



FOLSOM SEA OTTER HANDBOOK

2023

Folsom Sea Otters
Board of Directors

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INTRODUCTION

Welcome to the Folsom Sea Otter (FSO) swim team. We are a non-profit, recreational/competitive, parent-run swim team. Our team has approximately 300 swimmers ranging in age from 4 to 18 years. We participate in the Suburban Swim League (SSL), which consists of eight swim teams, including approximately 1,800 swimmers. Our season typically runs from the end of April through the end of July. We swim seven dual meets, and at the end of July all eight teams compete in a three-day championship swim meet held at Del Oro High School in Loomis.

PHILOSOPHY

The philosophy of the Folsom Sea Otter swim team is to provide a positive, team-oriented learning environment where each swimmer can achieve their potential by developing and refining necessary skills while having fun. The coaching staff, Board of Directors, and parents combine their efforts to ensure a quality, recreational/competitive program, with regard for good sportsmanship. The Board of Directors establishes and upholds the team bylaws to ensure a positive and rewarding experience for swimmers, coaching staff, and parents.

MEMBERSHIP

In accordance with Team and League bylaws, any resident of the Folsom area who has not reached their 19th birthday by June 15th, and who maintains a recreational swimmer status, as follows, is eligible for the team.

QUIET PERIOD (out of water - no competitive swimming): The quiet period begins on February 15 and ends on the date the SSL team practices are allowed to commence. During the quiet period, swimmers are limited to a total of 12 hours of in-water coached training time.

In-water, coached activity refers to any activity supervised by a coach, instructor, or person responsible, who is on deck or in the water during the activity. The activity is subject to this restriction whether it is a free or paid activity, and whether it is a public or private activity. There are also restrictions regarding being a USA Swim participant during this time period.

When in doubt, please ask! Violations of the quiet period will result in your swimmer being listed as an Exhibition swimmer and their races will not be counted towards team points and awards.

Swimming for a high school team does not affect recreational swimmer status.

REGISTRATION

FSO conducts online registration. You must go to our website at www.folsomseaotters.com and click on the registration tab located on the Home page in the right hand corner. Read the information about registration and instructions for registering online. There will be a link to click on at the end to register beginning January 21, 2023, for swimmers who previously swam with FSO. New swimmer

registration begins February 1, 2023. Any member knowingly entering false information on the registration form will be dismissed from the team.

FSO is a swim team and is not intended for swim lessons or as a swim camp. All swimmers are required to participate in a minimum of 3 swim meets, not including Time Trials.

Folsom Sea Otters Photo, Video, and Social Media Release

Registration includes the following Photo and Video Release: I hereby grant the Folsom Sea Otters permission to publish photographs and videos of my swimmer(s) taken at team practices, meets, and other team events. These images and videos may be used in advertising, social media, and newspapers. The Folsom Sea Otters will use the following guidelines for publishing photos and videos:

- No swimmers under the age of 13 will be identified by name on social media without parent permission.
- Swimmers age 13-18 may be identified by first name only.
- FSO will not tag swimmers or parents on Facebook (unless the parent is an FSO vendor).
- If a parent or swimmer wishes to tag a photo of themselves or a family member, they are encouraged to share the photo to their own Facebook timeline and tag it there.
- Any tags of minors placed on the FSO page will be removed, regardless of parental consent.
- All photos and videos will be previewed carefully before posting to be sure that no one is shown in an inappropriate or unflattering way.
- When possible, as a courtesy, swimmers in posed photographs will be verbally notified that the photo is for FSO use and will be asked for permission to take the photo and to post the photo.
- Only people designated by the FSO Board of Directors will have access to posting photos and videos on behalf of the Folsom Sea Otters.

REFUND POLICY

1. **There are no partial refunds due to your decision to not participate in any specific dual meet and/or Champs.**
2. **There will be no refunds after the official drop date (April 23, 2023).**

Returning Swimmers: Swimmers with returning swimmer status that are on the official team roster at the end of the previous season and will have priority to register beginning January 21, 2023. Open registration begins February 1, 2023. Siblings, who are new swimmers to the team, are also allowed to register during priority registration.

Returning Swimmer Status: To have the honor of returning swimmer status, the family must have completed the required volunteer commitments (for the previous year) and the swimmer competed in at least 3 swim meets, not including Time Trials. Building a strong swim team requires committed swimmers and committed team parents.

New Swimmers: All new swimmers will be allowed to register utilizing our online system as long as there is space available in their age and gender group. New swimmers may start registering February 1, 2023. All new swimmers, including swimmers on the waitlist (see below), are required to pass the Water Safety Check in order to secure a spot on the 2023 swim team. Swimmers who are registered but do not pass the Water Safety Check will be refunded the registration fee minus a \$50 processing fee.

Waitlist Swimmers: Swimmers who tried to sign up on-line and were denied due to an age group being full may sign up for our waitlist. This occurs at the time of registration. There is a \$20, non-refundable waitlist fee that will be applied to your membership dues if you are added to the team. We will notify a waitlist swimmer as soon as a spot opens up in a particular age group. All new waitlist swimmers need to attend the Water Safety Check on March 20th from 4:30pm - 6:30pm, rain or shine. If a waitlist swimmer does not attend the Water Safety Check, he/she will not receive a potential spot on FSO and will forfeit their waitlist fee.

Water Safety Check: Swimmers will be allowed to rest on the lane ropes, but will not be allowed to pull themselves along or touch the bottom of the pool.

6-Under Age Group - must demonstrate his/her ability to swim 25 yards (1 length across the pool), unassisted, in less than 90 seconds.

7-8 Age Group - must demonstrate his/her ability to swim 25 yards (1 length across the pool), unassisted, in less than 75 seconds. Swimmer must show some ability to perform the freestyle stroke.

9-10 Age Group - must demonstrate his/her ability to swim 25 yards (1 length across the pool), unassisted, in less than 60 seconds. Swimmers must show the ability to perform the freestyle stroke with side breathing.

11-12 Age Group - must demonstrate his/her ability to swim 50 yards (2 lengths of the pool), unassisted, in less than 90 seconds. Swimmers must show the ability to swim the freestyle stroke with side breathing.

13-14 Age Group - must demonstrate his/her ability to swim 50 yards (2 lengths of the pool), unassisted, in less than 75 seconds. Swimmers must show the ability to swim the freestyle stroke with side breathing.

15-18 Age Group - must demonstrate his/her ability to swim 50 yards (2 lengths of the pool), unassisted, in less than 60 seconds. Swimmers must show the ability to swim the freestyle stroke with side breathing.

We cannot accept swimmers who are unable to meet the time standards established with these conditions, as we want all swimmers to be safe in our pool at all times.

The swimmers are assessed by coaches and designated team personnel. Their assessment is final. Please respect their decision since it is for the safety of your kids. **The pool is heated so the Water Safety Check will take place rain or shine.** Please wear a swimsuit, tie long hair back or cap it, must bring goggles, a towel, and some warm clothes to change into afterwards.

Please understand that any swimmer new to the team who does NOT pass a Water Safety Check will NOT receive a spot on the swim team or cannot attend practices and those spots will go to waitlisted swimmers who pass. Waitlisted swimmers who do not attend the Safety Check automatically give up their chance of earning a spot on the 2023 swim team.

We realize new swimmers develop the ability to swim at different paces or have set backs in their ability to safely swim so if needed, and at the coach's discretion, swimmers may be placed in a special developmental practice group according to their ability. If a swimmer passes the Water Safety Check but does not demonstrate they are safe in the pool during the practices, they may be asked to vacate their spot on the team or transfer to our Junior Otters Program (if aged 4-6) until they have demonstrated they can safely swim. We have skilled coaches teaching swim technique, so we want their focus to be on improving technique and not on one swimmer who is unsafe in the water.

The Water Safety Check is scheduled for March 20, 2023, 4:30pm – 6:30pm at the Steve Miklos Aquatic Center pool. The pool is heated so the Water Safety Check will take place rain or shine. Please bring goggles, a towel, and some warm clothes to change into afterwards. More information about the team will be available during the Water Safety Check. ***Any new swimmers who previously swam for USA swim teams, High School teams, and/or a different team in previous seasons may be allowed to bypass our Water Safety Check upon verification and approval by team personnel. Please provide this information to our registrar (registrar@folsomseaotters.com) during the registration process, and she will forward the information to the appropriate person for confirmation.**

TEAM COMMUNICATION

The main form of communication is through email. The weekly newsletter, bulletins, and announcements are sent out in bulk. Some applications block emails of this nature. You will need to check your application settings to determine how to allow email from info@folsomseaotters.com to get through. If you are not receiving notices from the FSO, contact us at the above email address and we will attempt to resolve it. If you are receiving email at a company address it may not come through (HP addresses usually bounce back the emails).

2023 FSO BOARD MEMBERS

President	Kristen Brown
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Vice President	Branigan Schoppman
Recording Secretary	Christine Braid
Registrar	Nicole McCarthy
Communications Director	Doreen Muscott
Activities Director	Sydney Warner
Computer Operations	Michael Dickerson
Deck Operations	Jon O'Neal
Volunteer Coordinator	Ray Cleverly
SSL League Representative	Jessica Jaco
Fundraising Coordinator	Janell Pomeroy
Coach Coordinator	Dennis Mayoral
Treasurer	Megan Mayoral

TEAM RULES AND CODE OF CONDUCT

All organizations need rules and procedures for the success of the participants. The FSO swim team has adopted these rules to keep our organization fair, safe, and enjoyable for all its members. Violation of the TEAM RULES AND CODE OF CONDUCT will result in disciplinary actions. The TEAM RULES AND CODE OF CONDUCT applies to all swimmers and their families.

1. Treat all other swimmers, coaches, officials, parents, and visitors with respect and courtesy.
2. No swimmer is allowed in the water unless a coach is on duty and directs the swimmer into the water.
3. All swimmers are to be on time for their set practice (this is to prevent practice interruptions) with required equipment.
4. All swimmers are to remain in the pool during practice unless directed by the coaches.
5. **Parents, and all others, during practice workouts, are to stay away from the pool and to refrain from conversation with swimmers and coaches.**
This is to ensure the safety and fairness to the swimmers and coaches. Being disruptive will result in removal from the pool deck.
6. Walk on the pool deck at all times, absolutely **NO RUNNING.**
7. Horseplay, rowdy behavior, profanity, harassment towards others, or any inappropriate activity will not be tolerated. When you represent the Folsom Sea Otters, you will adhere to the FSO Team Rules and Code of Conduct.
8. Misuse or mistreatment of team equipment or pool facilities will not be tolerated. Willful damage will be the responsibility of the swimmer and the swimmer's family.
9. Every swimmer and their family will support and practice good sportsmanship, team spirit, and cooperation.
10. Siblings are not allowed to wait unattended on deck during practice or a meet. There is no deck supervision for children not participating in practice.
11. Swimmers 8 and under must have a parent or responsible adult present during practice.
12. When picking up a swimmer from practice it is best to park in a designated spot, walk in and escort your swimmer back to the car. Having children wait outside

the facility is not recommended. The red curb in front of the Aquatic Center is a NO STOPPING area. Folsom Police may ticket you even if you are waiting in the vehicle.

13. To participate in a swim meet, each swimmer must sign up online, in advance of the deadline, on the team website. You must indicate whether you will or will not attend the swim meet. The deadline to sign up for a swim meet and sign up or drop volunteer shifts is one week before the meet, unless otherwise specified.
14. **All members of the swim team, according to age group and gender, will swim in at least two events per swim meet. Events constitute individual or relay events. Current league rules state that a swimmer may enter three individual events. Relays do not count as individual events. A swimmer may only enter in a fourth event for exhibition purposes (non-scoring) and if approved by the head coach.**
15. All Parents/guardians will fulfill all volunteer jobs they have signed up for. Failure to complete a job assignment will result in a **\$50 fee** and may impact their swimmer's ability to participate in future meets and returning swimmer status.

A team rule violation by a swimmer may require the FSO Board of Directors to review the violation, if appropriate, or the coach to discuss the violation with the swimmer and parent. It will be the coach's/FSO Board's discretion whether appropriate action consists of:

1. A verbal warning and/or removal of the swimmer from the water for a determined amount of time.
2. A written warning and/or removal of the swimmer from the pool for a determined amount of time.
3. Depending on the severity of the violation, the FSO Board and the coaches may require a meeting with the swimmer and their parent/guardian to resolve the issue. Swimmers that continue to violate the Team Rules and Code of Conduct or become a disciplinary problem will result in the FSO Board handling the situation with the swimmer and/or family. Individual circumstances will determine if a swimmer should be placed on a probationary status.

Probation: Probation will consist of a four-week period during which the swimmer will be able to continue with their practices and team functions, with the understanding that their behavior will determine their future with the team. If another violation occurs while on probation, the following consequences will be applied:

First Offense: Will result in a two-week parental attendance period at all team functions (practices, meets, etc.) to ensure swimmer's behavior is deemed safe. Failure by the swimmer or guardians to display appropriate behavior will result in suspension or removal. The coaches will assist the FSO Board in determining the swimmer's probationary status for continued probation, if applicable.

Second Offense: Will result in team suspension for a length of at least two weeks. Suspension will prohibit the swimmer from attending any team functions, private or open to the public.

Third Offense: Will result in a permanent suspension of all team activities. Said swimmer will not be allowed in team areas during any team-sponsored activities. Depending upon the severity of the rule infraction, a swimmer may be suspended without being placed on probation by a decision of the FSO BOARD.

The Folsom Sea Otters swim team reserves the right to suspend a swimmer temporarily or permanently, depending on the violation.

SWIMMER'S RESPONSIBILITIES

1. Be familiar with and adhere to the Team Rules and Code of Conduct.
2. Attend assigned practice sessions on a regular basis.
3. **Attend a minimum of 3 swim meets and support the team by attending the Suburban Swim League Championships. Swimmers MUST attend 3 swim meets to receive an end of year award.**
4. Sign up for a meet by the posted deadline, or you will not be able to attend that meet.
5. Notify the coordinators and coach at (info@folsomseaotters.com) as soon as possible if you will not be able to attend a meet that you signed up for.
6. Team swimsuits and caps (if needed), are required to be worn by all swimmers at all swim meets. Swimmers will not be allowed to participate in a swim meet without the team suit or an all black suit. Folsom Sea Otters swim team expects that all members will wear the team swim suit as specified on the team website during all league meets, including SSL Championships. The team suit will be an appropriate meet-style solid black and/or red suit as shown on the website.
7. Swimmers with long hair must wear a swim cap. The team cap will be a red cap, either silicone or latex, with the FSO logo on both sides. Optionally, you can choose to have your cap personalized with a name below the FSO logo. The personalized caps require a minimum purchase of two and are by order only. Please check the website for ordering and purchasing information.
8. Do not "horseplay" or use profanity or other inappropriate language.
9. Support and practice good sportsmanship and team spirit.
10. Respect the rights of other swimmers, parents, coaches and meet officials.
11. Help in setting up and putting away all equipment when asked by a coach or team and take anything you brought to the pool away with you.
12. HAVE FUN!!

PARENT'S RESPONSIBILITIES

1. Be familiar with and adhere to the Team Rules and Code of Conduct as outlined in the FSO Handbook (some of which is repeated below).
2. Read the Team By-Laws.
3. Complete volunteer shifts you sign up for. Make any changes to your volunteer shifts prior to the event closing (approx. 1 week prior to the event). After the event closes, it is the parent's responsibility to find a replacement and notify the Volunteer Coordinator of the change.
4. Support the coaches and team with a positive attitude.
5. Read all team communications including, but not limited to, the FSO Handbook, bulletin boards, team email, family folders, and the weekly Ottergram.
6. Take responsibility for the conduct and discipline of your children at practice and meets. Support any disciplinary action necessary by the coaches or the team officials.
7. Refrain from using profanity or other inappropriate language.
8. Familiarize yourself with the rules regarding citations and probation.
9. Parents are welcome to **observe** practice; however, they must refrain from disturbing the swimmers and the coaches during practice. If, for some reason, you must communicate with your child, do so through the coach.
10. Make sure your child has signed up prior to deadlines for meets he/she wishes to participate in.
11. Notify the Head Coach and Volunteer Coordinator (info@folsomseaotters.com), as soon as possible, if your child cannot attend a meet he/she is scheduled to swim or has to leave early. You are still responsible for completing your volunteer shifts or finding your own replacement and notifying the Volunteer Coordinator of the change.
12. Make sure your swimmers make it to the ready bench (for younger swimmers) or the blocks before each of their heats during the meet.

DROP POLICY

Swimmers who decide to leave the Folsom Sea Otters swim team must provide written notice to the Folsom Sea Otters Board of Directors via registrar@folsomseaotters.com by April 23, 2023.

A 75% refund of the registration fees will be given if you decide to leave the team from January 21, 2023 thru March 28, 2023.

A 50% refund will be given if you decide to leave the team (according to the guidelines above) from March 29, 2023 thru April 23, 2023.

New swimmers who do not pass the Water Safety Check will receive a full refund of their registration fees, less a \$50 processing fee.

No refunds will be given after April 23, 2023, no exceptions.

Any participant in the Jr. Otters program that decides to leave the team must provide written notice to the Folsom Sea Otter Board via registrar@folsomseaotters.com prior to May 30, 2023, and shall receive a 50% refund of their registration fees.

No Jr Otters refunds will be given after May 30, 2023, no exceptions.

Questions regarding our refund policy should be sent to registrar@folsomseaotters.com

SEASON CALENDAR & MEET SCHEDULE

A calendar can be found on our website: www.folsomseaotters.com. It lists all important events throughout the season, including team events, practices and meets and will be updated as events are planned. Check the website weekly during the season.

PRACTICES

Practice schedules are available on our website. Practices will be in the afternoon/evening for the months of April/May and in the morning or evening during June and July. During June/July morning practices are the preferred time slot as space will be limited during the evening practices. Evening practices are not available for swimmers 13 and older during the summer schedule. They will have to attend morning practices. Swimmers must be on time to all practices, ready to swim with swimsuit on, goggles, swim cap (if appropriate), water bottle, and towel. Swimmers should wear warm clothing over their suits and shoes for when they are “on deck” during part of the practice. Swimmers 8 years and older are expected to be able to swim free, back, breast, and fly.

SWIMMER'S JARGON – TERMINOLOGY

Team Tent: The designated area where meet information is posted during swim meets. All swimmers should check the Team Tent prior to the start of a meet and

before leaving a meet. Team Relays may be changed up to the event. It is very important to not leave a meet if you are scheduled to swim in a relay.

Ready Bench: Area where kids 10 and younger are seated prior to their Event. Each meet has a joint ready bench where kids from both teams are seated according to heat and lane for each designated event including relays.

Seeding: The placing of swimmers in heats according to **qualifying times**. At Time Trials, swimmers will get their first official times.

Heat: Each race within an event. For example, there could be four heats in the girls, age 9-10, freestyle event.

Event: Every swim meet follows the same event schedule with 83 events. Each event can have multiple heats.

Scratch: A swimmer who was officially entered in an event, but who has been deleted due to injury, sickness, or no-show.

Medley: A race in which all four strokes are swam.

Medley Relay: BACK – BREAST – FLY – FREE (events 10-19/ 7yrs and older)

Individual Medley: FLY – BACK – BREAST – FREE (events 1-8/ 9yrs and older)

Relays: A relay race; it may be either a freestyle relay or a medley relay.

DUAL MEETS

1. A swim meet in which two teams compete. The Sea Otters swim seven dual swim meets starting in May.
2. Each team may have no more than five entries/swimmers per official heat (first heat in each event) individual and relay events.
3. All members of the swim team, according to age group and gender, will swim in at least two events (individual and/or relay) per swim meet. Current league rules state that a swimmer may enter three individual events, but a swimmer is considered as having entered an event only if he/she competes in the official heat. The coaches will place swimmers in events so as to best help the swimmers and the team.
4. In the “6 and under” coed relay event, the team may consist of any combination of girl or boy swimmers but cannot be all boys and/or all girls.
5. To participate in a meet, the swimmer must sign up one week before the meet.
6. Parents must complete volunteer shifts (see volunteer section).

CHAMPIONSHIP MEET

The Championship (Champs) meet is the season’s last swim meet of the season, during which swimmers from all eight Suburban Swim League teams compete. Champs will be held at the end of July. It is the League’s belief that all swimmers should participate, regardless of swimming proficiency. Because the heats are seeded, each swimmer will be assigned to heats against swimmers of similar ability. It is a fun event in the spirit of competition and good sportsmanship where many swimmers beat their best times. League records are held for the various age groups and awards will be awarded to swimmers who earn the top points for their age groups.

In order to qualify to swim at Champs, a swimmer must participate in a minimum of three dual league meets during the current season. A waiver from this requirement is

available for medical reasons or other hardships. The League does not consider other athletic team commitments or family vacations to be grounds for granting a waiver.

1. Each member of the Folsom Sea Otters may enter up to five individual events. Individual entries are the choice of each swimmer. The team covers fees for Championships. We ask that once you commit to swimming at Champs, do not scratch from your races. FSO does not get a refund of the fees we pay for you to participate.
2. **Championship sign-ups are due approx. 1 month before Champs. No late sign ups or changes will be accepted.**
3. The Folsom Sea Otters can enter two relay teams per age group, for each of the boy and girl categories, in both the medley relay and freestyle relay. Relay teams will be determined by the coaches according to times and performance capabilities. Being on a relay team is an honor and the swimmer is responsible for checking if they are on a relay team and being present for the relay.
4. Parents must volunteer for one shift each day their children swim at Champs.

VOLUNTEERING

Parental participation makes the recreational swim season function. Without volunteers, swimmers cannot compete and swim meets cannot run. Each family is required to work one shift per swim meet, one tear down shift and one non-swim meet shift - during the regular season. Alternate volunteer jobs will be assigned on an as needed basis, please see the Volunteer Coordinator. Additional volunteering is required at the Championship Meet; where parents are required to volunteer for one shift each day their swimmer swims.

After registration you will sign up online for volunteer shifts. Changes to volunteer shifts need to be made 1 week prior to the event before the event is “locked” online. The Volunteer Coordinator needs to be notified if changes are needed. FSO understands that not every parent can work every meet so if you have a conflict, it is your responsibility to work with the Volunteer Coordinator to adjust your per meet volunteer requirement (i.e. agree to work a different non-meet event, work a double shift during a different meet, etc).

VOLUNTEER CHOICES

The various volunteer choices are described below and require little or no experience:

Meet Check-In

Checking in swimmers before the meet begins. Good for families with little ones. Have to be at meets significantly early.

Stroke and Turn Judge

Small amount of extra training needed; best for families with at least one season of swimming experience (not necessarily FSO). Gives the best “seat” in the house for

watching the races! Good for families with independent swimmers or 2 adults at the meets.

Hospitality

This is taking cool drinks and snacks around to people working on deck during the meets. Also includes an Otter Pop monitor, to keep an eye on our incentive Otter Pops. Good for families with young swimmers (who go to the Ready Bench) or older swimmers (who are independent), or two adults at the meets.

Timers

This is sitting at the head of the lanes and starting and stopping the timers for each race. Good for families with independent swimmers or two adults at the meets.

Ready Bench

This is getting our youngest swimmers organized and to the blocks for their races. This volunteer job is very good for families with young swimmers (as you will be shepherding your little ones here anyway).

Team Tent Parent

This is a job to support the families and swimmers by answering questions and updating any scratches or changes to the event schedule. At least one year of swim team experience is needed for this position.

Clerks of the Course (Lane/Block Monitor)

Home meets only. No experience needed. This is using the meet program to make sure the correct swimmers are at their blocks. You walk behind the blocks, communicate with the timers, and check the names of all the swimmers. Good for families with older swimmers (who are independent), or two adults at the meets.

Runners

This is running the time sheets from the timers, and the disqualification slips from the Stroke and Turn Judges, over to the computer ops team. A great job for families with swimmers of all ages, because you can go and check on your tent area or young swimmers in between "runs."

Ribbons

This is putting stickers on ribbons for all racers. Good for families with swimmers of all ages. There is also a shift Monday morning after away meets during practice.

Warm-up Pool Monitor

This is monitoring the warm-up pool during meets to make sure swimmers are indeed warming up and swimming laps only (as opposed to hanging out in the pool playing with friends). Good for families with swimmers of all ages.

Meet Set Up

Friday evenings before meets, and about 1 hour before the meet, home meets only. No experience needed. You need to be at the meet site quite early. Good for families with swimmers who are not yet independent. This crew will be largely a fixed (not rotating) crew and quite small.

Computer Ops

This is working with the Colorado timing system to record the race times and entering swimmer disqualification slips during the meet. Volunteers should be comfortable with computers, but no previous experience needed. Training will be provided. This is good for families with young swimmers (who go to the Ready Bench) or older swimmers (who are independent), or two adults at the meets.

Meet Referee

The meet referee acts as the lead official on deck. The meet referee will coordinate with meet officials no later than 30 minutes prior to the start of the meet to ensure the volunteer jobs around the deck are filled. The meet referee will make ruling decisions and ensure the meet provides a safe, fair, and enjoyable environment for swimmers and families.

Team Photographers

Take photos of swimmers during meets and non-meet events. Must have a dSLR camera or similar. Need to take photos of all events and heats. Provide the photos to WebMaster for posting online shortly after the event. Provide photos via CD, DVD, flash drive, etc. Good for families with older kids or two adults at the meet.

Tear Down

After a home meet, assist with tearing down the meet (tents, tables/chairs, timing system and whatever else is needed) to get the Aquatic center ready for public swimming.

Non-Meet Events:

Fireworks Booth

This happens in the week before July 4th. Shifts are approximately three hours per shift. Shifts happen rain or shine, so you must be able to serve in the heat. This requires a FIRM commitment. Once you volunteer, you cannot substitute or back out of your commitment. If you do not show for your committed shift, you will be billed for the amount the team loses for a “no show.” This amount can be several hundred dollars.

Laps Challenge

Varying hours, outside of meets. This is helping with the Laps Challenge fundraiser, including event planning, gathering donations for prizes, etc.

Carbo Night, Coaches' Appreciation, Awards Night

Various fundraisers and team events. Helpers needed to assist with set up, work the events, gathering of prizes and donations, trophies, etc.

TYPICAL SWIM MEET TIME TABLE

6:00 – 6:15 AM	Swimmers check in
6:15 – 6:30 AM	Team Scratches*
6:30 – 6:55 AM	Home Team Warm-up period
6:55 – 7:20 AM	Visiting Team Warm-up period
7:30 – 1:00 PM	Swim Meet (end times may vary)

Times can vary. We will communicate times for each meet beforehand.

***TEAM SCRATCHES:** In the Suburban Swim League, once changes are made in the scratch session, no further substitutions are allowed, except in the case of illness or injury. Consequently, if you do not arrive at the meet on time, the coaches have no alternative but to scratch you from the meet. You are still responsible for completing your volunteer shifts.

WHAT DO WE BRING TO A MEET?

1. Team swim suit
2. Team swim cap if needed (extra one is nice to have on hand)**
3. Goggles (nice to have a backup or two)
4. Towel (more than one is nice if the weather is cool)
5. Sandals or shoes
6. Sunscreen (the more the better)
7. Sweats or parka (mornings can be colddddddddd)
8. Sunglasses
9. Hat
10. Sleeping bag, small tent, folding chairs
11. Quiet games, cards, books
12. Money for the snack bar, if applicable (it is a fundraiser at home meets) or pack some nutritious drinks and snacks

**Please have your swimmers remove their swim caps after their event (especially on a hot day); otherwise, the heat will cook their little heads!

WE'RE HERE, WHAT DO WE DO NOW?

SIGN IN: There will be a sign-in table at each meet. Home meet sign-in is in the classroom.

1. Check-in for your volunteer shifts. Double check you know your volunteer job, shift and name of job lead. Failure to check in will count as a "No Show."
2. Sign in your swimmer. Sign-ins are done by age and gender.
3. Once your swimmer has been signed in at the venue you can view the computer-generated list of the events in which he/she is to swim that will be posted outside the classroom. There may be instances when, due to scratches, the swimmer's events are changed (please see "scratches" and "changes" below).

PROCEED TO LOUNGE AREA: There is a designated "lounge area" for each team. This is where the swimmers and their families wait and rest between events.

1. This is an **area where each family "sets up camp"** for the day with their tents, chairs, ice chests, blankets, games, etc. This is a great meeting place for families and friends.
2. It is important for swimmers to stay in this area as much as possible when they are not swimming or cheering for teammates. It is easier to find stray swimmers.
3. You can choose to sit in the stands but we are not allowed to set up on the pool deck area.

SCRATCHES: Swimmers who have signed up for a meet but have not checked in by the specified time, will be considered "scratched" from the meet. Parents and swimmers must check for changes (see CHANGES) throughout the day.

If your swimmer cannot make a meet that he/she has signed up for, **you MUST email FSO by 6:30 am** the morning of the meet (info@folsomseaotters.com).

Each meet is drawn up the week before. When a swimmer does not show, the meet is changed. This results in delays in the meets and a lot of extra work for our coaches and computer ops team who should be on the deck with our Swimmers. We realize that kids get sick and emergencies come up. If something comes up and your child cannot make the meet, you must email **info@folsomseaotters.com**. Having another parent tell the coach or a board member is not acceptable, leaving a note for the coach or board member is not acceptable, please send an email so that we know to scratch your swimmer from his or her events.

CHANGES: Changes in a meet are bound to happen; Swimmers get sick, injured, etc. It is the responsibility of the parent and swimmer to check for changes throughout the day. Changes will be posted in a designated area.

VOLUNTEERING:

- Find your volunteer job lead. Introduce yourself and find out if they will have a short meeting before the swim meet starts.
- Please report to your job on time. First shift starts prior to the meet starting. Second shift will be announced, but a good way to ensure you're not late is to know what swim event the volunteer lead wants you to start. Please sign in when you report to your job; this way we will be able to ensure everyone is showing up to their assigned job.

BE READY FOR YOUR EVENT:

If your swimmer is 10* years old or under, please make sure to help them to the ready bench two events before their race. Parents are not allowed to stand at the blocks. **It is the swimmer's responsibility to be at the blocks for their assigned race or ready bench for the younger swimmers. Please DO NOT rely on the announcing system because you cannot always hear it when there is a lot of background noise.** Check the meet frequently. *Note: The age limit for Ready Bench is currently under revision on the league level. Please check with your coach if you are not sure whether or not your swimmer will use the ready bench.

CHEERING AND GOOD SPORTSMANSHIP:

By all means swimmers and parents please cheer for our team! Always show good sportsmanship to the other team. Swimmers should wait at the end of their lane and shake hands with the swimmers on either side of them.

THE MEET IS OVER:

Before leaving the pool at the end of the meet, please clean up around the lounge area by putting all garbage in the appropriate receptacle. Make sure to stay for a tear down if it is your assigned job.

MEET EVENTS:

EVENT	GIRLS	AGE GROUP	DISTANCE	STROKE	BOYS	EVENT
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1	GIRLS	9-10	100 Yards	Ind. Medley	BOYS	2
3	GIRLS	11-12	100 Yards	Ind. Medley	BOYS	4
5	GIRLS	13-14	100 Yards	Ind. Medley	BOYS	6
7	GIRLS	15-18	100 Yards	Ind. Medley	BOYS	8
9	CO-ED	6 & Under	100 Yards	Free Relay		
10	GIRLS	7-8	100 Yards	Med. Relay	BOYS	11
12	GIRLS	9-10	100 Yards	Med. Relay	BOYS	13
14	GIRLS	11-12	200 Yards	Med. Relay	BOYS	15
16	GIRLS	13-14	200 Yards	Med. Relay	BOYS	17
18	GIRLS	15-18	200 Yards	Med. Relay	BOYS	19
20	GIRLS	6 & Under	25 Yards	Freestyle	BOYS	21
22	GIRLS	7-8	25 Yards	Freestyle	BOYS	23
24	GIRLS	9-10	25 Yards	Freestyle	BOYS	25
26	GIRLS	11-12	50 Yards	Freestyle	BOYS	27
28	GIRLS	13-14	50 Yards	Freestyle	BOYS	29
30	GIRLS	15-18	50 Yards	Freestyle	BOYS	31
32	GIRLS	7-8	50 Yards	Long Free	BOYS	33
34	GIRLS	9-10	50 Yards	Long Free	BOYS	35
36	GIRLS	11-12	100 Yards	Long Free	BOYS	37
38	GIRLS	13-14	100 Yards	Long Free	BOYS	39
40	GIRLS	15-18	100 yards	Long Free	BOYS	41
42	GIRLS	6 & Under	25 Yards	Back	BOYS	43
44	GIRLS	7-8	25 Yards	Back	BOYS	45
46	GIRLS	9-10	25 Yards	Back	BOYS	47
48	GIRLS	11-12	50 Yards	Back	BOYS	49

50	GIRLS	13-14	50 Yards	Back	BOYS	51
52	GIRLS	15-18	100 Yards	Back	BOYS	53
54	GIRLS	7-8	25 Yards	Breast	BOYS	55
56	GIRLS	9-10	25 Yards	Breast	BOYS	57
58	GIRLS	11-12	50 Yards	Breast	BOYS	59
60	GIRLS	13-14	50 Yards	Breast	BOYS	61
62	GIRLS	15-18	100 Yards	Breast	BOYS	63
64	GIRLS	7-8	25 Yards	Butterfly	BOYS	65
66	GIRLS	9-10	25 Yards	Butterfly	BOYS	67
68	GIRLS	11-12	50 Yards	Butterfly	BOYS	69
70	GIRLS	13-14	50 Yards	Butterfly	BOYS	71
72	GIRLS	15-18	50 Yards	Butterfly	BOYS	73
74	GIRLS	7-8	100 Yards	Free Relay	BOYS	75
76	GIRLS	9-10	200 Yards	Free Relay	BOYS	77
78	GIRLS	11-12	200 Yards	Free Relay	BOYS	79
80	GIRLS	13-14	200 Yards	Free Relay	BOYS	81
82	GIRLS	15-18	200 Yards	Free Relay	BOYS	83

DRIVING DIRECTIONS

(Estimated Travels Times are from Aquatic Center)

Broadstone Barracudas

820 Halidon Way, Folsom

10 minutes travel time

From East Bidwell, turn right onto Oak Ave Pkwy. Turn left onto Halidon Way. The Broadstone Racquet Club is on the left side.

College Greens Gators

2707 Notre Dame Drive, Sacramento

30 minutes travel time

Take HWY 50 West to Watt Avenue and exit towards Watt Avenue South. Merge onto Watt Avenue. Turn right onto Folsom Blvd. Turn right onto Julliard. Turn right onto Notre Dame Dr.

El Dorado Hills Taz

1021 Harvard Way, El Dorado Hills

15 minutes travel time

Take HWY 50 East to El Dorado Hills exit. Merge onto El Dorado Hills.

Turn right onto Harvard Way. Make a U-turn at Tah-Nee Way.

Granite Bay Gators (at Granite Bay High School)

1 Grizzly Way, Granite Bay

20 minutes travel time

Take Folsom-Auburn Road. Turn left on Oak Avenue Parkway. Turn right on Santa Juanita Ave. and continue onto Barton Road. Turn Left on E. Roseville.

Turn right at Wellington Way. Take first right onto Grizzly Way.

Loomis Basin Dolphins (at Del Oro High School)

3301 Taylor Road, Loomis

25 minutes travel time

Take Folsom-Auburn Rd to Douglas Blvd. Turn left onto Douglas Blvd. Turn right onto Sierra College Blvd. Turn right onto Taylor Rd.

Park Terrace Penguins

5500 Parkfield Court, Sacramento

35 minutes travel time

Take HWY 50 West toward Sacramento. Then take I-5 south to Seamus Ave. exit towards Fruitridge road. Turn left onto Seamus Ave. Turn left onto Parkfield Court. PLEASE DO NOT PARK IN NEIGHBOR'S DRIVEWAYS.

Sierra Sharks

2502 Country Club Drive, Cameron Park, CA 95682

Cameron Park Community Center

20 Minutes travel time

Take 50 East to Cambridge Road exit in Cameron Park (exit 34), turn left, go over freeway. The first four-way stop sign is Country Club Drive (about ¼ mile.) Turn left onto Country Club Drive (about ¼ mile.)