

# Welcome to Park Terrace Aquatics

On behalf of the Park Terrace Aquatics Committee, we would like to welcome you to the Swimming Program for 2017. We hope this booklet will be useful in familiarizing you with some of the particulars of the aquatics program. Included are:

- General house rules
- Swim Team Coaches
- Listing of Aquatics Committee and Officials
- Schedules for team practices and meets
- List of Important dates
- List of Meet Events and Team Records
- Directions and maps for away meets
- Anatomy of a Swim Meet
- A-Z Penguin Reference Guide

Please feel free to contact committee members for more specific information or about special problems. Please do not interrupt a coach during practices or meets. Each has time before or after practice when parents or swimmers may consult with them.

We rely on parent participation to help each program to run smoothly. We ask that parents know their child's schedule and encourage them to attend all practices and meets. Please inform the coaches when your child is ill or otherwise unable to attend practices or meets. **For swim meets you must declare whether or not your swimmer will attend.** Please see the website, [www.ptpenguins.com](http://www.ptpenguins.com), and go to the "Meets/Events" tab. See "Anatomy of a Swim Meet" on page 12 of this handbook for a full explanation. Also, do not leave the meet early, unless you have spoken with one of the head coaches.

Please label all of your children's clothing and necessary equipment to reduce the number of lost and found items. There will be a lost and found box. Check carefully if you are missing an item. After Labor Day, all remaining items will be donated to charity.

Again, we welcome you to the Park Terrace swim team. We hope you will support the program in every possible way and find it to be an exciting and rewarding summer experience.

## SWIM TEAM

### PHILOSOPHY

The swim team at Park Terrace is a recreational swim program with emphasis on successful team participation in competitive meets culminating with a championship finale. We look for the development of a healthy individual by encouraging good physical exercise, character development by commitment to attend practice, and achievement of a good self image by performing to the best of one's ability during supervised activity. In order to accomplish these objectives, the Aquatics Committee has attempted to select coaches who communicate well with both children and their parents and who recognize each child for his/her individual and collective contributions to the team.

## **ELIGIBILITY**

To be eligible to swim in the Suburban League, one must be at least 4 years old by June 15, 2017, and no more than 18 years old by June 15, 2017. **6 & Unders** on the first day of practice must be able to put their face and head all the way underwater without being afraid. **6 & Unders** must also be able to push off the wall in the shallow end of the pool with their face in the water and reach the flags (app. 15 ft. away). The coaching staff will assess the swimmer's ability on the first day of practice to see if he/she is ready for the swim team.

## **MEETS**

The Park Terrace Swim Team is affiliated with the Suburban Swim League which currently has 8 teams from the Sacramento area: Broadstone, College Greens, El Dorado Hills, Folsom, Granite Bay, Loomis, Sierra Sharks, and Park Terrace. League meets are held on Saturday mornings. In addition, Championships are held at Sierra College on the last Friday, Saturday, and Sunday in July.

Dual meets are composed of the following events: Freestyle, Backstroke, Breaststroke, Butterfly, and Individual Medley. There are 2 relays - Freestyle relay and Medley relay.

There are 7 age groups that compete in dual meets: 6 and under, 7-8 year olds, 9-10 year olds, 11-12 year olds, 13-14 year olds, 15-18 year olds (Champs will have 15-16 and 17-18 separate).

Points are kept. The team with the most points wins the meet. Swimmers may be disqualified for mistakes (starts, turns, finishes, and strokes).

## **SWIM TEAM PARENT PARTICIPATION**

To run meets efficiently requires an enormous effort - from coaches, swimmers, and parents. There are many jobs to be done at meets, and without your help, the job is too BIG!

1. Families must complete 12 hours of volunteer time of which 3 must be at a swim meet (home or away).
2. If a family joins the season late, we will prorate their volunteer hours.
3. If your children do not participate at swim meets you are **still required to meet your full volunteer responsibility.**
4. Failure to meet all you volunteer hours will result in a \$300 assessment at the end of the year.
5. Any exceptions to the volunteer requirements must get approval from the volunteer coordinator, Laura Riddell or the Aquatics Chair, Joel Kimmelshue.

Opportunities for these hours will come from weekly meets, team social and fundraising events, and Championships in one or more areas. See the "Jobs" section in the A-Z for some of the possible parent participation opportunities. Notwithstanding the minimum 12 hour commitment, if your child participates at Champs, you are also expected to work two (2) shifts at Champs to help fulfill PT's obligations at the weekend-long meet.

**2017  
PARK TERRACE  
SWIM TEAM COACHES**

<b>AQUATICS DIRECTOR</b>	<b>JANET RIGGS</b>
<b>HEAD COACH</b>	<b>DEREK TAYLOR</b>
<b>ASSISTANT HEAD COACH</b>	<b>KYLE THEILAN</b>

**COACHES**

**ROB SHIDELER  
EMILY PIATANESI  
SALLY FERGUSON  
OWEN HUNT  
MADDIE MERCER  
CAROLINE URKOV  
NICK PIPER  
POPPY RUYAK  
HAZEL HAKIM  
SAM REINL  
ALLIE STEWART**

**COACH INTERNS**

**ELLA CULLETON  
MIKALYA CHALIOS  
GEORGE WILEY  
PATRICK COLE**

**Aquatics Committee**

Chairperson	Joel Kimmelsue	<a href="mailto:aquatics-chair@ptpenguins.com">aquatics-chair@ptpenguins.com</a>
Co-Chair Social	Christa Horst and Rachelle Delucchi	<a href="mailto:cindysestito@aol.com">cindysestito@aol.com</a>
Co-Chair Swim Meets	Mike Urkov	<a href="mailto:mike.urkov@gmail.com">mike.urkov@gmail.com</a>
League Rep	Jimmy Culleton	<a href="mailto:jculleton@strongassoc.com">jculleton@strongassoc.com</a>
Volunteer Rep	Laura Riddell	<a href="mailto:volunteers@ptpenguins.com">volunteers@ptpenguins.com</a>
Colorado	Jeanne Piper	<a href="mailto:jeanne.piper@intel.com">jeanne.piper@intel.com</a>
Computer Ops	Kirsten Rolleri	<a href="mailto:kirstenrolleri@gmail.com">kirstenrolleri@gmail.com</a>
Deck Operations		
Apparel	Kim Salisbury	<a href="mailto:kimsalisbury@gmail.com">kimsalisbury@gmail.com</a>
Ready Bench		
Timers Lead	Christian Salisbury	<a href="mailto:kimsalisbury@gmail.com">kimsalisbury@gmail.com</a>
New Parents Rep	Laura Riddell	<a href="mailto:laura.riddell@hotmail.com">laura.riddell@hotmail.com</a>

## **2017 PRACTICE DATES AND TIMES**

### **SPRING SCHEDULE                      APRIL 24 - JUNE 19**

There will be no practice over Memorial Day weekend

#### **MONDAY - FRIDAY**

<b>3:30 - 4:00 PM</b>	<b>6 and under</b>
<b>4:00 - 5:00 PM</b>	<b>7 &amp; 8</b>
<b>5:00 - 6:00 PM</b>	<b>9 &amp; 10</b>
<b>6:00 - 7:00 PM</b>	<b>11 - 13</b>
<b>7:00 - 8:00 PM</b>	<b>14 - 18</b>

#### **SATURDAYS (4/29 and 5/6)**

<b>8:00 - 9:30 AM</b>	<b>14 - 18</b>
<b>9:15 - 10:45 AM</b>	<b>11 - 13</b>
<b>10:30 - 11:45 AM</b>	<b>9 &amp; 10</b>
<b>11:30 - 12:30 PM</b>	<b>7 &amp; 8</b>
<b>12:30 - 1:00 PM</b>	<b>6 &amp; under</b>

### **SUMMER SCHEDULE - BEGINNING JUNE 19**

The first 15 minutes of each practice will be for dry land exercises

#### **MONDAY - FRIDAY**

<b>8:00 - 9:30 AM</b>	<b>14 - 18</b>
<b>9:15 - 10:45 AM</b>	<b>11 - 13</b>
<b>10:30 - 11:45 AM</b>	<b>9 &amp; 10</b>
<b>11:30 - 12:30 PM</b>	<b>7 &amp; 8</b>
<b>12:30 - 1:00 PM</b>	<b>6 &amp; under</b>
<b>5:00-6:00PM</b>	<b>Night Practice for 9-10 and older</b>

*Night Practice will be from 5:00-6:00 PM beginning June 20. It is open only to those swimmers 9-10 and up*

*who are unable to make their regularly scheduled practices due to summer school, or other commitments.  
Night practice is NOT a substitute for regular practices and is not to be attended instead of regular practice.*

**Swim Meets start on Saturday, May 21**

## **Park Terrace Meets and Important Dates**

### **March**

13<sup>h</sup> Online Registration Opens

@ [www.ptpenguins.com](http://www.ptpenguins.com)

26<sup>th</sup> Spring Brunch 10-12pm

### **April**

24<sup>th</sup> First Day of Practice

### **May**

7<sup>th</sup> College Greens Invitational

11<sup>th</sup> Penguin Family Dinner

13<sup>th</sup> Time Trials

20<sup>th</sup> Meet 1 @Sierra Sharks

### **June**

3<sup>rd</sup> Meet 2-Broadstone @ HOME

8<sup>th</sup> Rivercats Fundraiser Night

10<sup>th</sup> Meet 3 - @ Loomis

17<sup>th</sup> Meet 4- Folsom @ HOME

19<sup>th</sup> Summer Schedule Starts

23<sup>rd</sup> Picture Day

24<sup>th</sup> Meet 5 - @ College Greens

26<sup>th</sup> Swim-A-Thon

### **July**

8<sup>th</sup> Meet 6 – Granite Bay @ HOME

15<sup>th</sup> Meet 7 -EDH @ Home

19<sup>th</sup> Pasta Night

21<sup>nd</sup>-23<sup>rd</sup> Championships

24<sup>th</sup> Awards Night



APPENDIX A – DUAL MEET ORDER OF EVENTS

EVENT NUMBER	AGE GROUP	Gender	EVENT	DISTANCE (Yds)	EVENT NUMBER	AGE GROUP	Gender	EVENT	DISTANCE (Yds)
1	9-10	Girls	INDIVIDUAL MEDLEY	100	42	6 & Under	Girls	BACKSTROKE	25
2	9-10	Boys	INDIVIDUAL MEDLEY	100	43	6 & Under	Boys	BACKSTROKE	25
3	11-12	Girls	INDIVIDUAL MEDLEY	100	44	7-8	Girls	BACKSTROKE	25
4	11-12	Boys	INDIVIDUAL MEDLEY	100	45	7-8	Boys	BACKSTROKE	25
5	13-14	Girls	INDIVIDUAL MEDLEY	100	46	9-10	Girls	BACKSTROKE	25
6	13-14	Boys	INDIVIDUAL MEDLEY	100	47	9-10	Boys	BACKSTROKE	25
7	15-18	Girls	INDIVIDUAL MEDLEY	100	48	11-12	Girls	BACKSTROKE	50
8	15-18	Boys	INDIVIDUAL MEDLEY	100	49	11-12	Boys	BACKSTROKE	50
9	6 & Under	Coed	FREE RELAY **	100	50	13-14	Girls	BACKSTROKE	50
10	7-8	Girls	MEDLEY RELAY	100	51	13-14	Boys	BACKSTROKE	50
11	7-8	Boys	MEDLEY RELAY	100	52	15-18	Girls	BACKSTROKE	100
12	9-10	Girls	MEDLEY RELAY	100	53	15-18	Boys	BACKSTROKE	100
13	9-10	Boys	MEDLEY RELAY	100	54	7-8	Girls	BREASTSTROKE	25
14	11-12	Girls	MEDLEY RELAY	200	55	7-8	Boys	BREASTSTROKE	25
15	11-12	Boys	MEDLEY RELAY	200	56	9-10	Girls	BREASTSTROKE	25
16	13-14	Girls	MEDLEY RELAY	200	57	9-10	Boys	BREASTSTROKE	25
17	13-14	Boys	MEDLEY RELAY	200	58	11-12	Girls	BREASTSTROKE	50
18	15-18	Girls	MEDLEY RELAY	200	59	11-12	Boys	BREASTSTROKE	50
19	15-18	Boys	MEDLEY RELAY	200	60	13-14	Girls	BREASTSTROKE	50
20	6 & Under	Girls	FREESTYLE	25	61	13-14	Boys	BREASTSTROKE	50
21	6 & Under	Boys	FREESTYLE	25	62	15-18	Girls	BREASTSTROKE	100
22	7-8	Girls	FREESTYLE	25	63	15-18	Boys	BREASTSTROKE	100
23	7-8	Boys	FREESTYLE	25	64	7-8	Girls	BUTTERFLY	25
24	9-10	Girls	FREESTYLE	25	65	7-8	Boys	BUTTERFLY	25
25	9-10	Boys	FREESTYLE	25	66	9-10	Girls	BUTTERFLY	25
26	11-12	Girls	FREESTYLE	50	67	9-10	Boys	BUTTERFLY	25
27	11-12	Boys	FREESTYLE	50	68	11-12	Girls	BUTTERFLY	50
28	13-14	Girls	FREESTYLE	50	69	11-12	Boys	BUTTERFLY	50
29	13-14	Boys	FREESTYLE	50	70	13-14	Girls	BUTTERFLY	50
30	15-18	Girls	FREESTYLE	50	71	13-14	Boys	BUTTERFLY	50
31	15-18	Boys	FREESTYLE	50	72	15-18	Girls	BUTTERFLY	50
32	7-8	Girls	LONG FREESTYLE	50	73	15-18	Boys	BUTTERFLY	50
33	7-8	Boys	LONG FREESTYLE	50	74	7-8	Girls	FREE RELAY	100
34	9-10	Girls	LONG FREESTYLE	50	75	7-8	Boys	FREE RELAY	100
35	9-10	Boys	LONG FREESTYLE	50	76	9-10	Girls	FREE RELAY	200
36	11-12	Girls	LONG FREESTYLE	100	77	9-10	Boys	FREE RELAY	200
37	11-12	Boys	LONG FREESTYLE	100	78	11-12	Girls	FREE RELAY	200
38	13-14	Girls	LONG FREESTYLE	100	79	11-12	Boys	FREE RELAY	200
39	13-14	Boys	LONG FREESTYLE	100	80	13-14	Girls	FREE RELAY	200
40	15-18	Girls	LONG FREESTYLE	100	81	13-14	Boys	FREE RELAY	200
41	15-18	Boys	LONG FREESTYLE	100	82	15-18	Girls	FREE RELAY	200
					83	15-18	Boys	FREE RELAY	200

	Event	Time	Record Holder	Date
# 1	100 IM 9-10	1:15.40	Jane Ferguson	07/08
# 2	100 IM 9-10	1:13.56	Mason Jeffers	07/12
# 3	100 IM 11-12	1:07.23	Jane Ferguson	07/10
# 4	100 IM 11-12	1:05.49	Andy Robinson	07/88 *
# 5	100 IM 13-14	1:05.50	Emily Henderson	07/89
# 6	100 IM 13-14	1:00.62	Chris Morris	07/09
# 7	100 IM 15-16	1:03.62	Emily Henderson	07/91
# 8	100 IM 15-16	58.01	Jared Calabrese	07/92
# 9	100 IM 17-18	1:02.35	Erica Robbins	07/05 *
# 10	100 IM 17-18	56.36	Andy Robinson	07/92 *
# 11	100 Free 6 & under	1:17.02	Taylor, Fonseca, Smutny, Docous	07/01
# 12	100 Medley 7-8 R	1:13.97	Tratten, Swartz, Robbins, Bonovich	07/95 *
# 13	100 Medley 7-8 R	1:12.91	Engeman, DeFelice, Zettel, Abbott	07/90
# 14	100 Medley 9-10 R	1:04.22	Doolittle, Bonovich, Miller, Curtis	07/98
# 15	100 Medley 9-10 R	1:02.90	King, DeFelice, Zettel, Vander Laan	08/92 *
# 16	200 Medley 11-12 R	2:06.75	Austin, Piatanesi, Umemoto, Thomison	07/12
# 17	200 Medley 11-12 R	2:01.64	Vander Laan, Boughton, Calabrese, Albietz	08/92 *
# 18	200 Medley 13-14 R	2:00.54	Urkov, Reinl, Ferguson, Harrington	07/12
# 19	200 Medley 13-14 R	1:52.79	Docous, Morris, Taylor, Nelson	07/09
# 20	200 Medley 15-18 R	1:56.20	Swartz, Lee, Saffold, Robbins	07/05 *
# 21	200 Medley 15-18 R	1:41.56	King, Boughton, Lancara, Robbins	07/98 *
# 22	25 Free 6 & under	17.09	Jane Ferguson	07/04 *
# 23	25 Free 6 & under	15.96	Derek Taylor	07/01
# 24	25 Free 7-8	15.04	Erica Robbins	06/95
# 25	25 Free 7-8	14.13	Derek Taylor	07/03
# 26	25 Free 9-10	13.23	Allie Umemoto	07/10 *
# 27	25 Free 9-10	13.05	Derek Taylor	07/05 *
# 28	50 Free 11-12	26.29	Allie Umemoto	07/12
# 29	50 Free 11-12	25.63	Derek Taylor	07/07 *
# 30	50 Free 13-14	25.33	Eleanor Hunts	07/11
# 31	50 Free 13-14	23.31	Chris Morris	07/09
# 32	50 Free 15-16	24.84	Eleanor Hunts	07/12
# 33	50 Free 15-16	22.75	Chris Morris	07/11
# 34	50 Free 17-18	25.15	Christina Lee	07/06 *
# 35	50 Free 17-18	21.80	Sam Rice	07/05 *
# 36	50 Free 7-8	33.41	Erica Robbins	06/95
# 37	50 Free 7-8	31.11	Derek Taylor	07/03
# 38	50 Free 9-10	28.82	Allie Umemoto	07/10 *
# 39	50 Free 9-10	27.91	Derek Taylor	07/05 *
# 40	100 Free 11-12	58.85	Caroline Urkov	07/11
# 41	100 Free 11-12	57.63	Dustin Andrews	07/05 *
# 42	100 Free 13-14	56.07	Jane Ferguson	07/12
# 43	100 Free 13-14	52.48	Dustin Andrews	07/07
# 44	100 Free 15-16	56.29	Isabella Smith	07/12
# 45	100 Free 15-16	49.99	Jared Calabrese	08/92
# 46	100 Free 17-18	55.18	Erica Robbins	07/05 *
# 47	100 Free 17-18	49.07	Peter Ferguson	07/08

	Event	Time	Record Holder	Date
# 48	25 Back 6 & Under	21.00	Erica Robbins	07/93 *
# 49	25 Back 6 & Under	20.16	Derek Taylor	07/01
# 50	25 Back 7-8	17.82	Erica Robbins	07/95
# 51	25 Back 7-8	16.75	Derek Taylor	07/03
# 52	25 Back 9-10	16.07	Nina Culliver	07/03
# 53	25 Back 9-10	15.77	Derek Taylor	07/05
# 54	50 Back 11-12	31.06	Caroline Urkov	07/11
# 55	50 Back 11-12	30.28	Derek Taylor	07/07 *
# 56	50 Back 13-14	29.60	Caroline Urkov	07/12
# 57	50 Back 13-14	27.59	Brian King	07/97
# 58	100 Back 15-16	1:03.42	Emily Henderson	07/91
# 59	100 Back 15-16	56.87	Jared Calabrese	07/91 *
# 60	100 Back 17-18	1:02.10	Erica Robbins	07/05 *
# 61	100 Back 17-18	54.48	Brian King	07/00 *
# 62	25 Breast 7-8	19.35	Molly Rice	08/92 *
# 63	25 Breast 7-8	18.50	Ross Boughton	07/88
# 64	25 Breast 9-10	17.34	Emily Piatanesi	08/10
# 65	25 Breast 9-10	16.73	Bryce Knight	07/08
# 66	50 Breast 11-12	34.59	Emily Henderson	07/88
# 67	50 Breast 11-12	32.43	Ross Boughton	08/92 *
# 68	50 Breast 13-14	32.92	Alexa Hankard	07/05
# 69	50 Breast 13-14	28.58	Chris Morris	07/09
# 70	100 Breast 15-16	1:10.46	Madeline Hunts	07/09
# 71	100 Breast 15-16	1:02.80	Christopher Kaiser-Nyman	07/05
# 72	100 Breast 17-18	1:09.49	Erica Robbins	07/05 *
# 73	100 Breast 17-18	1:01.82	Christopher Kaiser-Nyman	07/07
# 74	25 Fly 7-8	16.53	Erica Robbins	06/95
# 75	25 Fly 7-8	15.07	Derek Taylor	07/03
# 76	25 Fly 9-10	14.18	Allie Umemoto	08/10 *
# 77	25 Fly 9-10	13.78	Derek Taylor	07/05 *
# 78	50 Fly 11-12	28.65	Allie Umemoto	07/12
# 79	50 Fly 11-12	28.31	Dustin Andrews	07/05
# 80	50 Fly 13-14	28.45	Eleanor Hunts	07/10
# 81	50 Fly 13-14	25.92	Derek Taylor	07/09
# 82	50 Fly 15-16	27.58	Kathleen Schiavenza	07/09
# 83	50 Fly 15-16	24.74	Matt Hendricks	07/08
# 84	50 Fly 17-18	27.58	Jill Nelson	08/99
# 85	50 Fly 17-18	24.18	Matt Lancara	08/99
# 86	100 Free 7-8 R	1:03.82	Doolittle, Bonovich, Tozer, Curtis	07/96 *
# 87	100 Free 7-8 R	1:03.73	DeFelice, Engeman, Zettel, Abbott	07/90
# 88	200 Free 9-10 R	2:04.45	Bonovich, Miller, Curtis, Doolittle	07/98 *
# 89	200 Free 9-10 R	2:02.79	Earl, Brown, Calabrese, Cole	07/88 *
# 90	200 Free 11-12 R	1:51.49	Thomison, Austin, Piatanesi, Umemoto	07/12 *
# 91	200 Free 11-12 R	1:49.32	Calabrese, Rodda, Vander Laan, Boughton	08/92 *
# 92	200 Free 13-14 R	1:45.43	Nesley, Smith, Ferguson, Hunts	07/11
# 93	200 Free 13-14 R	1:38.93	Fong, Rodota, Andrews, Hendricks	07/06
# 94	200 Free 15-18 R	1:41.91	Swartz, Lee, Saffold, Robbins	07/05 *
# 95	200 Free 15-18 R	1:29.34	Thompson, Knox, Rice, Lyons	07/04

\* denotes league record

## DIRECTIONS TO MEETS

BROADSTONE                      *820 Halidon Way, Folsom CA*

Exit US-50 via ramp at sign reading "E Bidwell St and go West for 0.3 miles. Turn right on E Bidwell St, and go North for 0.2 miles. Turn left on Iron Point Rd and go West for 1.4 miles. Turn right on Oak Avenue Pky and go North for 1000 feet. Turn right on Haverhill Drive and park on the street near the tennis courts. Use the back gate and the walkway to enter the pool

COLLEGE GREENS                      *2707 Notre Dame Drive, Sac*

Hwy 50 to Howe Ave / Power Inn Rd. exit. Turn right at bottom of off ramp. Turn left on Folsom Blvd, then left on Notre Dame Dr.

EI DORDADO HILLS                      *1021 Harvard Way, El Dorado Hills, CA.*

Merge onto US-50 E. Take the EL DORADO HILLS BLVD exit- EXIT 30B. 0.1 miles  
Take EXIT 30B toward EL DORADO HILLS. <0.1 miles, Merge onto EL DORADO HILLS BLVD. 2.1 miles, Turn RIGHT onto HARVARD WAY. <0.1 miles, End at 1021 Harvard Way, El Dorado Hills, CA 95762

FOLSOM                                      *Lembi Park, Riley St. and Glenn Dr.*

From Sacramento take Hwy. 50 east. Exit at Folsom Blvd. Turn left on Folsom Blvd. Continue on Folsom Blvd. to Blue Ravine. Turn right on Blue Ravine and continue to Riley St. Turn left on Riley. Lembi Park is on the left.

GRANITE BAY                              *Granite Bay High School, 1 Grizzly Way, Granite Bay, CA 95746*

Follow I-5 N and I-80 E to Douglas Blvd in Roseville. Take exit 103A from I-80 E  
Follow Douglas Blvd and Eureka Rd to Grizzly Way in Granite Bay

LOOMIS                                      *Del Oro High School, 3301 Taylor Rd.*

I-80 to Horseshoe Bar Rd. exit. North on Horseshoe Bar, right on Taylor Rd.

SIERRA                                      *2502 Country Club Drive, Cameron Park 95682.*

Hwy 50 to Cambridge Rd., exit 34. Turn left onto Cambridge Rd. Turn left onto Knollwood Dr. Take the 3<sup>rd</sup> left onto Country Club Dr. 2502 Country Club Dr. is on the left.

## ANATOMY OF A SWIM MEET

This document is designed to provide a brief overview of how a swim meet is organized and to provide important tips on what you can do to make each swim meet run smoothly.

### **What Every Parent Can and Should Do:**

**Declare whether you will attend meets** Let the team know which meets you will attend via the website. Each meet is listed under the "Meets/Events" tab on the website. Once the season starts, you can "edit your commitment" for each meet. This lets the coaches know which swimmers are available for each meet. The coaches use the list of committed swimmers to set entries and relays for each meet. **Please decline a meet at least one week in advance in order to allow for correct seeding of each meet.** Swimmers who are "uncommitted" may be entered into individual events by the coaches, but will receive low priority for relays.

Beginning on the Sunday prior to a Saturday meet, PT coaches spend two days putting together the meet schedule, and then our computer volunteers spend two days coordinating with the other team to create the meet, which is finalized on Friday. The coaches take extra care to make sure that every swimmer gets an opportunity to swim in as many events as possible throughout the summer. If you have questions, ask a coach about which events your swimmer is in. Also, please remember that coaches are not always trying to place swimmers in their "best" event. Rather, they are trying to juggle swimmers in order to set seed times so everyone can improve throughout the season.

League rules limit the number of individual events that a swimmer may enter on the day of a meet, typically three individual events per meet. Sometimes, against smaller teams, the coaches will reduce the number of PT swimmers in the pool out of respect for the smaller team or in order to comply with pool time limits (if for example, the meet must be finished by 1:00 pm). In some cases, particularly at larger pools, there are opportunities for "exhibition" swims in heats with open lanes. Exhibition are used to establish seed times, but do not count for point totals. These are typically used for swimmers who are missing seed times because of other commitments (SAT tests, baseball, vacations, etc.). However, exhibition swims place additional stress on meet operations and can only occur at the discretion of the meet director.

On the day of the meet, with hundreds of swimmers to account for, it is very difficult to find missing swimmers. There's nothing quite as frustrating as trying to assemble a relay team, only to find out that one member has left the meet, and then frantically looking for an alternate swimmer. So, please, if you know that your swimmer will miss an upcoming meet (or have to leave a meet early), please include a note via the website and **alert the coaches** so that another swimmer can participate.

**Arrive on time and check in** with the designated staff member on meet day. The week before the swim meet, coaches put up signs advising swimmers when to check in for the meet. Swimmers must arrive at the assigned time in order to check in with the coaching staff and to participate in the warm ups.

*(continued next page)*

A swimmer who does not check in with the coaching staff will be presumed absent from the meet and will be "scratched" from the meet program. Scratches create work for the meet officials, coaches, computer operations, and for the Ready Benches parents, and needlessly delay the start of the meet.

***Special note to parents of younger swimmers:*** Getting a younger swimmer out of bed early on a Saturday morning, we know, is challenging. Unfortunately, one of the first events of every swim meet is the 6 and under freestyle relay. This event is almost always the most challenging event for the coaches and for the parents working Ready Bench.

Ready Bench parents are given a "meet sheet" the morning of the swim meet. They use this sheet to organize swimmers at the ready bench so that the relay teams are organized and so that no swimmer misses a race. As previously mentioned, when swimmers don't check in they are presumed absent at the meet and are "scratched" from the schedule. Every year, however, young swimmers arrive late and expect to be added back onto the relay teams. Coaches and Ready Bench parents make every effort to accommodate the young swimmers, but it creates undue stress on the coaches and the Ready Bench parents to have to continually tinker with the "meet sheet."

Please do everyone a favor: go to bed early, and arrive at the swim meet early. The reduction in stress, for you, your swimmer, the coaches and the Ready Bench parents more than offsets the inconvenience of the early wake up. And after the meet, treat yourself to an afternoon nap!

**Call** a coach if you are sick, late, or unable to participate in a meet. Keep a roster of the coaches, along with their cell phone numbers so that you can reach them in the event that you are sick, running late, or unable to participate in a meet.

**Take Responsibility** for your child and help him/her make it to the starting block. Young swimmers and first year participants of all ages need adult assistance to ensure that they make it to the starting blocks on time. Every year some PT swimmers miss their races. That is disappointing to everyone, and is completely avoidable. Please monitor the event numbers and make sure that your child gets to the Ready Bench and to the blocks on time. ***Ready Bench parents will not come searching for swimmers!***

Relays are particularly chaotic, especially for the younger swimmers. Please escort your child to the ready bench area in advance of the relay races and, if possible, stay with them until you are sure that they are with the proper relay team and that they know which stroke they will be swimming, the order in which they will swim, and from which side of the pool they will start their swim.

**Conclusion:** In a perfect world, every swim meet would run on time and every PT swimmer would arrive at the starting blocks on time to compete in their scheduled race or relay (and every meet would be a PT victory). In the real world, perfection is elusive. However, if everyone does their part, the meets will be less stressful and more fun for everybody.

# The Ultimate Park Terrace Penguin Guide

## About this Book

The Ultimate Park Terrace Penguins Guide was created to help you and your family have a fun and successful season with the Park Terrace Penguins Swim Team. We hope you will review the entire book at the beginning of the season, and keep it at your home or office as a handy reference book. For ease of use, the Ultimate Guide is divided into “key word” sections, in alphabetical order from A to Z. There’s also an index at the end. A copy of the Ultimate Guide can also be downloaded at any time from the Park Terrace website [www.ptpenguins.com](http://www.ptpenguins.com).

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# A

## **Attendance:**

Regular attendance at both practice and meets is strongly encouraged. Swimming is a sport that requires consistent conditioning and repeated practice to improve. The coaching staff expects to see swimmers make (at least) four practices a week. However, children are often involved in several activities, and you are invited to speak with the coaching staff about scheduling conflicts. **You must declare whether or not your child will attend or miss each swim meet. Please see the web site [www.ptpenguins.com](http://www.ptpenguins.com) and go to the ‘meets/events’ tab. See “Anatomy of a swim meet on page 12 of this handbook for a full explanation.** If you sign your child into a meet and then your child cannot make the swim meet, please contact the coaching staff as soon as possible to inform them of your child’s anticipated absence from the meet.

## **Attitude:**

All Penguins should maintain a positive and cooperative attitude. They should exhibit good sportsmanship and appropriate behavior at all times. A Penguin should always be ready to work, learn, and HAVE FUN!

## **Awards:**

While Penguins swim for fitness and enjoyment, they may also be awarded for their efforts. Swimmers can earn ribbons for events swum at dual meets and at Championships. At Championships, they also have the opportunity to earn medals. At the end of the season, an awards ceremony is held to honor each child for his/her participation and contributions to the team. Trophies and medals are also presented at that time. In addition, the coaching staff may choose to recognize swimmers in other ways throughout the season.

# B

## **Behavior:**

Penguins are expected to follow the coaches’ rules at all times. They should also follow Park Terrace Swimming and Tennis Club rules. During meets, they should stay in their team area unless otherwise instructed. They should participate in events as assigned by the coaches. They should demonstrate good sportsmanship at all times. They should discuss all swimming and team-related problems with the coaches.

# C

## **Caps:**

Swimmers should have practice caps (one to wear, and one for back-up) **to be worn at every practice and swim meet.** Latex and silicone caps last longer if they are rinsed with clean tap water after practice and then hung to dry. A dusting of talcum powder after each use is also beneficial to prolonging the life of your cap(s). Swimmers may purchase team caps at the front office. A PT cap is required to be worn at all swim meets.

## Championships:

The Championship is the climax of the season and is the culmination of all the swimmers' practice and hard work. This is the weekend we have been preparing for and expecting! *Attendance of each swimmer at champs is strongly encouraged.* This year Champs will be at Sierra College on Friday, July 21<sup>st</sup>, Saturday, July 22<sup>nd</sup>, and Sunday, July 23<sup>rd</sup>. **If you will not be attending Champs, you must declare it by Tuesday, July 4<sup>th</sup>.**

**To be eligible to swim at Champs, a swimmer must have swum at least one event as an official entrant in at least 3 Saturday Dual meets during the season.**

Swimmers have the opportunity to swim every individual event in Championships.

Only two relays for each age group are permitted at Champs. The decision as to who will swim on the relays is left to the discretion of the coaches and is based on performance during the year and at Champs. Preliminary heats are conducted in the mornings. The top ten time qualifiers compete in final races in the afternoons. The IM qualifying heats are swum Friday afternoon. The IM finals, Backstroke qualifying and finals, Short and Long Freestyle qualifying and finals, and Medley Relays are swum Saturday. Breaststroke qualifying and finals, Butterfly qualifying and finals, and Freestyle Relays are swum on Sunday. All 6 & Under events are held on Saturday. Medals will be awarded to all finalists who swim without being disqualified.

**Parents are required to work at Champs beyond the 12 volunteer hour minimum requirement as a PT Penguin parent.** Parents should expect to work a two shifts per family at Champs.

## Check-In:

Check-In will take place before each Saturday dual meet and each day of Championships. Check-In is **extremely important!** At every meet, either a coach or team parent will be in charge of check-in. He/She will be located either at the entrance of the club (for home meets) or in or near the team area (at away meets) and can be easily identified by their check-in clipboard. If you do not check-in before meets your child **may be scratched from the meet.** Check-In times vary depending upon the start time of the meet, and whether or not the meet is home or away. Please be sure to check for information regarding the check-in time for each meet during the week preceding that meet. Information is posted both out in front of the club as well as verbally announced at practice

## **Commitment:**

The Park Terrace Penguins' Swim Team is a sporting team, just like baseball, soccer, or water polo. It requires a certain level of commitment from both parents and swimmers. Parents are required to volunteer their time at meets and Championships. Swimmers are expected to attend 4 practices each week, swim in as many season meets as possible, and attend Championships. Please discuss any problems you have with the coaching staff.

## **Communication:**

Communication is an important part of the Park Terrace Penguins' Swim Team. Communication will be provided in a number of ways. Most information can be found at [www.ptpenguins.com](http://www.ptpenguins.com) and you can always use the 'contact us' button to send an email to the aquatics chair. The team also has a bulletin board located on the clubhouse wall facing the pool, near the club entrance. Please check often for notices. In addition, the coaches may be holding short meetings with the swimmers during practice time to provide and receive feedback. The coaches are also available to meet with parents at mutually scheduled times. **Please refrain from talking to the coaches or swimmers during workouts.** There may be times when the coaches seem available; but during practice time, their entire focus is on the swimmers. The coaches also expect each swimmer's entire focus to be on the practice. If you would like to speak to one of the coaches, please call Park Terrace and leave a message. We will also send email updates to the swim team as events near.

# D

## **Discipline:**

With so many swimmers in each age group, discipline issues will be dealt with fairly but swiftly, so as to keep the focus on the swimmers who are at practice to work hard and have fun. Swimmers who are misbehaving, not paying attention, being rude to a teammate, etc. will be warned and/or placed in time-out. If such behavior persists, or is to an excessive degree, that swimmer may be excused from practice. More serious discipline problems may result in a parent-coach meeting. The coaching staff will communicate any concerns they have with you, and they welcome you to do the same.

## **Disqualifications or "DQs":**

Each of the four strokes has rules governing the proper way that the stroke is to be done; including the start, stroke technique, turns at each wall, and the final touch. Coaches will instruct swimmers on the proper techniques. A swimmer may occasionally neglect to follow these techniques at a meet and may be "DQed" by one of the meet officials. A swimmer who is "DQed" will be told why by either the official or the coach. The "DQ" process is to be handled in a constructive and instructive manner. IT IS NOT A PUNISHMENT! It is simply a tool used to help teach proper technique. Officials tend to be more lenient toward younger swimmers. The 6 & Under age group is rarely "DQed." Any concerns you have about a disqualification should be directed to the coaching staff, not to a meet official.

## **Dress Code:**

**Swimmers should wear a one piece racing suit and a swim cap to practice – no two piece suits**

## Drills:

Swimming drills are used to teach proper technique for each stroke and turn. Sometimes the coaching staff will use swimming games (in addition to drills) to work on a specific aspect of a stroke or racing technique. Some of these drills or games may look different (especially to parents and supporters who have participated in this spot)...but the coaches will explain the reasoning behind each drill to the swimmers.

## Dual Meets:

A dual meet is a swim meet in which two of the league's teams compete. They are scheduled on Saturdays starting May 20<sup>th</sup>. "Home meets" are held at Park Terrace. "Away meets" will be held at various pools in the Sacramento area. Check-in times for meets will be posted outside the club, and announced at practices the week preceding the meet. **It is vitally important to have your swimmers to each meet by the designated check-in time. If your swimmers are late, they may be scratched from the meet.** A meet schedule and directions to league clubs are in this handbook and on the website at [www.ptpenguins.com](http://www.ptpenguins.com).

# E

## Ears:

Several swimmers miss practice each year because of ear problems. A few drops of distilled white vinegar and rubbing alcohol (a 50/50 mixture) in each ear (after any prolonged time in the water - playing around, practice, or meets) will help drain the water out and prevent infections.

## Eligibility:

The Suburban Swim League is a recreational summer league. The league stipulates that swimmers may not compete or train in supervised workouts between February 15 and April 30. If your swimmer has entered in any swimming competitions or has trained in any other form of supervised workout since January 31<sup>st</sup>, please contact the head coach or the Park Terrace League representative, Jimmy Culleton, to determine whether or not she or she is eligible to swim in the SSL. (12 hours of participation in clinics open to the public are permitted. Private lessons are also OK. High school swimming is exempt from this rule.)

*The 6 & Unders must be able on the first day of practice to put their face and head all the way underwater without being afraid. 6 & unders must also be able to push off the wall in the shallow end of the pool with their face in the water and reach the flags (app. 15 feet).* The coaching staff will assess the swimmers ability on the first day of swim practice to see if they are ready for the swim team.

## Equipment:

Each swimmer should bring a **towel, goggles, and a swim cap** to practice each day. All equipment should be boldly labeled with the swimmer's name and the team name in permanent ink. **Swimmers should wear racing suits to practice (no two piece suits).** The coaches would like swimmers to not wear team suits to practice in order to extend the life of the suit.

## Etiquette:

Penguins and their families are expected to use proper etiquette when visiting another team's facility.

Proper etiquette includes (but is not limited to): not using the other club's aquatic facilities (such as wading pools and hot tubs) without the Head Coach's permission, no smoking unless designated, staying in the team area, and cleaning up the team area at the meet's conclusion.

### **Events:**

The events in a meet are broken down by age and gender. The separation of age groups in the SSL is as follows: 6 & Under, 7/8, 9/10, 11/12, 13/14, 15/16, and 17/18 (age is determined by the age of the swimmer on June 15<sup>th</sup> of the season in which he or she is swimming). Events consist of individual and relays. Relay races involve four swimmers per team and are assigned by the coaches. A swimmer is eligible to swim up to three individual events and two relays at each meet. 6 & Unders swim a maximum of two individual events (freestyle and backstroke only). Before each meet, the coaches will post a list of who is swimming what events (for that meet). Please see the Appendix for a list of DUAL MEET EVENTS (not Championships because those may differ slightly in order).

## F

### **Family Fun:**

While the number one focus of the Park Terrace Penguins' program is the swimmers, we want all of their families to enjoy it too. Many new friendships form on the pool deck. Several events will be offered during the season for families. Please watch for news of family events that may come up during the season. We encourage everyone to take an active role in the swim season.

### **Fees:**

Registration fees help to support the club and swim team and make it possible for us to provide a top quality coaching staff. The fees for the 2017 swim season, per swimmer are as follows:

Members - \$220 per swimmer

Athletic Members - \$295 per swimmer

## G

### **Goals:**

The 2017 coaching staff has established a list of personal coaching goals for this season that we will strive to achieve in addition to our regular duties. Our goals this season are as follows:

- 1 Provide a positive swim team environment.
- 2 Give good stroke instruction (including starts and turns).
- 3 Motivate and encourage swimmers.
- 4 Help swimmers reach personal swimming goals.
- 5 Encourage team spirit between all age groups and attainment of team goals.
- 6 Acknowledge each swimmer's individual efforts and team's efforts.
- 7 Enhance swimmers' conditioning.
- 8 Advise concerning good nutritional habits.
- 9 Be available for private lessons.
- 10 Be open to feedback from parents and swimmers.
- 11 Make sure all involved with the Park Terrace Penguins have fun!

Swimmers should set individual goals for themselves with the assistance of the coaches and their parents. Every swimmer can improve over the season. A goal may be to learn to dive without fear, to improve a certain stroke, to drop time or to master a turn, to name a few examples.

# H

## **Hair Care:**

Wetting the hair with tap water before swimming can largely prevent “Swimmer’s Hair.” Shampoo immediately after swimming with a shampoo specially formulated to neutralize chlorine. Conditioners also help protect the hair for the next time in the water.

## **Health:**

If your swimmer is going to miss practice for any length of time due to illness, please leave a message with the Head Coach so we know where your swimmers are. If swimmers get sick and will miss a meet, as much prior notice as possible is appreciated, just be sure to get in touch with the Head Coach so your swimmer can be scratched from the meet. Additionally, as a note to swimmers, please be aware that the stress of training can leave the body weak and vulnerable to illness. Take the proper steps to make sure you don’t get sick! Get sleep at night, eat healthy, drink lots of water, and take a multivitamin. Avoid dangerous activities that might cause injury. This will help ensure that we have a great, safe, and fun summer!

# I

## **Individual Events:**

Each swimmer will set goal times for the individual events they will swim this season and will receive feedback on how to reach his or goals throughout the season. To be eligible for Championships, each swimmer must swim in at least three meets during the season..

\*\*See the Appendix for a list of Dual Meet Events.

# J

## **Jobs:**

Parents commit to helping the swim team by contributing 12 hours per family of which 3 need to be at a swim meet during the swim season. **Everyone is obligated to help – \$300 will be charged at the end of the season to each family that does not complete the 12 hours.** Notwithstanding the minimum 12 hour commitment, **if your child participates at Champs, you are also expected to work 2 shifts at Champs to help fulfill PT’s obligations at the weekend-long meet.** There are many ways to fulfill your obligation – activities related to swim meets, swim parties, and the Aquatics Committee (to name a few). Here’s a brief description of how you can help – you can sign up for volunteer shifts at [www.ptpenguns.com](http://www.ptpenguns.com).

## ***Swim Meet specific:***

**Timers:** Each lane is staffed by three timers, with no more than two timers from a team in any given lane, who record the finishing time for the swimmer(s) in their lane.

**Hospitality:** The hospitality committee provides refreshments to coaches and meet officials at home meets.

Ready Bench Parents: Parents working the ready bench meet with the Ready Bench Manager 30 minutes prior to the start of the meet; help set up the ready bench area; assist swimmers to their seats according to their race, heat, and lane assignments; escort swimmers to their lanes for individual events as well as relays. Ready bench includes only the 6 & under, 7-8, and 9-10 age groups.

Parking Assistants (Home meets and events): Assistants help set up parking cones and signage and help direct traffic (cars and foot) into the club. The club uses the local junior high for parking.

Equipment Setup/Takedown (Colorado and Sound): The Colorado timing system is setup for each home meet. This entails running plunger and scoreboard wires around the pool. The Sound System is setup for home meets and parties – this entails setting up speakers and connecting amp and speakers.

Colorado Ops: Running the Colorado system is a bit like being an anesthesiologist – 95% boredom and 5% panic. Seriously, working with several other dedicated, attentive and fun individuals, one has the best seat in the house for all the most exciting races, along with all those heats of 6&unders. Just push a button to record the times of the race and don't forget to reset before those pesky starters get the next swimmers in the water. Watch your kids' swims and have a fabulous time yourself!

End of Meet Tear Down/Cleanup – Every Family is obligated to help in the home meet cleanup and teardown. Every family must clean up the swim area. Each home meet will have a different group of parents responsible for tent and chair removal. This will be based on first initial of last name (last name of hyphenated name).

Ready Bench: Swimmers are organized in the ready area prior to going to the start area. Each team is responsible for organizing swimmers by event, heat, and lane. The Ready Bench Manager is given a list of the events, swimmers, heat numbers, and lane assignments at each meet and is responsible for helping swimmers be ready for their races. Ready Bench parents help move the swimmer from the bench to the starting area.

Runners: These parents help move the latest info from the ready bench to the computer ops and elsewhere.

Ribbon Writers: Each team provides ribbon writers for each meet. The writers are responsible for applying the correct labels to the ribbons and maintaining the ribbons until the end of the meet. Completed ribbons are placed in a file for each swimmer and can be picked up periodically throughout the meet.

BBQ: The Aquatics Program makes money on the grill lunch offered during home meets and the Teriyaki BBQ.

Apparel Sales: We've got lots of great clothing this year. Parents are needed to take orders and sell apparel during the first several meets.

Photographers: If you've got an artistic eye and a good camera, we need you to help take shots during the swim meets and other penguin activities for the season ending picture show.

### *Non-Swim Meet specific activities*

PT Penguin Dinner - Helping set up, prepare, and serve the BBQ events during the season.

Swimathon - Setup / Tear Down / Lap Counters needed.

Age Group Parties - Season ending parties need plenty of parent participation to set up, tear down, and supervise the fun!

Pasta Night – Always a big night of fun and carb-loading – requiring a lot of help to set up, serve, entertain, and take down.

Awards Night – the grand finale of the season – once again, lots of help to help to set up, serve, entertain, and take down.

*Some swim meet duties require special training and are selected before the start of the season. We are always looking for people to learn the ropes for future seasons:*

Meet Referee: The Meet Referee has overall responsibility for the meet proceedings and acts as the final decision-maker in disputes over placement, disqualifications, or other procedural problems that may arise during a meet.

Clerk of the Course: The Clerk of the Course is responsible for seeing that all swimmers are in their properly assigned heat and lane and then signals the starter when the race is ready to begin.

Parent Participation Coordinator: The PP Coordinator ensures there is a parent leader for each job during the regular season. If you have any questions about the various jobs which need filling, do not hesitate to contact the Volunteer Coordinator who will assist you in finding a job in which you are interested in performing.

Announcer: The home team provides an announcer whose job it is to call the order of events (i.e. announce each event by event number and description), and to inform swimmers when to report to the Reach Bench. The announcer will make miscellaneous announcements, as needed, during the meet and must have a sexy voice.

Starter: The starter is responsible for starting all races for a home meet. A Colorado electronic starting system is used, which sounds a tone and emits a flash of light to indicate the start of a race.

Stroke and Turn Judges: Each team provides stroke and turn judges for each meet. They look for proper stroke technique, turns, and finishes. The stroke and turn judges must attend a stroke and turn clinic and have a reasonable knowledge of swim strokes.

Computer/Scorers: The scorers operate the meet computer and enter results of all races. They verify and record the swimmers' times for each completed race. The scorers also maintain team records, assist the coaches in preparing for each meet, and transmit and receive lane assignments and seedings from the opposing clubs.

*And if you are feeling really committed and want to shape the coming season, you can look to join:*

Aquatics Committee: The Aquatics Committee serves as a contact between the parents, coaches, and the Suburban Swim League. They oversee the operations of the team to insure the season runs smoothly and make sure the team has what it needs.

League Representative: Each team in the Suburban Swim League has one representative who acts as a liaison between the League and the team. He/She represents the team in discussions of League rules and the coordination of dual meets and Championships. All questions regarding eligibility and other League rules should be directed to the League Representative.

Most importantly, you are always welcome to offer impromptu assistance before, during and after all PT Penguin events!!!

Get Involved, It's FUN!!

## K

### **Kicks and Strokes:**

The four strokes that are taught are freestyle, backstroke, breaststroke, and butterfly. Each of the four strokes has rules governing the way each stroke is to be executed. At every meet, stroke and turn judges are posted on each side of the pool checking each swimmer to make sure the stroke rules are being followed. If a swimmer violates these rules in a race, the swimmer will be disqualified. This is meant to be a learning tool, not a punishment. If you have any questions as to why a swimmer was disqualified, please check with the coaching staff, not the stroke and turn officials.

## L

### **League:**

The Park Terrace Penguins are a part of the Suburban Swim League. It is made up of eight teams in the Sacramento Area: Broadstone, El Dorado Hills, Sierra, Folsom, College Greens, Loomis, Granite Bay, and Park Terrace. The League requires a birth certificate copy and signed League Registration form from each swimmer. A volunteer Executive Board and a League Representative from each team govern the League. As a reminder, the League has restrictions on off-season swimming. Please refer to the "Eligibility" heading in this book for details. Any other questions concerning league rules? Contact League Representative Jimmy Culleton for more information.

### **Lessons:**

Private Lessons are a great way to assist a swimmer with adjustment of stroke technique and speed, and to create a very personal relationship between coach and swimmer. Private lessons will provide a comfortable, individualized atmosphere for feedback between coach and swimmer. In addition, **because the Penguins coaches see each swimmer in practice each day** - we can see what needs to be improved and what approach should be taken with each swimmer's training.

The best way to improve individually is through private lessons! Private lessons help swimmers feel more confident about themselves and about their swimming abilities. This leads to improved attitudes, strokes and times!

The Penguins' coaches will be available for private lessons throughout the season. The coaches' schedules are flexible, and we give lessons throughout the week and on weekends. Lessons should be scheduled with each coach individually.

## M

### **Meets:**

Though Park Terrace is part of a recreational swim league, we still hold competitions with other clubs in order to foster the development of good sportsmanship and allow swimmers to measure their efforts against swimmers from other clubs. Saturdays beginning May 21<sup>st</sup> will be highlighted by swim dual

meets. A dual meet is a competition between two of the clubs from our league (the Suburban Swim League, see **League**). Meets can be an all-day event. We have both home meets as well as away meets, where we will travel to other pools. At meets, swimmers are limited to competing in no more than three first heats of individual events and two relays. Not every swimmer will swim this amount in every meet. Meets will be scored and the winner of the most dual meets throughout the season will be awarded the Dual Meet Championship at Championships. Meets are a great opportunity to demonstrate and utilize the skills learned in practice and are a measure for improvement and accomplishment throughout the season. All swimmers on the team who are able to complete one lap of freestyle will be eligible to compete in the dual meets.

### **Declaring for Meets:**

**Declare whether you will attend meets** Let the team know which meets you will attend via the website (www.ptpenguins.com). Each meet is listed under the “Meets/Events” tab on the website. Once the season starts, you can “edit your commitment” for each meet. This lets the coaches know which swimmers are available for each meet. The coaches use the list of committed swimmers to set entries and relays for each meet. **Decline a meet at least one week in advance** in order to allow for correct seeding of each meet. Swimmers who are “uncommitted” may be entered into individual events by the coaches, but will receive low priority for relays.

On the day of the meet, with hundreds of swimmers to account for, it is very difficult to find missing swimmers. There’s nothing quite as frustrating as trying to assemble a relay team, only to find out that one member has left the meet, and then frantically looking for an alternate swimmer. So, please, if you know that your swimmer will miss an upcoming meet (or have to leave a meet early), please include a note via the website and **alert the coaches** so that another swimmer can participate. **In the event of a last-minute illness or emergency on the day of the meet, please call Park Terrace or a head coach and leave a message if it is a HOME meet by 7:00am.**

**\*\*\*Declaring for Championships is different!** Swim team is a commitment. The coaching staff has geared all workouts, drills, exercises, and tapering to team and individual goals. We do not want anyone to miss this weekend! Please reconsider your commitment to the Penguins if you will be missing the most important weekend of the season. **If you have to miss Championships, you must decline by Tuesday, July 4<sup>th</sup>.**

## N

### **New:**

Something new for 2017 will be the integration of a Coaching Advisor as a resource for our large flock of Penguin coaches. Steve Hanson and his family are members at Park Terrace and his youngin’s swim on the team. Steve is also the head coach at Sac City College for both swimming and water polo and has a long history of both sports in his blood. Steve will be advising our coaches on things like planning, coaching duties, construction of workouts, coach expectations, etc. He will be a resource for the coaches to use. Steve will not be a coach on the deck and will not be conducting the day to day activities of a coach.

Please be sure to keep this handbook and feel free to look to it any time you have questions or if there are things you do not understand. If, after consulting this handbook, you still have questions, feel free to contact the coaching staff.

There may be other changes throughout the season. If you ever have questions about any of the changes

that may occur, please feel free to contact the coaching staff and we will be glad to help make sense of anything you may question.

## O

### **On Time:**

\*\*\*Attention Parents! We really need your support in getting your swimmers to the pool on time (or early! ☺). Practice begins promptly at the scheduled time. All workouts are designed for the full time allotted, and it will benefit your swimmer/s to be at the pool for each practice on time and prepared. **In addition, it is doubly important to have your swimmer/s to each meet by the designated check-in time. If swimmers are late, they may be scratched from the meet. Check-in times for home and away swim meets will be posted outside Park Terrace the week before the meet and will be announced at practices.**

Parents, please check the bulletin board and the posting out in front of the club for check-in times. Also, please make sure that your swimmers are prepared and on time for every practice they attend. “Being prepared” means having a cap and goggles for each female swimmer, and goggles for each male swimmer. In addition, each swimmer should bring a water bottle to practice - we don’t want any swimmers to get dehydrated!

## P

### **Parents:**

Parents are an important part of the Penguins. Swim meets are complicated events and parents are expected to volunteer **a minimum of 12 hours, 3 of which need to be at a swim meet and work 2 shift at Champs (see Jobs)** to help out with the various jobs. In addition, the support of parents at swim team events is highly appreciated and necessary to help everything run smoothly. You can sign up for volunteer hours at [www.ptpenguins.com](http://www.ptpenguins.com).

### **Penguins:**

A Penguin is a member of the Park Terrace Swim and Tennis Club’s youth recreational swim team. Penguins are swimmers ages 4-18 who love to swim!

### **Personal Belongings:**

Be sure to label any and all items your swimmer may bring to the pool with his or her name and team name. Every season many goggles, shirts, towels, etc. get left at practice or at meets and can’t be returned to their rightful (and forgetful) owner because they are not labeled.

### **Philosophy:**

The swim team at Park Terrace is a recreational swim program with emphasis on successful team participation in competitive meets culminating with a championship finale. We look for the development of a healthy individual by encouraging good physical exercise, character development by commitment to attend practice, and achievement of a good self image by performing to the best of one’s ability during supervised activity. In order to accomplish these objectives, the Aquatics Committee has attempted to select coaches who communicate well with both children and their parents and who recognize each child for his/her individual and collective contributions to the team.

## **Pictures:**

Individual and team pictures are scheduled for June 19 at 8:00am. More details about photo packages and costs will be provided a few weeks before that date. There is no swim practice for 11-13's and 14-18's on this day.

## **Practices:**

SPRING April 24 through June 19, Monday through Friday):

6 & Unders:	3:30-4:00 PM
7/8:	4:00-5:00 PM
9/10	5:00-6:00 PM
11-13	6:00-7:00 PM
14-18	7:00-8:00 PM

SUMMER (June 19 through July 20 Monday through Friday):

14-18	8:00-9:30 AM
11-13	9:15-10:45 AM
9/10	10:30-11:45 AM
7/8	11:30-12:30 PM
6 & Unders	12:30-1:00 PM

Night Practice will be from 5:00-6:00 PM beginning June 20. Night practice is open only to those swimmers 9/10 and up who are unable to make their regularly scheduled practices due to summer school, or other commitments. Night practice is NOT a substitute for regular practices and is not to be attended instead of regular practice.

# Q

## **Questions:**

While the title of this handbook is "Everything You Wanted to Know About the Penguins A-Z," one thing you need to know is that questions will always come up. Working with kids, running a swim team, running swim meets, etc. is not an exact science! Please ask questions of the coaches, the Aquatics Committee, and veteran parents. There are no stupid questions. Soon you will be a Penguin expert too!

# R

## **Relays:**

Relay team selections is at the sole discretion of the coaching staff. While the coaches will try to schedule as many different swimmers as possible in relays, there is no guarantee your swimmer will be in a relay at any given meet. This is especially true at Championships when the SSL limits each team to no more than two relay teams per age group and event.

## **Rules:**

\*See key word "X-pectations."

# S

## **Scratch:**

“Scratch” is the term used when a swimmer is originally scheduled to swim an event but does not show up to the meet by the scheduled time (in which case the coach will remove that swimmer from all of his or her races during the Scratch Session), or is late to the starting blocks by the time the race begins (in which case the Meet Referee will scratch that swimmer). We hope to never have to scratch any swimmers so please, be on time to meets. Also, swimmers - be alert as to when it is time to be at the ready bench and blocks. Do not depend solely on your Age Group Parent to be alert for you.

Scratch is conducted before the meet begins. Because this is an extremely hectic time, please do not talk to the coaches who are performing scratch unless you need to speak to them about not being able to swim. Generally, only two coaches and a parent will be working on scratch in the club house before the meet begins; therefore, if you need to speak to a coach about a non-scratch related matter, you should find a coach who is on deck to assist you.

## **Showers:**

**Children under 12 should use the outside showers to wash or rinse off.**

## **Sportsmanship:**

The coaches will be emphasizing good sportsmanship within our team and between Penguins and other teams. Good sportsmanship is demonstrated by courtesy, a positive attitude, and supportiveness of other swimmers.

## **Swimmer's Ear:**

Several swimmers miss practice each year because of ear problems. A few drops of distilled white vinegar and rubbing alcohol (50/50 mixture) in each ear (after any prolonged time in the water - playing around, practice, or meets) will help drain the water out and prevent infections.

# T

## **T-Shirts:**

Hopefully you will order your t-shirts at registration where you will be able to fill out a t-shirt order form.

## **Taper:**

The team will be having a two week taper prior to Championships. This is a time for decreased yardage, with more focus on starts, turns, and race preparation.

## **Trophies:**

Trophies will be given to all 6 & Under swimmers and medals given to all other Penguin swimmers at our awards banquet at the end of the season. The boy and girl swimmer in each age group who scores the most points for the dual meet season receives a trophy. Additionally, the Gerry Brosemer Sportsmanship Award is presented to one boy and one girl chosen by the Coaching Staff.

## U

### Unity:

The 2017 Penguins will be focusing on team building and unity. This will be a goal in each practice, on every age group bonding activity, at every meet, and especially at Championships. Unity is demonstrated through good sportsmanship and a great attitude!

## V

### Vacations:

We understand that the summer time is vacation time. However, if your family will be missing a meet, you must **Declare that you will not attend the meet.** Let the team know which meets you will attend via the website ([www.ptpenguins.com](http://www.ptpenguins.com)). Each meet is listed under the “Meets/Events” tab on the website. Once the season starts, you can “edit your commitment” for each meet. This lets the coaches know which swimmers are available for each meet. The coaches use the list of committed swimmers to set entries and relays for each meet. **Declare for a meet at least one week in advance** in order to allow for correct seeding of each meet. Swimmers who are “uncommitted” may be entered into individual events by the coaches, but will not be allowed to swim on relays. As a courtesy to the coaches, please notify them if your swimmer will be missing several consecutive days of practice so they do not worry about that swimmer.

\*\*\*Swim team is a commitment. The coaching staff has geared all workouts, drills, exercises, and tapering to Championship weekend. It is the weekend where we are looking to achieve our team and individual goals. We do not want anyone to miss this weekend! Please reconsider your commitment to the Penguins if you will be missing the most important weekend of the season. If you **have** to miss Championships due to a vacation, you must decline it by **Tuesday, July 5<sup>th</sup>**. Champs seeding will be submitted that week.

### Volunteers:

We can't stress this enough...we need parents to volunteer their time to help with the running of the team and the meets. If a parent is unavailable for an assigned day (for an emergency or illness), he or she needs to find a parent replacement and should notify the lead parent for the assigned job ASAP. If you're not sure what you can do to help, just ask a member of the Aquatics Committee. You might just find that you enjoy it and make some new friends in the process!

## W

### Weather:

Penguins practice rain or shine. The only time practice may be cancelled for weather is when there is lightning or thunder present. Signs will be posted at the front office if practice is cancelled for weather or any other unforeseen reason.

### Website:

The Penguins' website is [www.ptpenguins.com](http://www.ptpenguins.com). The site is an important way to relay information about the season. Please check the site often.

## What to bring to a Swim Meet:

1. team suit
2. cap (and a back-up)
3. a sleeping bag or blanket
4. 2 (OR MORE) towels
5. sweats, socks, and SHOES for the morning
6. shorts and sandals as they day heats up
7. goggles (if needed for racing)

**\*Please be sure items are labeled.** We suggest bringing folding chairs and possibly a small shade structure. Swimmers should have plenty of water available and some light, healthy snacks. Swimmers can also bring books, or small games. We don't recommend bringing expensive small items such as jewelry, cell phones and other electronic devices, as they may get lost. And last, but not least, don't forget the sunblock!

## Wish List:

If you have any ideas on things that you think the team should have, please contact the coaches or a member of the Aquatics Committee.

# X

## X-Pectations (I know, it's a stretch! ☺):

...For ourselves:

- 1 We will arrive excited and prepared for a fun day of practice, teaching, and learning.
- 2 We will provide quality instruction in stroke technique, racing techniques, and nutrition for each swimmer.
- 3 We will provide positive feedback and constructive criticism to encourage each swimmer.
- 4 We will be available for each swimmer with a question or concern. We will coordinate times to be available for parents' questions.
- 5 We will arrive on time for practice.
- 6 We will be available for private lessons for further one-on-one instruction.
- 7 We will have fun!

...For swimmers:

- 1 All swimmers should arrive with an open mind and attitude.
- 2 All swimmers should arrive on time so practice can begin promptly.
- 3 All swimmers should have a CAP AND GOGGLES for practice.
- 4 All swimmers should remove all jewelry before practice. (Stud earrings are allowed.) Also, no chewing gum during practice!
- 5 All swimmers should be wearing appropriate swimming attire for practice.
- 6 All swimmers will - PLEASE - use the restrooms BEFORE practice.
- 7 All swimmers should listen attentively to coaches throughout practice.  
\*\*One of the most important practice rules: when someone else is talking, all other mouths are closed!
- 8 All swimmers will try their hardest to perform the sets that the coaches ask.  
\*\*We will be able to give you great advice and assess your abilities if you are swimming all of the sets!
- 9 All swimmers will please remember that your coaches are there for you! Any questions,

problems? Talk to us!

10 All swimmers will have fun and learn!

...For parents and other supporters:

- 1 Please do not approach coaches on deck during practice. We would be glad to have you watch your child from the lounge chairs, but please do not come on deck.
- 2 Please feel free to leave a message for the coaching staff by calling the club. We will try to return your call within 24 hours. If you feel the urge to coach your swimmer; instead, please sit back, relax and take comfort in the knowledge that your swimmer is being coached and supported by some of the finest coaches in Northern California. (\*In our humble opinions!)

## Y

### **Yardage:**

The coaching staff believes that good technique and strong stroke skills can come with effective stroke drills and yardage. The yardage will climb significantly with the coming summer schedule and the increasing endurance of our swimmers.

### **Youth:**

The Penguins' team is a youth recreational swim team. Please remember at all times that we are providing this opportunity for our youth to grow, learn, and have fun. Please always encourage our swimmers and swimmers on other teams. We want to celebrate the performances of all swimmers, both Penguins' swimmers and swimmers on other teams.

## Z

### **Zoo:**

Yes, we have to admit that working with large groups of children and large groups of volunteers - it may look or feel like a zoo (just wait until Time Trials or Champs!). But you can help limit the chaos by reviewing these rules and guidelines with your swimmer and make sure that he or she follows them.