



# 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 Steve Miklos Aquatic Center.

## **MEET SCHEDULE & CHECK-IN SUBJECT TO CHANGE.**

**ADDRESS AND PARKING:** The **Steve Miklos 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 6:00am. FSO families set up their tents anywhere inside the Aquatic Center on the grass area and Visiting teams set up outside the gates on the extended grass area.

**MEET SCHEDULE:** Due to a requirement to complete the swim meet and have everyone out of the facility before the Pool opens to the public at 1:30pm, **swim meets start promptly at 7:30am.**

Family set-up and check-in:	<b>6:15 – 6:40 am</b>
Coaches scratch session (Brick Bldg Classroom):	<b>6:45 am</b>
FSO warm-up time:	<b>6:40 – 7:00 am</b>
Visiting team's warm-up time:	<b>7:00 – 7:20 am</b>
Team Cheers & National Anthem:	<b>7:20 am</b>
Meet Start:	<b>7:30 am</b>

**CHECK-IN:** 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 and chairs 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.

All swimmer's last names must be written on their back, left shoulder.

Please let the Meet Starter and Meet Ref know if you have any swimmers needing special accommodations during their race due to a disability.

**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 – 83 (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>	vacant
<b>SSL LEAGUE REPRESENTATIVE</b>	<b>JESSICA JACO</b>
<b>FSO PRESIDENT</b>	<b>KRISTEN BROWN</b>
<b>TIMERS –</b> Steven Theuring, Head Timer	<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, Lead Ready Bench	<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.

**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.

**FOOD TRUCK:** Vendors provided by Food in the Hood 916 and will be announced.

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.

**CONDUCT:** We expect all members of our team, our opponents and guests to act with respect, fairness, integrity and sportsmanship during meets and events. Anyone acting outside normal meet expectations will be asked to leave at our discretion. We do not tolerate discriminatory, rude or offensive behavior. Please feel free to contact me or our team's SSL League Representative with any additional questions or concerns.

We look forward to seeing you on deck!

Sincerely,

Kristen Brown  
FSO President

## FSO HOME MEETS – CAMPUS MAP



**FSO CHECK IN** – Brick building/classroom. All FSO swimmers go here for home meets to check in.

**SCRATCH SESSIONS** – Held in the brick building / classroom after check in ends.

**READY BENCH** – Corner opposite the Announcer / Computer Ops teams.

**HOME TEAM CAMP** – Is located in the complex on the grass.

**AWAY TEAM CAMP** – Is located just outside the back fence on the grass.

**LOADING / UNLOADING AREA** – Located at the round-about. Available for quick drop off or pick up. Do not park in RED zones in or around the Aquatic Center.

**COMPUTER OPERATIONS / MEET & DECK REFS / ANNOUNCER** – located near the scoreboard under the diving boards.

**COACHES TENTS** – Next to Computer Ops / Announcer on the left side near the opposite side of the pool from the scoreboard (under the high dive).

**SHIFT MEETINGS** –



- Stroke and Turn meet near the ping pong table to the right of the brick building.
- Timers meet near the men's restroom.
- Clerks of the Course meet under the scoreboard.
- Ready Bench meet in the ready bench area.