



# Welcome!

The Folsom Sea Otters are excited to welcome you to our pool. On behalf of our swimmers, coaches, and families we want to provide you with helpful information to make your visit more enjoyable and convenient. We are a ten-lane pool located at the Folsom Aquatic Center.

**CURRENT COVID RULES APPLY. MEET SCHEDULE & CHECK-IN SUBJECT TO CHANGE.**

**ADDRESS AND PARKING:** The **Folsom Aquatic Center** is located at **1200 Riley Street**, in Folsom. We are next to Lembi Park and across the street from Raley's. There is usually ample parking in the parking lot adjacent to the pool. Please do not park in no parking zones. There is a vehicle loading/unloading area at the round-a-bout near the back gate.

**SET-UP:** Our family set-up time opens at 6:30am. Families may set up their tents anywhere inside the Aquatic Center on the grass area and outside the gates on the extended grass area.

**MEET SCHEDULE (TENTATIVE):** Due to a requirement to complete the swim meet and have everyone out of the facility before the Pool opens to the public at 1:00pm, swim meets start promptly at **8:00AM**.

Family set-up and check-in:	<b>6:30 – 6:50 am</b>
Coaches scratch session (Brick Bldg Classroom):	<b>7:00 am</b>
FSO warm-up time:	<b>6:55 – 7:20 am</b>
Visiting team's warm-up time:	<b>7:20 – 7:45 am</b>
Team Cheers & National Anthem:	<b>7:45 am</b>
Meet Start:	<b>8:00 am</b>

**CHECK-IN (TENTATIVE):** Visiting team check-in is located on the outside walkway at the back entrance, near the round-a-bout vehicle loading/unloading zone. A table will be provided.

**READY BENCH:** We will be running a joint ready bench with both teams for swimmers up to age 10. We use parents from both teams to staff the ready bench. We will be running ready bench in accordance with the protocol set forth by the league. This will help ensure fun for our younger swimmers and efficiency in getting them to their races on time. The joint ready bench is located near the bleachers at the far end of the pool away from the announcer's station.

**VOLUNTEERS:** The visiting team should provide volunteers for the selected jobs listed below. We have a ten-lane pool and two shifts per meet. First shift is events 1-41 (9-10 Girls IM thru 15-18 Boys Long Freestyle) and the second shift is events 41 – 80 (6U Girls Backstroke thru 15-18 Boys Free Relay). Here are key contacts and the number of positions you will need to fill:

<b>FSO VOLUNTEER COORDINATOR</b>	<b>RAY CLEVERLY</b>
<b>SSL LEAGUE REPRESENTATIVE</b>	<b>JESSICA JACO</b>
<b>FSO PRESIDENT</b>	<b>KRISTEN BROWN</b>
<b>TIMERS –</b> Steven Theuring	<b>15 VOLUNTEERS PER SHIFT</b> (10 Lanes with 3 timers per lane). Report near the warm up pool on the brick building side for the morning meeting and lane assignments.
<b>STROKE AND TURN JUDGES –</b> Angela Gulley, Lead Judge & Deck Referee	<b>4 VOLUNTEERS PER SHIFT.</b> Must be trained and certified. Report to the ping pong table near the scoreboard for the morning meeting and lane assignments.
<b>READY BENCH –</b> Stephen Minto	<b>6 VOLUNTEERS PER SHIFT</b> (4 regular and 2 backups). Report to the Ready Bench at the start of your shift.

**WARM-UP / COOL-DOWN POOL:** We will have lanes available for swimmer warm-ups and cool-down in the pool next to the main pool. Please inform swimmers that these lanes are only for that purpose and any swimmers not swimming laps will be asked to leave the pool. This pool is monitored and **no diving or general playing is allowed in this pool**. This is a privilege for swimmers only; no parents, coaches, siblings, or family members are allowed to swim.

**CELEBRATE BEST TIMES:** Swimmers are invited to **RING THE BELL** hanging near the coaches' tent if they achieve a personal best time.

**FSO LIVE STREAM LINK:** Our meets are livestreamed. The link to access the meet is - <https://www.youtube.com/channel/UCUlxR6sHDB86lo7aw2HURGQ>

**FOOD AND BEVERAGES:** The Folsom Sea Otters have partnered with local food trucks for breakfast and lunch during our home meets. They will be serving from 8:00 am to 30 minutes before the end of the meet or while supplies last. Credit cards are accepted.

Pink Ice Cream cart and Kona Ice will also be in attendance to serve shaved ice, ice cream and popsicle goodies. Also, there are many restaurants (Starbucks, pizza, Raleys, etc.) within a short walk from the facility.

Please feel free to contact me or our team's SSL League Representative with any additional questions. We look forward to seeing you on deck!

Sincerely,

Kristen Brown  
FSO President