surround all of us. The trick is to be prepared to deal with this side of life and learn to overcome discouragement.

I have always felt that the great value of swimming as a sport is that it prepares one for life. The total swimming experience is made up of people, attitudes, beliefs, work habits, fitness, health, winning and losing, and so much more. Swimming is a cross section of lifetime experiences. It can provide so many learning situations. A swimmer learns to deal with pressure and stress, sometimes self-imposed, sometimes applied by others. One learns to deal with success and failure. One learns teamwork and discipline.

Swimming becomes a self-achievement activity. There is only one person in the water in a given lane in any race. The responsibility for performance ultimately lies with the individual. How well the individual has prepared physically and mentally to a large degree will determine the performance level.

Many swimming experiences can be of the disruptive, discouraging type. But at least a young swimmer learns that this is part of life, and the swimmer must learn to cope.

By learning how to handle frustration and disappointment, the young swimmer gains confidence. The swimmer learns dedication and commitment. Through perseverance, a swimmer learns to overcome adversity. All of these experiences tend to develop an individual who is better able to handle life's hardships and face problems.

As coaches and parents, we tend to preach that hard work will lead to victory. We preach that clean living and proper training such as diet, sleep and regular attendance at workouts will lead to winning. Though in the long run for a productive, successful life, these are probably truthful concepts that don't always work in short term situations.

We have all been in situations where a bigger, more gifted person with poor work habits is the victor in race after race. Or we've known others who never seem to study, yet get good grades. We've known business people who never seem to lift a finger, yet for one reason or another, they close deal after deal.

These things just are not fair. Yet this is one of the valuable lessons that swimmers learn: "Life is not fair." We don't all start out in life with the same physical, mental, emotional and financial resources. In that respect, "Life is not fair."

A swimmer must learn what is fair for one is not necessarily fair for another. A swimmer learns we are all different and each individual controls his or her own destiny. A swimmer learns to emphasize given talents and skills. A swimmer learns to improve on a regular basis. By not setting limits and restrictions, this improvement will surely lead to success. A swimmer learns if he or she does their best, then there are no failures. A swimmer learns to set realistic goals. Once a goal is reached, then new goals must be established. A swimmer learns that effort becomes an individual crusade. If the ultimate goal is an Olympic gold medal, then with the proper talent, dedication, belief and support, all swimmers believe it can be done. This is the positive achievement side of swimming that I like so much. Through experience in swimming, our young people learn attitudes and habits that will remain with them throughout the rest of their life. Most swimmers learn to be "can do" people.

Generally, these positive attitudes, belief in self and solid work habits will produce a terrific adult. Our society and our world are enriched by these former swimmers as they become adults. Because of their training, they handle life with a smile. They contribute time and energy to others in every way imaginable.

We can be proud of what swimming contributes to this world. Though "life is not fair," a swimmer knows how to deal with that and can achieve a balance. For the most part, former swimmers grow up to be ordinary people, but they always have that extra plus from the swimming experience.

We are different and can be proud of it. It's a pity and truly "unfair" that thousands and thousands of young people are missing the swimming experience. We must open our programs to everyone. We must find ways to share our fantastic sport.

UPCOMING EVENTS MARK YOUR CALENDARS



Organization name: Rocklin Swim Team

Date: Tuesday, October 2nd, 2018

Time: 4:30PM-8:30PM

Store: 10325 Fairway Dr. Roseville, Ca 95678

Not valid for Online/App/Call-in Orders

Present this flyer to the cashier BEFORE paying and Blaze Pizza will donate 20% of proceeds from your meal back to our organization.

Donation amount excludes proceeds from tax and gift card purchases. Valid for dine-in, take-out only. Not valid for online orders. Alcoholic beverages excluded. Event proceeds void if flyers are distributed in or near the restaurant. Manager, please attach this flyer to the guest check.



ICE BREAKER MEET

Whitney High Pool

January 26-27, 2019



Our Rocklin Mavericks will be hosting the 4th Annual Icebreaker Meet in 2019! These are great opportunities to build on the success of our prior hosted meets, give athletes a chance to compete, and raise about \$6,000 for our team. However, this event will require our fabulous parent volunteers to roll up their sleeves and fully participate to run a successful meet. Coach Megan and our Meet Director Krystal Arnold will be working out plans with our committee chairs to start planning this meet and we encourage you to save the date and be prepared to attend planning meetings and sign up to volunteer to make this the best Ice Breaker meet to date!



MAVERICKS NEWS

NEW SWIMMERS: Welcome to our swimmers that are now joining us: Karen Chang, Muhe Chang, Celeste Contratto, Paige Gardin, Tessa Gardin, Ethan Schubert, Jacob Schubert, and Austin Woolley!

LONG COURSE JUNIOR OLYMPICS:

We were proud to have a large percentage of our team attending this meet including: Arina Aloian, Jaden Arnold, Konnor Arnold, Taylor Aubry, Arun Beckhorn, Savanna Bonge, John Burns, Kyra Burns, Nico Busalacchi, Kelsey Campbell, Jesse Carter, Mark Centeno, Rachel Colbus, Callie Costa, Lauren Costa, Erin Crawford, Brooke Dingle, Jada Duncan, Hunter Forsyth, Charvi Gangavarapu, Kayla Gold, Landrey Gold, Vanessa Hill, Isaac Ionescu, James, Ionescu, Christian Irby, Camryn Jackson, Nolan Johnson, Rachelle Karunanayake, Lily Pascalau, Faith Reynolds, Elijah Roberts, Jonah Smith, Masha Tkachev, Mathew Tkachev, Timothy Tkachev, Blair Whittington, Leah Winter, and Camden Winton.



This meet showcases the fastest swimmers in Sierra Nevada Swimming, a local swimming committee made up of over 60 teams! Thank you to everyone who swam on a relay and came back to cheer on your teammates during finals! The Rocklin Mavericks placed 12th overall. The Mavericks swam 176 individual races and had 124 best times! Mathew Tkachev, Nico Busalacchi, Brooke Dingle and Kyra Burns swam new Far Western Qualifying times. Jada Duncan tied a meet record and earned the 11-12 Girls 2nd place high point award. Jada Duncan, Camryn Jackson and Kyra Burns qualified for the Age Group Western Zone Team. The Western Zone meet is an all-star meet for Sierra Nevada Swimming with 14 states and 18 LSCs represented at this meet! Please congratulate all the swimmers for their great accomplishments!

VOLUNTEERS AT WESTERN ZONES MEET:

This summer in exchange for long course practice at the Roseville Aquatic Complex we provided volunteers for CCA's hosted Western Zone Championship meet in August. We want to express our sincere appreciation to our wonderful team who volunteered their time at this meet: Arun Beckhorn, Shannon Burns, Kelsey Campbell, Erika Costa, Alison Crawford, Erin Crawford, Naomi Crawford, Patricia Hill, Vanessa Hill, Coach Megan Hylton, Cassie Jackson, Lily Pascalau and Elijah Roberts.

MAVERICKS SURF AWARD SWIMMERS:

Camryn Jackson- Woodland Meet

LONG COURSE NEW TEAM RECORD HOLDERS

Congratulations to Arun Beckhorn, John Burns, Kyra Burns, Lauren Costa, Jada Duncan, Kayla Gold, Rachelle Karunanayake, Mathew Tkachev, and Haley Zelen for your 2018 Team Long Course Records!

[Updated Team Records](#)

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 rocklinwave.com or 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

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Patricia Hill – secretary@rocklinswimteam.org

Brad Cooper – treasurer@rocklinswimteam.org

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