



2021
TEAM HANDBOOK

Dear Sac Town Swimmers & Parents:

The Coaches and Board of Directors would like to welcome you to this year's team. The past year has been a trying one, but we are bound and determined to provide a safe season for all our swimmers and their families.

We're looking forward to an exciting swim season and to working together with your family to make this summer a rewarding experience for all.

This handbook will provide you with information you and your swimmer need to experience a successful swim season. Please take a few minutes to carefully read through it.

Unlike many sports, swim teams (and especially meets) simply can't happen without parent volunteers. A successful season truly relies on both the commitment and participation from swimmers **and** parents.

Thank you, in advance, for your dedication and cooperation. Please let us know if you have any suggestions, ideas, comments, or questions.

Sincerely,

The Sac Town Tsunami Swim Team Board of Directors

Rafael Prado, President
Emily Diehl, VP - Team Director
Tyler Lawrence, VP - Ways and Means
Linh Le, Secretary

Katie Feldman, Registrar
Christina Burch, Treasurer
James West, Equipment Manager

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Purpose and Objective

Our goal is to provide a fun means of exercise while we help young swimmers master the four primary swim strokes and develop strong swimming skills.



Butterfly



Backstroke



Breaststroke



Freestyle



Individual Medley

Our enthusiastic coaches work one-on-one with the swimmers to improve their technique and develop their physical strength and stamina.

It is our goal to ensure that your child improves both their times and technique in all strokes. The coaches are always working to promote teamwork and good sportsmanship. We strive to have a family-friendly atmosphere that unites the swimmers in friendship and good team spirit.

We swim in the [Northern California Swim League](#).



Board of Directors

The Board of Directors is made up of volunteer parents and meets monthly. All meetings are open to parents of each registered swimmer of the team. We are always looking for new board members. Let us know if you would like to join us. The following is a list of our current board members:

<u>DIRECTOR</u>	<u>POSITION</u>	<u>PHONE</u>	<u>EMAIL</u>
Rafael Prado	President	212-4796	rpradomelgar@gmail.com
Emily Diehl	VP - Team Director	215-7159	mindsetemily@gmail.com
Tyler Lawrence	VP - Ways & Means	509-2662	Tyler.328csh@yahoo.com
Christina Burch	Treasurer	549-9949	christina.cutino@gmail.com
Katie Feldman	Registrar	849-9731	katiefeldmom@comcast.net
Linh Le	Secretary	705-0533	linhyle@gmail.com
James West	Equipment Manager	662-4258	poorboydesignworks@gmail.com

Feel free to contact any of them with any concerns, comments, or suggestions.



General Information

The pandemic has certainly changed things up for Sac Town Tsunami.

Given the time restraints that Southgate Recreation & Park District has placed on us for our upcoming swim season, we will only be able to offer swim practices in two separate sessions: 7:00pm-7:50pm and 8:00pm to 8:50pm. In order to accommodate as many swimmers as we can so that all can experience what makes our Tsunami summers so fun, we will run two cohorts:

BLACK COHORT = Mon and Wed and every other FRI

GOLD COHORT = Tues and Thurs and every other FRI

Coach Tim and his coaching staff would like to reserve the 7:00pm cohorts for beginner and younger swimmers with the advanced and older swimmers being placed into the 8:00pm cohorts.

Practices and home meets are held at the New Aquatic Center which is Southgate's newly-built pool located at 8025 Waterman Road Sacramento 95829.



Team Requirements

Swimmers' age for eligibility is their age on June 15th of the current swim year. This is also the last day that someone can join our team.

For 2021: All swimmers must be 19 years or younger on June 15, 2021. Due to the cancelled 2020 NCSL season caused by the COVID-19 pandemic, NCSL has adopted a single season (2021 NCSL season only) exception to Bylaw # Section 12.03 which permits all eligible 19-year-old swimmers the opportunity to practice and compete in a final recreational swim season.

IMPORTANT: Every swimmer MUST be registered with Tsunami AND with NCSL before they may enter the pool to practice.

All swimmers MUST be able to swim at least 25 yards freestyle. At this time, coaches are not allowed in the water and all coaching will be done from the deck.

Parent Participation

Parent and family participation are required to ensure the swim team is a success at both home and away meets. Meets are completely run by parents. Everyone will be required to assist in one or more of the volunteer roles outlined in *Appendix A*.

Prior to the first meet of the season, parents or other family members will be assigned to a job for at least half of each meet. Every effort will be made to accommodate everyone's preferred choices. Sometimes you may be asked to assist in another assignment with little more than a moment's notice on meet day. We appreciate your flexibility.

We sincerely appreciate everyone's willingness to help. Once assigned,

it will be your responsibility to obtain an alternate in the event you are unable to fulfill your commitment.

All assignments are in view of the pool, or can easily be stepped away from temporarily to see a race, so regardless of assignment, you should not miss any of your swimmers' races. Volunteers should check in with the Volunteer Coordinator at least 30 minutes prior to the start of each meet.



Fundraising

The Sac Town Swim Team is a non-profit, privately-funded, IRS section 501(c)(3) charitable organization. We do not receive any subsidized funding from Southgate Recreation & Park District or any other public entity. We rely on fundraising as a means to keep our registration fees as low as possible. Although fundraisers are an integral part of our existence, we have strived to structure them to require as minimal participation as possible from both the swimmers and parents.



Team Swim Suit

This year the official team swim suit will again be the **TYR Phoenix Splice**, black with yellow accents. The team suit is optional but encouraged. We also suggest purchasing 1-2 inexpensive suits for practice. Boys have the option to choose between the jammer or racer style. Suits can be ordered through our online “storefront” at Swim Outlet.com: <https://www.swimoutlet.com/tsunamiswim/>.



Northern California Swim League rules require that only official team suits, or swimsuits of similar or lesser technical construction, are allowed in any league competition meets. High-performance technical and/or compression suits are prohibited.

Practices and Meets

Before Each Practice

Swimmers are expected to wait in the designated warm-up area and are encouraged not to interrupt the coaches while they are helping the prior group. Swimmers should arrive at least five minutes prior to their practice time with swimsuit, cap, and goggles ready. Use the restroom prior to the beginning of practice and use any extra time to stretch until called.



During Each Practice

Swimmers are expected to pay attention, without talking to teammates, and follow any instructions given by their coach. Parents are encouraged, but not required, to stay at the pool and watch your swimmers work out. We only ask that you honor the following requests:

- ❖ Keep your conversation levels low so kids can hear the coaches' instructions.
- ❖ Refrain from communicating with your swimmer during practice.
- ❖ Stay clear of the immediate practice area and keep any younger siblings away from the pool.
- ❖ Avoid verbally analyzing the practice.

After the Practice

Each swimmer will be expected to help put away equipment, clean up around the pool and restroom area, and replace the pool covers.

Before Each Meet



Parents must use our website to commit/decline their swimmers for every meet. To do this, log on to our website (tsunamiswim.com), sign in, scroll down to the bottom of the home page, and you'll see the list of meets. Click "Edit Commitment" and from there you can commit/decline your swimmers.

Unless otherwise noted on our schedule, swimmers must arrive at the swim meet site by 6:45am on all meet days unless otherwise noted. All

meets start promptly at 8:30am. Any swimmer not at the meet site 30 minutes prior to the meet will be scratched and not allowed to race, unless arrangements are made in advance with the coach or for an unforeseen emergency. This allows time for the coach to determine if all relays are filled and to assess if alternates are needed to fill in for any events. Swimmers should also check the posting board for the event numbers they will be participating in. The Swim Meet Order of Events is provided in *Appendix B*.

During the Meet

Immediately prior to their races, swimmers report to and stay at the Ready Bench (staging area where swimmers wait before races) and are asked to behave in a respectful manner. If a swimmer needs to leave the Ready Bench for any reason, they must let a Ready Bench volunteer know before leaving the area. When a swimmer's race number is called, he/she should promptly move to the Ready Bench and wait until called to the starting blocks. When standing behind the blocks, swimmers should wait quietly, behind the timers, out of respect for those about to start a race.

Parents are welcome to take pictures from any location throughout the meets with one exception: **No photography (including cell phones) is allowed from behind the starting area/blocks at any time during a meet. This is a strict league prohibition and our team enforces this rule stringently.**



After the Meet

At all meets (home or away), we ask all parents and swimmers to stay and help clean up the entire pool area including the ready bench and restrooms.

What to Bring to the Swim Meets

Swim meets are held on Saturday mornings. The following are some helpful hints:

- ❖ Swimmers should arrive dressed in their swimsuit with cap and goggles in hand.
- ❖ Blankets, sleeping bags, and tents are welcome. Swimmers need to keep warm and rested while waiting for their next event.
- ❖ Extra towels: We suggest bringing at least 2 dry towels per swimmer as swimmers are in and out of the pool often throughout the day.
- ❖ Sweat suits or pajamas are nice on cold or windy mornings.
- ❖ Sunscreen: remember to reapply as the day goes on!
- ❖ Sun protection: try to stay in the shade as much as possible. Long meets (especially our 2-day championship meet) can be very hot. A spray bottle with water can help keep you cool. Umbrellas, EZ-Up canopies, or tents can provide relief from the direct sun.
- ❖ Entertainment between events: bring playing cards, books, or games that do not have a lot of small pieces. Listening to music is also popular but please leave the device with someone you trust when you are in the water so that it doesn't get lost or taken (even by accident).
- ❖ Food: swimmers should eat adequately at least one (1) hour prior to swimming. Food during a swim meet should be

- limited to light snacking.
- ❖ Beverages: staying hydrated is very important. Therefore, the coaches recommend drinking water. Do avoid sodas, coffee drinks, and energy drinks during meets.
 - ❖ No jewelry can be worn while in the water. This includes any piercings, rings, bracelets, necklaces, anklets, etc.
 - ❖ Gum is also prohibited while in or near the pool as it can cause choking and damage to the pool and deck.

Disciplinary Procedures

All swimmers are expected to behave appropriately at all times during practice and at swim meets. Rudeness, ignoring instructions, vulgar language, physical contact (of any kind), or any disrespectful behavior will result in disciplinary action by the coach or other designated persons.

Swimmers will be given one verbal warning. If the behavior persists, the swimmer will be dismissed from practice. If the disruptive behavior continues, following the verbal warning during a meet, the swimmer will be scratched from all remaining events.

Before that swimmer can return to practice, the parent must have a conference with the Team Director concerning the behavior. If the behavior continues after this initial conference, another conference will be held with the swimmer, the parents, and the Board to decide what disciplinary action should be taken.

Parents are also expected to behave appropriately at all times during practices and especially at meets. Disciplinary actions may involve ejection from the meet and/or your swimmer(s) being scratched from the meet.

Communication

We welcome and comments/concerns you or your swimmer may have about the team. Feel free to share them with the Team Director. If you feel your issue needs further review, you can request a meeting with the Board of Directors. We want everyone's experience on the Sac Town Tsunami to be a pleasant one.

We encourage parents and swimmers to check our website regularly for updates to the schedule and other information about the team, such as their times and rankings. Pictures can be shared on our Facebook page.

- Join the "Sac Town Tsunami" private group on Facebook
- Follow us on Twitter - @SacTownTsunami
- Follow us on Instagram at SacTownTsunami
- Visit the team website at tsunamiswim.com



Important Dates and Meet Schedule

May 12, 2021 Parent Meeting via Zoom
June 1, 2021 Swim Season Begins

June 5, 2021 Tsunami at Arden Park



June 19, 2021 Tsunami at Rio Vista



June 26, 2021 Tsunami at Rio Del Oro



July 10, 2021 Tsunami at Dixon



July 24, 2021 Fair Oaks at Tsunami
(this is a tentative home meet ... we will hold it if SRPD significantly lifts their restrictions)



Appendix A

VOLUNTEER ASSIGNMENT DESCRIPTIONS

In a normal year (non-pandemic), the roles outlined below would be fulfilled at both home and away meets by both teams. For 2021, meets will run a little differently based on which pool we are swimming at and which county that pool is located in. Some volunteer positions will be not be new-to-us, but there could be some roles that were created specifically for swim meets in a COVID world. We appreciate your flexibility.

Announcer: Announce swimmers names in and during races and calls for each upcoming event and plays music during breaks. (2-3 persons)

Computer Operators: Works with opposing teams' computer operator to seed swimmers in the events. During the meet this person runs the Colorado Timing System and prepares, prints, and posts the meet results. (2-3 persons)

Equipment Set-Up: Set-up equipment (tents, timing system, chairs, tables, lane lines, flags, etc.) in early morning and breakdown equipment after meet. (8-10 persons)

Hospitality: Serve refreshments to timers and deck staff. (2-4 persons)

Meet Referee: The official judge of the swim meet handles any race protests, and oversees Stroke & Turn Judges' decisions. (2-3 persons)

Photographer: Take pictures of swimmers and team activities to share with parents, post on the website and Facebook page, and prepare a slide show for the awards ceremony. (2-3 persons)

Product Coordinator: Coordinate the design, ordering, and sales of merchandise. (1-2 persons)

Ready Bench: Organize and line up swimmers for each race. (4-6 persons)

Ribbons: Attach labels (printed by the Computer Operator) to ribbons and distribute them to swimmers. (1-2 persons)

Runner: Walk time slips to/from timers and DQ slips from Stroke & Turn Judges to the Meet Referee and Computer Operators. (2-3 persons)

Snack Bar Coordinator and Workers: Prepare and sell food at home events. (6-8 persons)

Special Events Committee: Coordinate team special events, such as picture day, family night, and awards night. (2-3 persons)

Starter: Begin each race using the starting system. (1-2 persons)

Stroke & Turn Judges: Observes swimmers for rules compliance during races. (6-8 persons)

Timers: Operate stopwatch or plunger and log best time onto time slips for races during the meet. (30 persons)

Volunteer Coordinator: Coordinate and track volunteers to all the above positions and ensure assignments are filled at meets. (1-2 persons)

Webmaster: Develop and maintain team website, blog, and Facebook pages. (1-2 persons)

Zoo Keeper: Responsible for keeping track of young swimmers at meets and securing team rest area. (4-5 persons)

Appendix B

SWIM MEET ORDER OF EVENTS

EVENT # GIRLS (Even)/BOYS (Odd)	AGE GROUP	EVENT
1	6 & Under	100 Yard Co-Ed Free Relay
2-3	7-8	100 Yard Medley Relay
4-5	9-10	100 Yard Medley Relay
6-7	11-12	200 Yard Medley Relay
8-9	13-14	200 Yard Medley Relay
10-11	15-18	200 Yard Medley Relay
12-13	9-10	100 Yard Individual Medley (IM)
14-15	11-12	100 Yard Individual Medley (IM)
16-17	13-14	100 Yard Individual Medley (IM)
18-19	15-18	100 Yard Individual Medley (IM)
20-21	6 & Under	25 Yard Freestyle
22-23	7-8	25 Yard Freestyle
24-25	9-10	25 Yard Freestyle
26-27	11-12	50 Yard Freestyle
28-29	13-14	50 Yard Freestyle
30-31	15-18	50 Yard Freestyle
32-33	6 & Under	25 Yard Backstroke
34-35	7-8	25 Yard Backstroke
36-37	9-10	25 Yard Backstroke
38-39	11-12	50 Yard Backstroke
40-41	13-14	50 Yard Backstroke
42-43	15-18	100 Yard Backstroke
MID-MEET SHIFT CHANGE		
44-45	7-8	50 Yard Freestyle
46-47	9-10	50 Yard Freestyle
48-49	11-12	100 Yard Freestyle
50-51	13-14	100 Yard Freestyle
52-53	15-18	100 Yard Freestyle
54-55	7-8	25 Yard Breaststroke
56-57	9-10	25 Yard Breaststroke
58-59	11-12	50 Yard Breaststroke
60-61	13-14	50 Yard Breaststroke
62-63	15-18	100 Yard Breaststroke
64-65	7-8	25 Yard Butterfly
66-67	9-10	25 Yard Butterfly
68-69	11-12	50 Yard Butterfly
70-71	13-14	50 Yard Butterfly
72-73	15-18	50 Yard Butterfly
74-75	7-8	100 Yard Free Relay
76-77	9-10	100 Yard Free Relay
78-79	11-12	100 Yard Free Relay
80-81	13-14	100 Yard Free Relay
82-83	15-18	100 Yard Free Relay

Appendix C

(Arden Park Dolphins)

Arden Park Community Center

1000 La Sierra Drive, Sacramento, CA 95864

Total Time: 22 minutes / Total Distance: 10 miles



(Rio Vista Sharks)

Simonsen Delta Swim Center

300 California Street, Rio Vista, CA 94571

Total Time: 57 minutes / Total Distance: 49 miles



(Rio Del Oro Rapids)

Rio del Oro Sports Club

119 Scripps Dr, Sacramento, CA 95825

Total Time: 23 minutes / Total Distance: 12 miles



(Dixon Dolphins)

Pat Grannuci Aquatic Center

450 E Mayes St, Dixon, CA 95620

Total Time: 45 minutes / Total Distance: 36 miles

