



American Canyon Program

Fall 2020

SASO Swimming will once again offer a USA Swimming program in American Canyon at the Phillip West Aquatics Center starting on August 31. American Canyon swimmers will primarily practice in American Canyon. However, additional opportunities will be made available to swimmers in additional locations.

We look forward to seeing returning swimmers as well as new swimmers!!!!

Due to COVID-19, we follow social distancing guidelines for all locations, including American Canyon. We are limited to lane space, which also limits us to the amount of swimmers we can have at any SASO location at one time. The American Canyon site currently allows up to three swimmers per lane.

SASO Swimming

SASO Swimming is a year round USA swim team. SASO also offers programs such as USA Water Polo, Swim Lessons, Masters Fitness Swimming and more. Due to COVID-19, we are currently operating on a limited basis.

All coaches are registered and certified USA swimming coaches. SASO takes pride in our ongoing staff training and development.

Kevin Chester is the Lead Coach of the American Canyon program. Ricky Silva is the Head Coach of SASO swimming.

In addition to our coaching staff, SASO has a Team Admin to oversee billing and invoicing.

The Board of Directors works closely with the Head Coach to oversee policies and procedures, as well as events and meets.

Practice Schedule-Starting on August 31

Mondays	5:00-6:30 pm	American Canyon
Tuesdays	6:45-8:15 pm	American Canyon
Wednesdays	5:00-6:30 pm	American Canyon
Thursdays	6:45-8:15 pm	American Canyon
Fridays	5:00-6:30 pm	American Canyon
Saturdays	7:00-8:30 am	American Canyon
Sundays	8:45-10:15 am 10:00-11:30 am 11:15 am-12:30 pm	American Canyon

Dryland practices will also be available-see survey for specific times and locations.

*Swimmers will have assigned days and times. These will be based on survey results collected for each swimmer so that we can properly place them into practices that work for their school and personal schedules.

Fall Practice Survey

All swimmers who will participate with the SASO-American Canyon program should fill out a survey which will allow coaches to place them in the appropriate practice days.

[Survey Link](#)

Groups-SASO American Canyon

Group placement is at the discretion of the coaching staff. Swimmers will be placed in a group based on ability as well as the best social fit. Questions about group placement should be directed to the Lead Coach.

Senior Group**\$159 per month****13 and older**

Swimmers in this group are competitive and committed swimmers. Swimmers are typically high school aged. Main focus of the group is to prepare for senior USA swim meets, high school swimming and possibly beyond.

Junior Group	\$149 per month	9-13 years old
This group is for motivated, goal oriented swimmers. Workouts include stroke technique and training for performance. Focus is on development, technique and fun!!!		

Registration and Monthly Dues

Swimmers can register at our website at www.sasoswimming.org. Registration will include the following:

First month dues	Based on group-see group descriptions
Annual Registration Fee	\$30 per swimmer (swimmer will receive a cap/shirt)

A credit card or debit card can be used when registering with SASO swimming. This card will be kept on file with Team Unify (secured registration and billing system) for monthly billing.

Swimmers will be charged on the first of each month for monthly dues. SASO swimming does not accept checks for monthly payments.

A one time check for Sept-Dec dues and registration fee can be used in lieu of a credit card on file.

To register, you can go to our website and click on "Start Registration."

Registration Questions

Any registration questions can be sent to billing@sasoswimming.org. Either the Team Admin or Head Coach will follow up to assist with any questions or issues.

USA Swimming Registration

All swimmers who participate in SASO swimming MUST be registered with USA Swimming. USA swimming is our governing body as well as our insurance provided. Swimmers who are not currently registered will be invoiced after their first 30 days with the team.

All swimmers will be registered as a USA Swimming Flex member. Cost of this registration is \$30 and will be invoiced. SASO Swimming will register swimmers directly with USA Swimming.

A flex membership can be upgraded to a premium membership at any time.

Sierra Nevada Swimming

SASO Swimming is a part of Sierra Nevada Swimming. This is our local swim area and governing body. Due to our location, SASO also participates in various meets in Pacific Swimming.

COVID 19 and Social Distancing

SASO Swimming requires all members and staff to adhere to COVID-19 and social distancing guidelines. These are based on facility, local and CDC guidelines. We continue to update these guidelines on an ongoing basis. These can be found on our website at:

[SASO COVID-19](#)

SASO Cap and Shirt

Swimmers will receive a SASO cap and shirt in the fall. Caps will be given out in September....shirts will be given out in October. Each year, SASO creates a shirt with a new design.

Communications

SASO utilized various communication platforms, including email, website, social media and more.

A weekly team email is sent to include overall information regarding the team. Lead coaches send a weekly email with information specific to their groups.

Social media sites are updated on an ongoing basis to include info, pictures, accomplishments and more.

Swimmers and families are encouraged to check out our website for a variety of resources. An American Canyon section will be included on our website.

SASO Team Handbook

We will have a new SASO team handbook available on October 1. Due to adjusted schedules and locations, we are currently operating under our previous handbook with modifications.

Meets and Events

SASO will offer meets and events for swimmers as social distancing and county, state and facility guidelines allow. Our first priority is the safety and well-being of our swimmers, families and staff.

The website will be updated throughout the season to include any events. Emails will also be sent to the team as well as groups with info about upcoming events.

We look forward to having all of you at SASO this fall!!!

Ricky Silva Head Coach

Kevin Chester Lead Coach