



# VALLEJO AQUATIC CLUB

## POOL

John F Cunningham Aquatic Center  
801 Heartwood Ave.  
Vallejo, CA 94591-5672

## MAIL

P.O. Box 5846  
Vallejo, CA 94591

## PHONE

707-553-7946 (SWIM)

## WEB

[www.vallejoaquatics.org](http://www.vallejoaquatics.org)

## SWIM MEETS - WHAT TO EXPECT

### SWIM MEET PROCEDURES

- **Arrive on Time.** The arrival time for each meet will be specified ahead of time by the coaching staff (VJO Meet – 7:15am)
- **Report to Check-in table.** Swimmers must report to the check-in table and check in for all events entered. If there are any problems or mistakes during check-in, discuss the matter with your coach, so corrective action can be taken immediately.
- **Find the Team Area.** It is asked that all VJO swimmers sit in the designated team area at meets. At VJO home meets we sit in our Village Area located in the far back north-west corner of the pool.
- **Check-in with Coach.** Find your coach and check-in with them, so they know you are ready to go. Your coach will assign a team lane for warm-ups. A member of the Vallejo Aquatic Club coaching staff will oversee warm-ups.
- **Wear Your Team Suit and Team Cap.** It is mandatory for VJO swimmers to wear the team suit and team cap at all meets. All other team apparel is optional; however, wearing the complete team uniform promotes team unity and greatly aids spectator recognition.
- **Know Your Events.** All swimmers should know which events they are swimming each day. Most swimmers know their events days ahead of time and are working on these events the week prior to the meet. The morning of the meet, write your events on your hand with a Sharpie, this way you won't forget what you are swimming.
- **Check-in with Your Coach Before Every Race.** Prior to each race, swimmers must check in with their coach. You will be giving your coach your heat and lane assignment and be getting some key reminders for the race. Most swimmers write their heat and lane on their hand with a Sharpie, so they don't forget.
- **Check-in with Your Coach After Every Race.** At the conclusion of each race, the swimmer should ask the lane timers for their time. The swimmer should then come IMMEDIATELY to the coaching staff. This gives the coaches an opportunity to discuss the race with each swimmer and add positive and constructive comments concerning splits, stroke technique, race strategy, etc.
- **Final Time.** At most meets, an electronic timing system is used. The swimmers final time is generally the one recorded by electronic timing system and appears on the scoreboard. However, always check the results sheets to confirm the swimmers final time for each event.
- **Warm-up & Warm-down.** Before and after races, swimmers should warm up and warm down in the designated warm-up/ warm-down area. Ask your coach for specifics. In between races, swimmers are asked to rest and stay warm. All energy should be stored and used for competition.
- **It is very important that swimmers check with the coaching staff prior to leaving the swim meet to make certain that their child is not entered on a relay team.**

## WHAT TO BRING TO A MEET?

- VJO team swimsuit (plus extra suit)
- VJO team swim cap
- Goggles, plus extra pair
- Towels (one for each race & warm-ups = 4 towels)
- Swim parka or other warm coat on colder days
- Old blanket or sleeping bag
- Chair
- Quiet games or books
- Food - nutritious snacks
- Water bottle (stay hydrated)
- Rain gear/sunblock if necessary
- Sharpie – to write Event, Heat and Lane on hand

## TEAM UNIFORM

NOTE: Team suits and team caps are **REQUIRED** at all swim meets. All other team gear is highly encouraged, but not required.

**Swim Caps** - The VJO team cap is mandatory at all meets. Coaches have VJO team caps for sale. (Silicone \$12 and Latex \$5). Personalized VJO team caps can also be special ordered.

**Racing Suits** - The VJO team suit is mandatory at all meets. It is a black polyester blend-racing suit with our team logo.

**Team Gear** - Wear all your team gear to meets (ie turquoise team shirt, sweatshirt, sweatpants, parka, warm-up jacket)

## BEHAVIOR AT MEETS

- When you wear the VJO team uniform, remember that your actions reflect on the entire team. Let your actions reflect the pride you have in the Vallejo Aquatic Club!
- For safety purposes, swimmers and parents should stay out of the competition area during a meet unless swimming or serving in an official capacity. Keeping off the deck is also a matter of courtesy to the officials and meet host.
- All questions swimmers and parents have regarding meet results, an officiating call, or the conduct of a meet, will be referred to the VJO coaching staff only. They will pursue the matter through the proper channels.
- As a matter of pride, VJO families should leave the team area and the pool in a neat and clean condition at the conclusion of each day of a meet.
- VJO swimmers are never to scratch or “late enter” an event without consulting with one of the coaches first.
- **After a swimmer is finished with his/her races for the day, they must notify a coach if they wish to leave the meet.**

## VJO SWIM MEET SUIT POLICY

**10 & Unders** Swimmers that are 10 and under will not be allowed to wear a technical racing suit for any meet. At this age, the focus should be on technique, training and race strategies...not a swimsuit. 10 and under swimmers must wear the team suit at all meets. There is no documented evidence that technical suits benefit the performance of athletes in this age demographic.

**11-12** All meets up to Championships MUST be in a team suit. If an 11-12 year old swimmer qualifies for JO's or Far Westerns, they are permitted to wear a tech suit for that meet. However, it is not expected. A team suit is still an appropriate suit to wear.

**13 & Overs** All meets up to Championships MUST be in a team suit. May wear tech suit to highest level Championship meet for which they qualify.

### Go SHARKS!

#### Hammerheads Coaches

**Coach Laurie Tucker:** [laurie@vallejoaquatics.org](mailto:laurie@vallejoaquatics.org)

**Coach Aaron Westbury:** [aronwest@vallejoaquatics.org](mailto:aronwest@vallejoaquatics.org)



### OTHER CONTACTS:

Head Coach, Jennifer Thiem: [jenniferthiem@vallejoaquatics.org](mailto:jenniferthiem@vallejoaquatics.org)

Coach Sophie DiBiase: [sophie.dibiase@vallejoaquatics.org](mailto:sophie.dibiase@vallejoaquatics.org)

President, Jenn Matteo: [president@vallejoaquatics.org](mailto:president@vallejoaquatics.org)

Vice President, Tamara Kawashiri: [vicepresident@vallejoaquatics.org](mailto:vicepresident@vallejoaquatics.org)

Secretary, Cindy DeLange: [secretary@vallejoaquatics.org](mailto:secretary@vallejoaquatics.org)

Treasurer, Madelyn Cueva: [treasurer@vallejoaquatics.org](mailto:treasurer@vallejoaquatics.org)

Membership, Jennifer Pettit: [info@vallejoaquatics.org](mailto:info@vallejoaquatics.org)

Officials, Candace Van Dewark: [officials@vallejoaquatics.org](mailto:officials@vallejoaquatics.org)

Communications, Betsy Zampa: [communications@vallejoaquatics.org](mailto:communications@vallejoaquatics.org)

Volunteer Hours, Heidi Scharffenberg: [vhours@vallejoaquatics.org](mailto:vhours@vallejoaquatics.org)

Meet Director, Joe Sapida: [meetdirector@vallejoaquatics.org](mailto:meetdirector@vallejoaquatics.org)

Events Coordinator, Beth Raymond: [beth\\_christensen@aol.com](mailto:beth_christensen@aol.com)

Team Attire, Miriam Rivera: [miririvera@aol.com](mailto:miririvera@aol.com)