



Welcome to the Home of the Park Terrace Penguins!

5500 Parkfield Court, Sacramento, CA 95822

(916) 448-2896

This letter will provide you with information about the Park Terrace facilities, parking logistics, swim meet schedules, the visiting team area, and volunteer responsibilities, as well as key contact information. We look forward to a successful 2022 SSL season and wish all our swimmers good luck!

FACILITIES: Park Terrace was opened in 1953 as a member owned club. We have a six-lane 25-yard pool. Restrooms and showers are located in the locker room, with additional bathrooms for non-swimmers located in the clubhouse. During swim meets, please do not use the hot tub or the dive pool – this goes for Penguins and visiting swimmers. All swimmers should also stay out of the clubhouse.

PARKING: During swim meets we have very limited parking and are restricted from parking in the neighborhood immediately adjacent to the club on Parkfield Court. When you arrive in the morning you can drive up onto Parkfield Court and drop swimmers and gear, but if the Park Terrace lot is full you will need to turn around and find alternate parking. We will have parking lot attendants working in the morning to provide guidance and ensure pedestrian safety. Some off-site parking suggestions are:

- John Cabrillo Elementary School – 1141 Seamas Avenue (around the corner from PT, there are 65-70 spaces, a short 750 feet away)
- Across Seamas Avenue on Delcliff Circle or around the corner on Danjac Circle (please do not park in front of driveways)

MEET SCHEDULE: We will start meets at Park Terrace as close to 8:00 AM as possible. Please review the time schedule below so swimmers have enough time to get checked-in and warmed up and parents have enough time to set up for the day.

- 6:30 AM Gates are unlocked
- 6:45 Check-in begins at the entrance to Park Terrace
- 6:55-7:20 Penguin warm-up period
- 7:15 Coaches scratch session begins in the PT Clubhouse
- 7:20-7:45 Visiting team warm-up period
- 7:50 Team meeting and cheer
- 7:55 National Anthem
- 8:00-2:00 Swim meet (ending times will vary)

PENGUINS

PARK TERRACE

VISITING TEAM AREA: Our visiting team area is located along and behind the back tennis courts past the bocce ball court. To get to this area you must walk through the entrance to Park Terrace and follow the sidewalk along the south side of the pool along Lane 6. We encourage families, both home and away, to share tent space, as total lawn space at Park Terrace is limited. In the past, our visiting team area has been on the grass field at Sam Brannan Middle School directly behind the dive pool; however, we no longer have access to this area. Hopefully this will change so we have more space to spread out.

TEAM READY BENCH: We have a joint ready bench that is located to the right of the Lane 6 starting block by the bocce ball court and to the side of the back tennis courts. We will be running the ready bench in accordance with the protocols set forth by SSL. We will only be checking-in 6&U, 7-8 and 9-10 age groups. Relay teams are requested to only check in once they have all of their swimmers with them. For away team volunteers:

- **Please provide 8 ready bench volunteers throughout the day to work with our ready bench team.** The area will have a shade cover and seats.
 - **4 volunteers for the morning shift** (events 1-41, the start of meet through the end of the 15-18 100 freestyle)
 - **4 volunteers for the afternoon shift** (events 42-83, the 6&U 25 backstroke through the end of the meet)

TIMERS: Park Terrace's pool is a 6-lane pool that will have 3 timers per lane. There will be a timers meeting called around 7:40 AM by the dive pool. The area behind the blocks will be busy, so please make room for swimmers and meet officials. For away team volunteers:

- **Please provide 18 timers to work with our team's timers.**
 - **9 timers for the morning shift** (events 1-41, the start of meet through the end of the 15-18 100 freestyle)
 - **9 timers for the afternoon shift** (events 42-83, the 6&U 25 backstroke through the end of the meet)
 - We will provide light hospitality snacks and drinks for timers, coaches, and other meet officials.

STROKE AND TURN: We have 4 stroke and turn judges on deck throughout the entire meet – 2 judges from Park Terrace and 2 judges from the visiting team. It is up to your stroke and turn team to decide how they staff the pool. There will be a stroke and turn meeting called around 7:30 AM by the snack bar.

FOOD & BEVERAGES: Our snack bar will be open early in the morning with some light breakfast items. We will start up the BBQs mid-morning for a variety of food options including fresh

salads,

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Tri-Tip sandwiches, and burgers. The snack bar will be open throughout the meet for snacks and drinks. Please bring cash for the snack bar – members can charge their club account if desired.

COACHES LUNCHE: The Park Terrace Penguins will host the visiting team to lunch on the day of the meet. Our league representative will deliver food tickets on the morning of the swim meet for each coach.

MISCELLANEOUS INFORMAITON:

- No swimmers are allowed in the hot tub or the dive pool during swim meets. •
- No swimmers are allowed on the tennis courts during swim meets.
- Please keep swimmers out of the clubhouse during swim meets.

CONTACT INFORMATION:

- Park Terrace Main Office: 916-448-2896
- Penguins Aquatics Director: Janet Riggs
- Penguins Head Coach: Nick Shideler
- Aquatics Committee Chair: Mark Nordberg
- SSL Representative: Brian Moore
- Head Timer, Amanda Bauer
- Meet Referee, Nathan Barankin
- Ready Bench, Katie Bruner
- Head Stroke and Turn Judge, Mark Nordberg
- Head Timer, Tricia Ouchi

COVID INFORMATION: Park Terrace will follow the Public Health Order established for Sacramento County: <https://www.saccounty.gov/COVID-19/Pages/default.aspx>

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PENGUINS

PARK TERRACE





1. Park Terrace Parking Lot
2. Ready Bench Area
3. Visiting Team Area