

## A LITTLE SWIM TEAM HISTORY

The Beginning.....April 1989

Steve Breiter responded to a job ad in the Sacramento Bee, and was setup with an interview at the West Sacramento Park & Recreation's office, a "trailer" off of Jefferson Blvd. There he met Susan Roi, a Director with the West Sacramento Parks & Rec Dept. She believed that there was enough interest to begin a summer league swimming team in West Sac. After concept discussions about organization and purpose, Steve was hired. He was the only coach that first year.

The Parent Board for the team consisted of 3-4 parents. The President that year was Sandra O'Rourke and the Vice President was Terri Berbena.

Pat Sulpizo & Patti Lamb attended the first parent meeting where team colors and a mascot were discussed. It was decided that the colors were going to be Blue & White and the Mascot, a Dolphin. Patti volunteered to design a logo and create a banner for the first swim team.

The team began the year with approximately 40 swimmers and did not belong to any type of League. Practices were held at the Golden State Middle School pool. Most swimmers had little or no formal swim lessons and no parents had ever been to a swim meet, much less volunteer to work at one.

The goal was to have a dual meet, the "ancestor" to the Blue & White (Time Trial) meet. The swimmers trained, getting stroke instruction in freestyle, backstroke, and breaststroke. For the first meet, we chose to have events in free, back, and breaststroke, eliminating the IM, fly and relays.

Copies of Event Summary sheets, lane record sheets, score sheets and DQ slips were made, because there were no known locations for access at the time. Each parent group was trained in how to do their jobs: lane times, results runners, record keepers, and ribbon writers. We completed this training before the "Big Meet"! For the 1<sup>st</sup> meet, Steve Breiter was head official, stroke & turn judge, meet referee and starter. The meet lasted approximately 3 ½ hours and the kids had fun.

The 2<sup>nd</sup> swim meet of the summer was at Fulton El Camino. We had a wonderful experience swimming against another team. Needless to say, we were out swam and overpowered. There were a few bright moments when West Sac swimmers finished in the top three places. All in all it was a big learning experience.

At the end of the summer all families were invited to a swim party at the pool, a BBQ at the nearby park and an awards ceremony. Before the awards, we took an inaugural team photo. There were no “special” awards, but all swimmers were presented with a medal of participation.

Even though, in the beginning, many parents had no idea how to support a swim team, many parent volunteers spent the first year contributing their time to learning and building the team from the ground up, and by the end of the year, were excited to belong to a group that provided a new fun & exciting experience to the children & families of the community.

It had been a successful start to a group that would become a future conference powerhouse.

*Information Provided by:*

*Steve Breiter  
Patti Lamb*

**Joined Norcal Swim League 1995 with 81 swimmers.**

<b>2012</b>	<b>2011</b>	<b>2010</b>	<b>2009</b>	<b>2008</b>	<b>2007</b>	<b>2006</b>	<b>2005</b>	<b>2004</b>	<b>2003</b>	<b>2002</b>	<b>2001</b>
<b>208</b>	204	252	198	146	132	161	165	146	132	177	184

<b>2000</b>	<b>1999</b>	<b>1998</b>	<b>1997</b>	<b>1996</b>	<b>1995</b>
174	163	157	171	118	81