



**2017**

**TEAM HANDBOOK**

*Partners with*



**SOUTHGATE**  
RECREATION & PARK DISTRICT

**Dear Sac Town Swimmers & Parents:**

The Coaches and Board of Directors would like to welcome you to this year's team. We are anticipating an exciting swim season and look forward to working together with you to make this summer a rewarding experience for all involved.

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.

Our team and league rely entirely on volunteers, with each swim meet requiring over 75 volunteers to run effectively. So, a successful season truly relies on both the commitment of the swimmer(s) **and** parent participation.

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  
Board of Directors**

## TABLE OF CONTENTS

	<u>Page</u>
Purpose and Objective .....	1
Board of Directors .....	2
General Information .....	3
Coaching Staff .....	3
Team Requirements .....	4
Parent Participation .....	4
Fundraising .....	5
Team Swim Suit.....	6
Practices and Meets .....	7
Disciplinary Procedures .....	10
Communication.....	10
Important Dates and Meet Schedule .....	11

*APPENDIX A: Volunteer Assignment Descriptions*

*APPENDIX B: Swim Meet Order of Events*

*APPENDIX C: Directions to Pool Sites*

## 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. 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 are part of the Nugget Conference in the Northern California Swim League.



Our conference includes the following teams:



Amador Polar Bears



Carmichael Beavers



Highlander Dolphins



Rio Linda-Elverta Aqua Knights



Rio Vista Sharks



Sac Town Tsunami

## **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:

<b><u>DIRECTOR</u></b>	<b><u>POSITION</u></b>	<b><u>PHONE</u></b>	<b><u>EMAIL</u></b>
Kevin Williams	President	595-4696	kevsource@me.com
Ryan Phillips	VP - Team Director	213-8731	boomer287@outlook.com
Kim Ferguson	VP - Ways & Means	952-7946	swimca@gmail.com
Eric Tiche	Treasurer	838-8735	Eric.Tiche@calvet.ca.gov
Katie Feldman	Registrar	849-9731	katiefeldmom@comcast.net
Darrell Goldie	Secretary	230-2739	runnerump@gmail.com
Chris Bass	Equipment Manager	704-1505	basspoolservice@gmail.com

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

## **General Information**

Practice begins April 3rd and runs through our league championship event held at the end of July. The Fruitridge pool is reserved for our swim team between 5:00pm and 9:00pm, Monday through Friday.

The practice times and durations are scheduled by age group, as follows:

*Ages 8 and Under 5:30 – 6:15 pm*

*Ages 9 through 12 6:15 – 7:15 pm*

*Ages 13 through 18 7:15 – 8:30 pm*

These times may vary during the season and will likely expand and overlap as we approach Championships. You are free to attend a different practice if your child is better suited to its skill level or if a personal event arises, causing a conflict.

Practices and meets are held at the Fruitridge Aquatic Center, located at 4000 Fruitridge Road in Sacramento. Our alternate practice facility is the Rutter Swim Center, located at 7320 Palmer House Drive, also in Sacramento. This facility may be occasionally used when the Fruitridge pool is unavailable, due to maintenance.

## **Coaching Staff**

Head Coach: ***Tim Bilbrey***

Coach: ***Suraya Golden***

Coach: ***Kimberly Ferguson***

## **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. Members of the swim team must practice and compete with the team. According to League rules, they may not compete nor practice with another organization between February 1 and the end of our league's swim season. The only exceptions are for a high school, college, or university swim team, water polo team, or a synchronized swim team.

Participation in a technical swim clinic is allowed.

Swimmers are limited to 3 individual races and 2 relay races per meet. A swimmer must swim in at least 2 individual races in at least 2 conference meets in order to qualify for Championships and the end-of-season special awards.

**IMPORTANT: Every swimmer MUST be registered with Southgate AND with NCSL before they may enter the pool to practice. This is a change from previous years. Please have your NCSL registration done BEFORE coming to the pool on April 3rd.**

## **Parent Participation**

Parent and family participation are necessary to ensure the swim team is a success at both home and away meets. Meets are completely run by parents. Everyone will be asked 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, IRC 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.

We operate the following fundraising activities during the season:

- ❖ **Raley's/Bel Air Extra Card**: We encourage everyone to register for an Extra Rewards Card in your local Raley's or Bel Air store. Once activated, by swiping your card (or entering your phone number) when you shop, a percentage of your total spending will be donated to the Sac Town Swim Team. This is an easy way to earn money for the team – and it only takes a few minutes to set up.
- ❖ **AmazonSmile**: For those that shop on Amazon, you can designate Sac Town Swim Team as the charitable organization you would like to support. AmazonSmile works just like Amazon, but a percentage of purchases made on AmazonSmile will be donated to the Sac Town Swim Team. Please visit [www.smile.amazon.com](http://www.smile.amazon.com), as this is

another easy way to support the team and is very easy to set up.

- ❖ **Snack Bar**: During each home meet, a snack bar will be open selling breakfast burritos, doughnuts, hot dogs, hamburgers, tri-tip sandwiches, drinks, snacks, and team merchandise. We strive to include an arrangement of healthy snacks, as well. Candy sales (donuts are not candy 😊) begin at 10:00 am, so please prepare your children for this.
- ❖ **Swim-A-Thon**: On May 12th, we will hold the FIRST ANNUAL SACTOWN TSUNAMI SWIM-A-THON. All proceeds raised will go towards the purchase of new equipment for our 2018 swim season at the new pool in Vintage Park. Swimmers will be sponsored for an amount per lap or a maximum pledge amount.
- ❖ **Tamale Sale Fundraiser**: Once again we will be selling TAMALES from La Esperanza to raise funds to equipment.

## **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 required for all meets. We suggest you consider purchasing 1-2 inexpensive suits for practice. Boys have the option to choose between the jammer or racer style. Suits can be ordered at preferred pricing through our website.



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 coach's instructions, and 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](http://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.

Swimmers must arrive at the swim meet site by 7:00 am on all meet days unless otherwise noted. All meets start promptly at 8:30 am. Any swimmer not at the meet site one-half hour 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 will allow 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

All swimmers must stay at the Ready Bench (staging area where swimmers will relax and wait before races) and behave in a respectful manner. If a swimmer needs to leave the Ready Bench for any reason (restroom, snack bar, etc.), 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. No exceptions.**

### 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 two (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 Championships) can be very hot. A spray bottle with water can help keep you cool and umbrellas, sunshades, 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: A high-carbohydrate, low-fat diet is recommended (i.e., pasta dinners or a pancake breakfast). 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 and avoiding 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.

## **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.

- Friend "Sac Town Swim Team" on Facebook
- Follow us on Twitter @SacTownTsunami
- Visit the team website at [www.tsunamiswim.com](http://www.tsunamiswim.com)



## Important Dates and Meet Schedule

April 3	5:00pm	Practice Starts!
April 26	6:30pm	All-Parent Team Meeting
May 12	6:00pm	Swim-A-Thon Fundraiser and Potluck
<b>May 20</b>	<b>7:00am</b>	<b>Rio Vista Pentathlon (AWAY)</b>
<b>June 3</b>	<b>7:00am</b>	<b>Conference Meet at Carmichael (AWAY)</b>
June 7	5:00pm	Picture Night at Pool (Individuals & Team Photos)
<b>June 10</b>	<b>7:00am</b>	<b>Conference Meet versus Amador (HOME)</b>
June 14	6:00pm	Picture Day @ Pool (Make Up - Individual Only)
<b>June 17</b>	<b>7:00am</b>	<b>Conference Meet versus Rio Linda-Elverta (HOME)</b>
<b>June 24</b>	<b>7:00am</b>	<b>Conference Meet at Highlander (AWAY)</b>
June 26		Tamale Sale Fundraiser Begins
July 1	No Meet	
July 4	No Practice	
<b>July 8</b>	<b>7:00am</b>	<b>Conference Meet at Rio Vista (AWAY)</b>
July 14	5:00pm	No Practice - Champs setup at American River College
<b>July 15-16</b>	<b>7:00am</b>	<b>Nugget Championships at American River College</b>
July 21	6:00pm	Awards Ceremony & Potluck
July 29-30	7:00am	Meet of Champions

# ***GO TSUNAMI!***

## **VOLUNTEER ASSIGNMENT DESCRIPTIONS**

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

**Computer Operator:** 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)

**SWIM MEET ORDER OF EVENTS**

<b>EVENT # GIRLS (Even)/BOYS (Odd)</b>	<b>AGE GROUP</b>	<b>EVENT</b>
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
<b>MID-MEET SHIFT CHANGE</b>		
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

## MAPS TO AWAY MEETS

(We highly recommend using your own GPS for mapping)

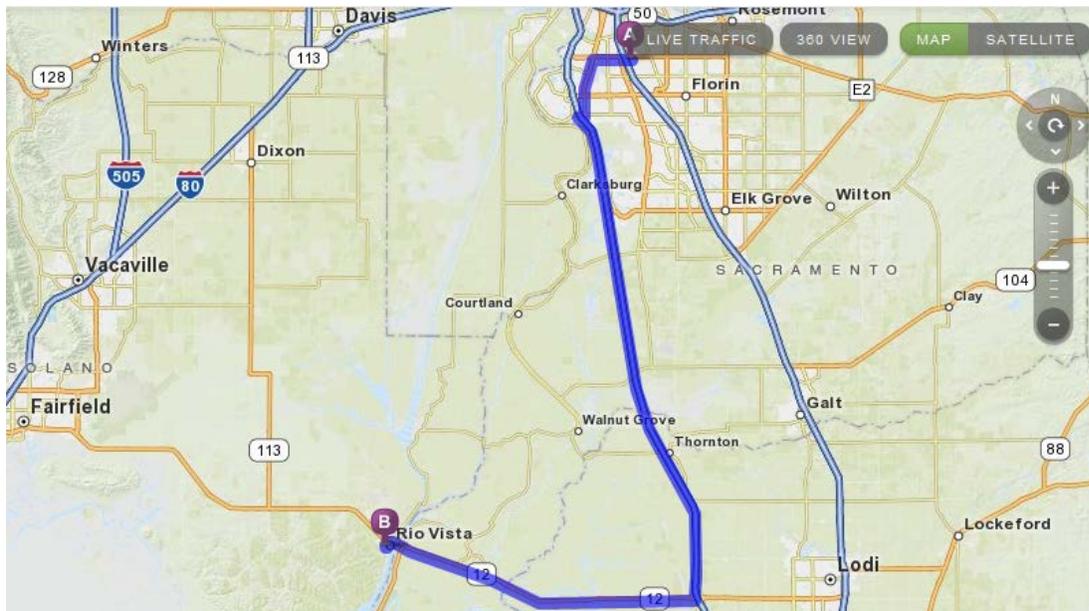
### Simonsen Delta Swim Center

(Rio Vista Pentathlon / Rio Vista Sharks)

Start: 4000 Fruitridge Rd, Sacramento, CA 95820

- 1: Start out going West on Fruitridge Road
- 2: Turn left on Freeport Blvd
- 3: Turn right on Pocket Road
- 4: Take I-5 S toward Los Angeles
- 5: Take CA-12 W, Exit 485 toward Lodi/Rio Vista
- 6: Turn left onto N 5<sup>th</sup> Street
- 7: Turn left onto Montezuma Street
- 8: Turn right onto S 4<sup>th</sup> Street
- 9: Turn left onto California Street

End: 300 California Street, Rio Vista, CA 94571



**Total Time: 57 minutes / Total Distance: 49 miles**

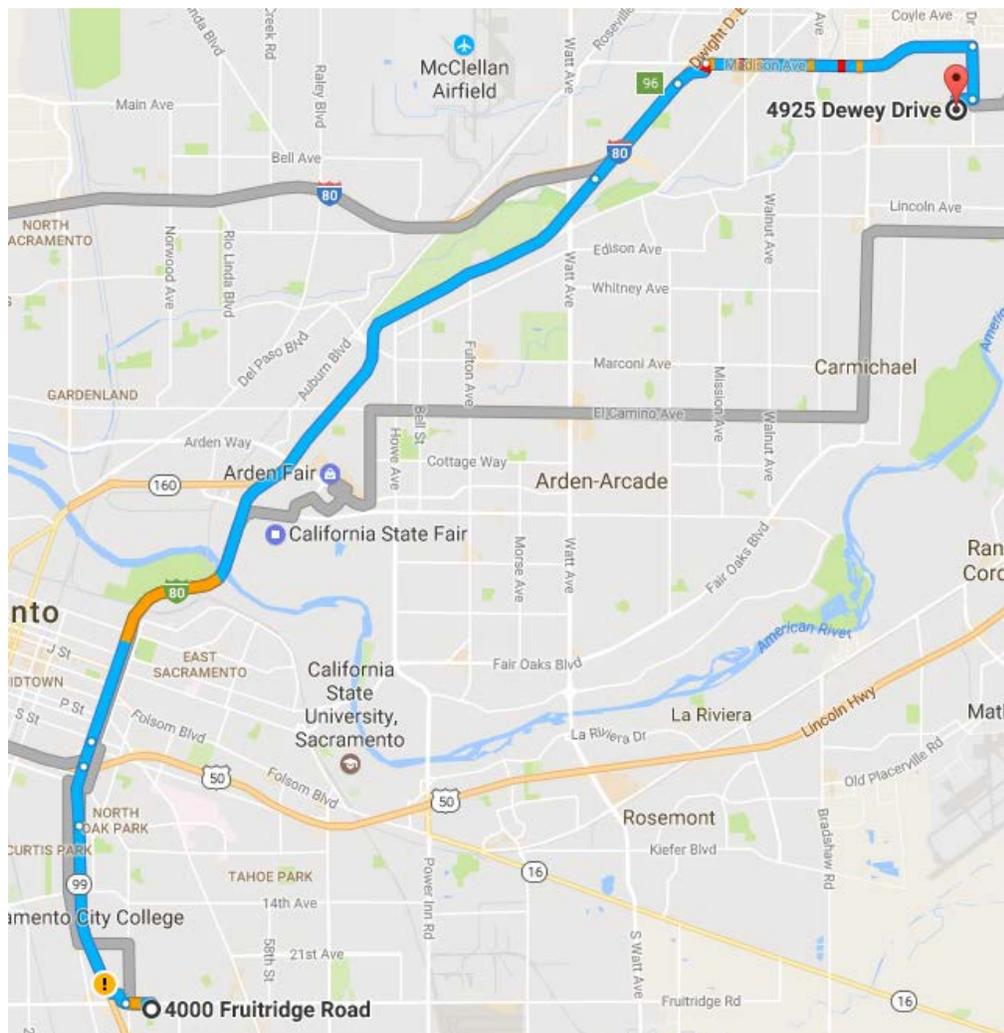
**NOTE: Allow extra time to get there & find the pool!**

## Del Campo High School Pool (Carmichael Beavers)

Start: 4000 Fruitridge Rd, Sacramento, CA 95820

1. Start out going West on Fruitridge Road and merge onto Highway 99 North.
2. Continue onto Business 80 then east onto Interstate 80 towards Reno.
3. Exit Madison Ave and head east.
4. Turn right on Dewey Drive.

End: 4925 Dewey Drive, Carmichael, CA 95608



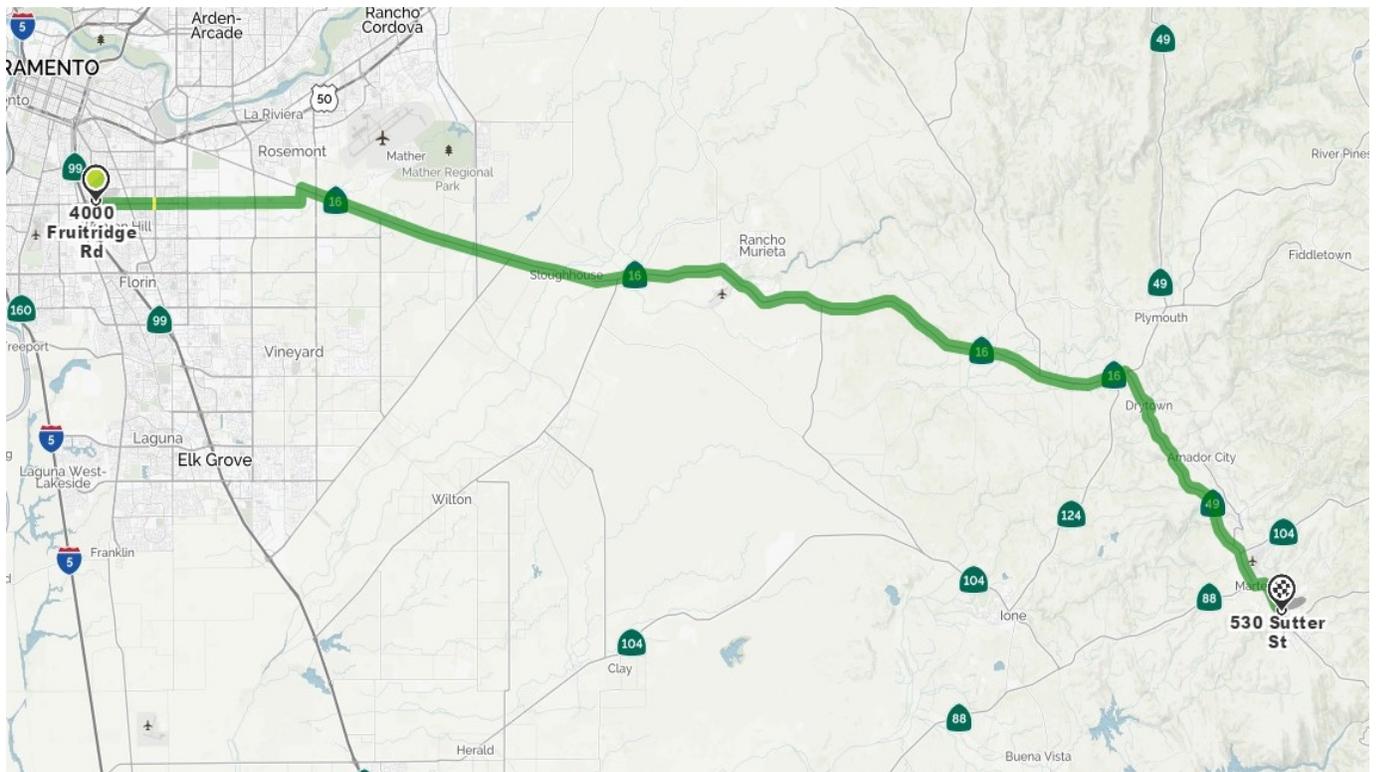
**Total Time: 24 minutes / Total Distance: 16.2 miles**

## Jackson City Pool (Amador Polar Bears)

Start: 4000 Fruitridge Rd, Sacramento, CA 95820

1. Start out going east on Fruitridge Rd toward Enrico Blvd.
2. Turn left onto Mayhew Rd.
3. Take the 1st right onto Jackson Rd/CA-16. Continue to follow CA-16.
4. Turn right onto State Highway 49/CA-49. Continue to follow CA-49.
5. Turn left onto N State Highway 49-88/CA-49/CA-88. Continue to follow CA-49/CA-88.

End: 530 Sutter St, Jackson, CA 95642-2003



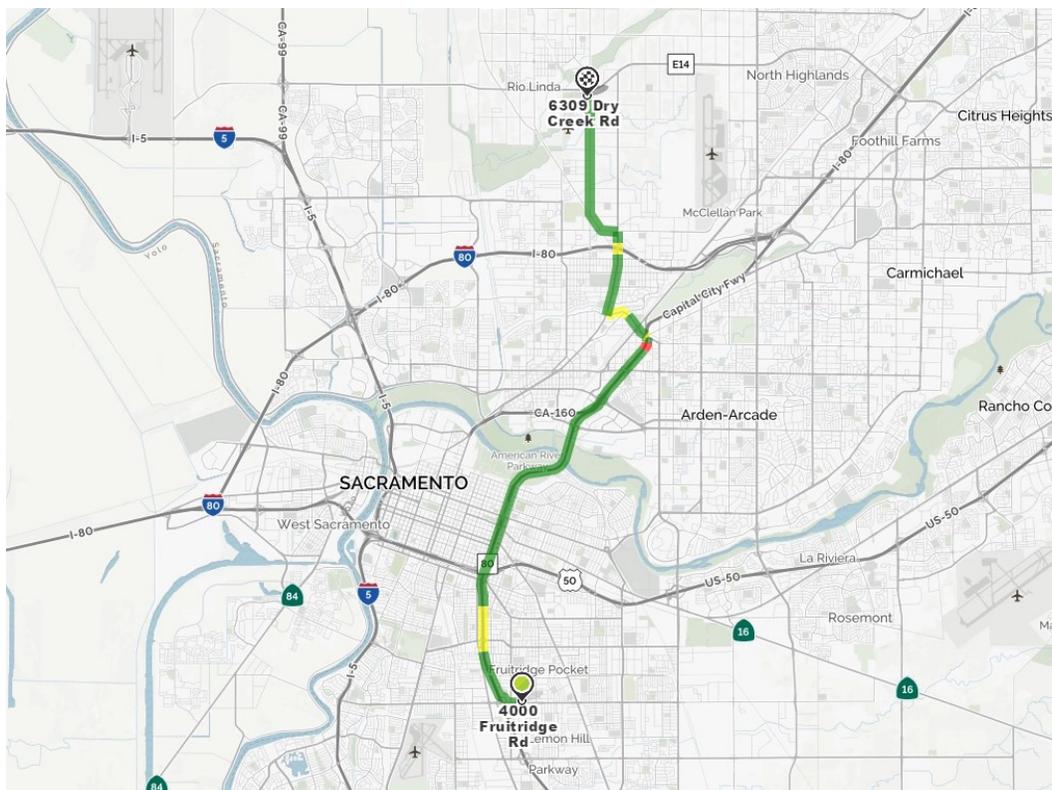
**Total Time: 59 minutes / Total Distance: 43.3 miles**  
**NOTE: Allow extra time to get there & find the pool!**

## Rio Linda High School (Rio Linda/Elverta AquaKnights)

Start: 4000 Fruitridge Road, Sacramento, CA 95820

1. Start out going west on Fruitridge Rd
2. Merge onto CA-99 N.
3. Keep left to take I-80 Bus E/Capital City Fwy E toward Reno.
4. Take the Marconi Ave exit, EXIT 11.
5. Turn left onto Marconi Ave / Marconi Ave becomes Arcade Blvd.
6. Turn right onto Marysville Blvd. / Marysville Blvd becomes Raley Blvd.
7. Turn left onto Bell Ave.
8. Take the 1st right onto Marysville Blvd.
9. Turn slight right onto Dry Creek Rd.
10. 6309 Dry Creek Rd. is on the left.

End: 6309 Dry Creek Rd, Rio Linda, CA 95673-4412



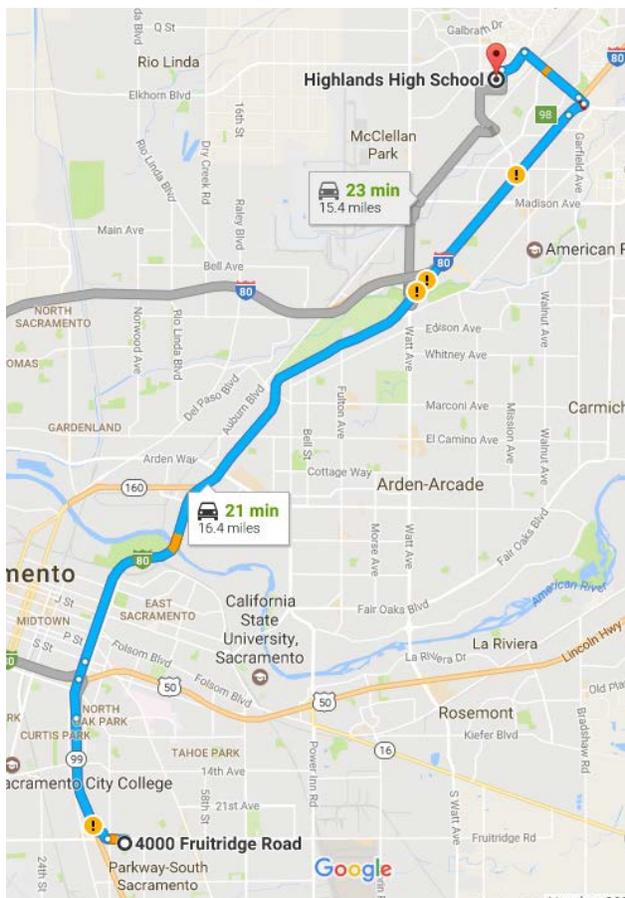
**Total Time: 21 minutes / Total Distance: 13.5 miles**

## Highlands High School Pool (Highlander Dolphins)

Start: 4000 Fruitridge Rd, Sacramento, CA 95820

1. Start out going west on Fruitridge Rd.
2. Merge onto CA-99 N.
3. Keep left to take I-80 Bus E/Capital City Fwy E toward Reno.
4. Merge onto Interstate 80.
5. Exit Elkhorn Blvd and turn left.
6. Turn left on Don Julio Blvd.
7. Turn left on Guthrie Street.

End: 6601 Guthrie St, North Highlands, CA 95660



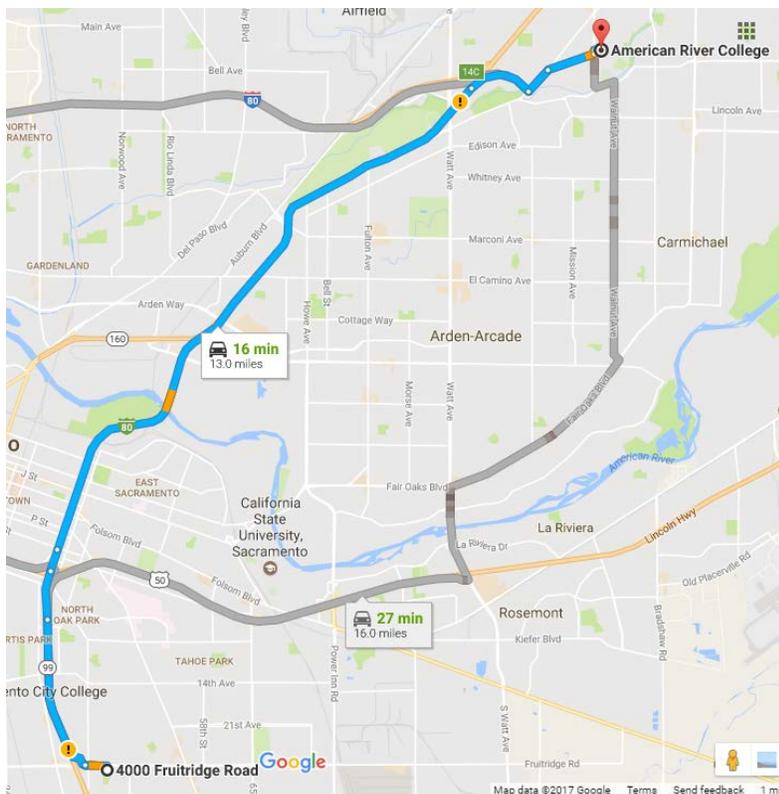
**Total Time: 21 minutes / Total Distance: 16.4 miles**

## American River College Pool (Nugget Conference Championships)

Start: 4000 Fruitridge Rd, Sacramento, CA 95820

1. Start out going West on Fruitridge Road and merge onto Highway 99 North.
2. Continue onto Business 80.
3. Exit Auburn Blvd and turn left.
4. Turn right on Orange Grove Ave.
5. Turn left on College Oak Drive.

End: 4700 College Oak Dr, Sacramento, CA 95841



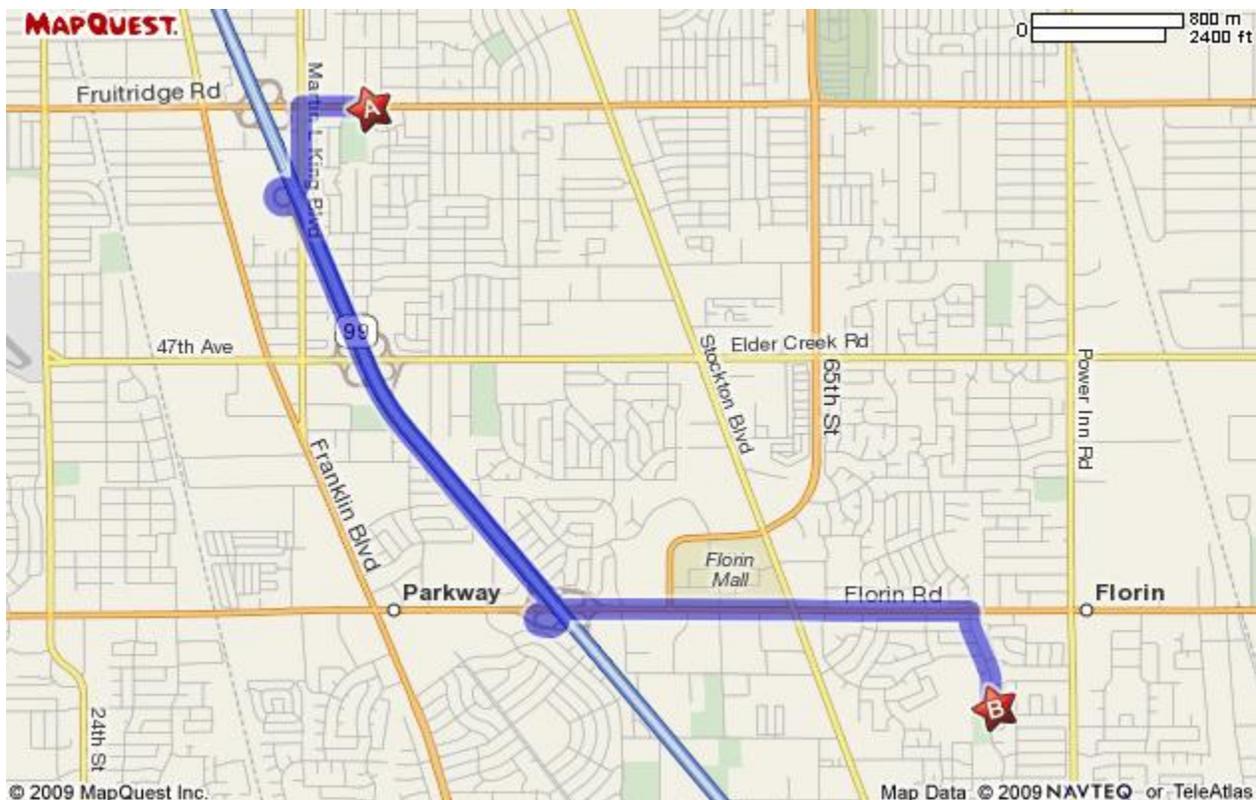
**Total Time: 16 minutes / Total Distance: 13.0 miles**

## Rutter Swim Center (Alternate Practice Pool)

Start: 4000 Fruitridge Rd, Sacramento, CA 95820

- 1: Start out going West on Fruitridge Road
- 2: Turn left onto Martin Luther King Blvd
- 3: Merge onto CA-99 south freeway towards Stockton
- 4: Take the Florin Rd East exit
- 5: Merge onto Florin Rd
- 6: Turn right onto Palmer House Drive
- 7: 7350 Palmer House Drive is on the right

End: 7350 Palmer House Drive, Sacramento, CA 95828



**Total Time: 9 minutes / Total Distance: 5 miles**