



President's Message

By Travis Miller, President

INSIDE THIS ISSUE

- 1 President's Message
- 2 Aquatics Program Flyer
- 3 Important Information
- 4 Featured Article
- 5 Upcoming Events
- 6 Mavericks News
- 7 Social Media / Text Messages / Team Contacts

A Season of More Thanks (2nd edition) – 12 Reasons to Believe in RST

1. Improved Swimmer Development ✓
 - + Mavs, Wave, Splash, Clinics, Lessons, Adaptive
 - + Athletes being recruited to colleges, ranked nationally
2. Fulfilling our Commitment to Community ✓
 - + Love Olivia, Learn to Swim lessons, Clinics
 - Highest enrollments EVER
3. Robust, Cohesive, Caring Coaching Staff and an Aquatics Coordinator ✓
4. Improved Facilities ✓
5. Recognition within LSC & NorCal Swim League (recipient of John Hooten Spirit Award) ✓
6. Safe Sport Implementation Program-wide ✓
7. Enhanced Team Spirit ✓
 - + Regular Social Events for Athletes, Coaches and Parents
 - Team Potlucks, Quarry Adventures, Sunsplash
8. Annual Strategic Planning Retreats ✓
9. USA Swimming Club Level 2 Recognition (soon to be level 3) ✓
10. Highest enrollments in Winter Clinics in Program History ✓
11. Better Safety Program with CPR, Lifeguard Training - In House ✓
12. Engaged external consultants from USA Swimming Olympic qualifier Teams ✓



In sum, we RST have continued to build in the incredible 22+ year foundation of RST. We have labored, rolled up sleeves and committed to make this a better program together. THANK YOU. You are Amazing! YOU are the heart and soul of RST.

May you be blessed with a wonderful and safe Holiday season, and a joyous New Year.



Our professional coaches provide the culture, training, and development for swimmers of all ages & abilities to become all that they choose to become. Register at www.rocklinswimteam.org or call 916-975-5130 to learn more!



Rocklin MAVERICKS Seasonal Winter Team is at heated Whitney High pool! No tryout but swimmers must be able to swim 50 yards unassisted and we welcome high school water polo players and high school swimmers. Prorated \$150 winter team 4-wk session [register here!](#) New Parent Lap Swim \$60 [click here](#).



Rocklin WAVE March Clinic has no tryouts but is not a learn to swim session. Join us at heated Whitney High School pool and jump start the swim season with this stroke refresher for our prospective Rocklin SPLASH and Rocklin WAVE swimmers. Each week will be a specific stroke focus!



Rocklin WAVE summer competitive team has tryouts the morning of March 16th at Whitney High School pool. The season starts in April and finishes end of July with 5 dual meets and 1 championship meet. Swimmers gain lifelong skills and have a chance to qualify for the post season Meet of Championships!



Rocklin SWIM SCHOOL Spring Break Lessons are 30 minute sessions starting April 15th Monday to Thursday at 5pm, 5:30pm, or 6pm for those wanting to get a head start on swim skills at Rocklin High School pool (4 classes). A Lifeguard Training session is provided for those 15 years and older starting Saturday April 13th and running Monday to Friday.



Rocklin SWIM SCHOOL's summer lessons are weeknight 30 minute sessions Monday to Thursday over a 2-week period at Rocklin High School pool (8 classes). Sessions start June and July. We also offer adaptive lessons for those living with disabilities.



Rocklin SPLASH summer pre-competitive team is at Whitney High School pool. No need to tryout but swimmers must be able to swim 50 yards unassisted. The swim season starts mid June and ends early August. There is a mock swim meet on the last day of practice!



Rocklin MAVERICKS year-round team has tryouts by appointment. 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 with season September thru August. Introductory fall and winter seasonal sessions have no tryout if able to swim 50 yards unassisted!

The More You Know

- ✚ **Visit our website** for the latest and greatest information. We are continuously 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!





FREESTYLE FLUTTER KICK FROM HIPS

By Glenn Mills, GoSWIM Video

[Video:](#)

Developing the proper flutter kick starts to teach swimmers about how less is more, and focusing during kick sets can help make better swimmers.

Why do it:

Flutter kick is the most used kick in swimming, so you can consider this a foundational aspect of competitive swimming. Learning how to harness the power of your body, while not over kicking will be an important lesson when learning the details of the other strokes.

How to do it:

- 1 - Start from the front, not the kick. Push off with your kickboard, and focus on keeping the hands in a near streamline, with the head low and looking forward. Don't be looking around at your friends.
- 2 - Move your focus to your hips, try to make sure they're just touching the surface of the water. Body alignment is very important when using equipment.
- 3 - Now shift your focus back to your legs. If you feel any muscles tiring, make sure it's in the hips and not the thighs first. Try to discover which muscles tire initially, and that can help you learn if your kick is on its way to being productive.
- 4 - Finally, shift your focus to your feet. Try to keep them low to the surface of the water. The foot should only come out a bit, not high above the surface.

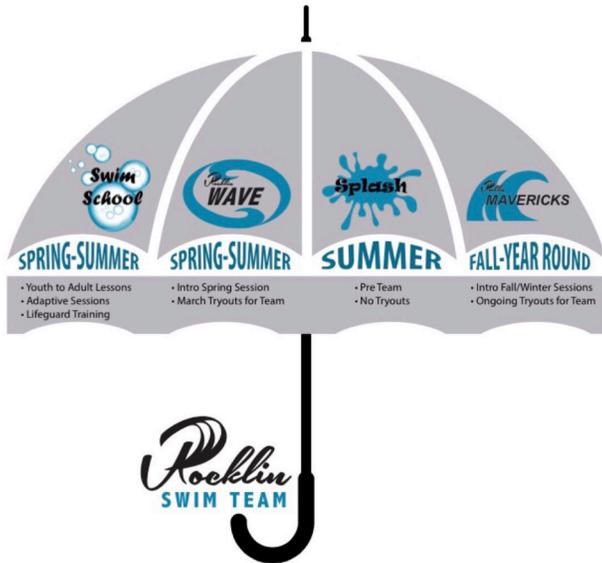
How to do it really well (the fine points)

Keep the toes pointed, and the kick narrow. The knees should bend, but not too much. You can see that the legs appear to barely bend at all, and certainly not at any drastic angle. Keep in mind that you're not only trying to develop an effective kick, but you're also trying to hide your legs behind the hole that the body in front of it cuts through the water.

This is where "less is more" becomes very evident. By keeping the kick smaller, you create less resistance, and require less power. Understanding these concepts of swimming at an early age can lead to other great discoveries in how to swim FAST when you get older, and bigger, and stronger.

UPCOMING EVENTS MARK YOUR CALENDARS

Year End Tax Deductible Donations!



KICK OFF THE SEASON OF GIVING!

Our nonprofit Rocklin Swim Team is ready to provide tax-deductible receipts for any year end donations to Rocklin Swim Team. These donations help us to address our needs of aging equipment, increasing operational costs, and aid in providing scholarships such as the free lessons last summer for 82 children living with disabilities to have free swim lessons in partnership with Love Olivia organization.

We are a local member of the USA Swimming Foundation Make A Splash and Safe Sport program to better serve our mission to provide the culture, training, and development for swimmers of all ages and abilities to become all they choose to become. Thank you for your consideration and support #RSTproud!!

CELEBRATING BIRTHDAYS!



December:

Emmy Kong
Alyssa Laird
Zachary Stacy
Maria Taxara
Brooklyn VanNiekerk
Dylan Vargas
Nate Wareckiy-Cabrerros
Coach Eddie

January:

Teddy Amarzaya
Trevor Brown
Isaac Ionescu
Sophia Lim
Ethan Schubert
Lucas Turner
Coach Brian
Coach Madeline
Coach Zack

February:

Taylor Bishop
Alex Rosca
Savanna Wiegand



January 15, 2019 4:30-8:30pm
Rocklin Swim Team
Blaze on Fairway Drive in Roseville

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.





ROCKLIN MAVERICKS NEWS

NEW SWIMMERS: Welcome new swimmers Eliot Cummings and Lauren McMillan! Welcome back Sunny Liu and Liberty Sparrow!

FALL AND WINTER TEAM SEASONAL MAVERICKS: October 24th ended the 9-week session for our Seasonal Fall Team Mavericks swimmers with the CCA Fall Invite at the end of October. We now have our Seasonal Winter Team Mavericks swimmers with us in record numbers for 2018! We are thankful to our great coaching team under the leadership of Coach Zack with support from Coaches Brian, Lisa, Madeline and Natasha!

SURF AWARDS:

Konnor Arnold and Elijah Roberts- Davis Meet
Ethan Schubert and Levi Bertrand – Fall Invite Meet →



KEEPING IT FUN FOR OUR SWIMMERS:

Coaches having fun with our swimmers and pumpkin relays. [Click here](#) for our team facebook video from our visit to Quarry Park Adventures on December 1st. We have also added social potlucks on Thursdays after practice prior to our monthly meets!



ATHLETE SCHOLARS

Vanessa Hill and Nolan Johnson received the Scholar Athlete awards by Sierra Nevada Swimming! The Scholar Athlete award emphasizes the importance of scholastic achievement and excellence for our high school swimmers after their freshman year.



INTRODUCING COACH EDDIE

Coach Eddie joined us in August 2018 after coaching over 6 years with local summer team, high school team and Sierra Marlins. He has had success with all age groups and we are happy to have him join our team!



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 or @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

Open Position – registrar@rocklinswimteam.org

Open Position – volunteer@rocklinswimteam.org

Jim Contratto compprograms@rocklinswimteam.org

Damien Lawrence – recprograms@rocklinswimteam.org

Courtney Woolley – fundraising@rocklinswimteam.org

Ismara Contratto – communications@rocklinswimteam.org

Coach Eddie – coacheddie@rocklinswimteam.org

Coach Zack – coachzack@rocklinswimteam.org

Coach Madeline – coachmadeline@rocklinswimteam.org

Coach Lisa – coachlisa@rocklinswimteam.org

Coach Brian – coachbrian@rocklinswimteam.org

Samantha Jaffe (admin) – coordinator@rocklinswimteam.org