



Welcome to the Rollingwood Rockets Swim Team!

Come join the Rollingwood Rockets Swim Team and be prepared for a fun, fabulous summer. The Rockets are the 11-time reigning Champions of the Sacramento Swim League. Here's what our team has to offer:

- *Professional highly qualified coaches*
- *Friendly and organized parents*
- *Great kids with great sportsmanship qualities*
- *Four months of swimming, fun, and social activities*

Because of these qualities and our emphasis on fundamentals and stroke technique, our program is the best in the area. We provide a fun, positive learning environment and quality instruction to all levels of swimmers. Our program is outstanding for first time swimmers and seasoned veterans alike.

Coaching Staff

Head Coach	Kim Berrios	988-4044
Asst. & Jr. Coaches	Kainoa Pistorius	
	Michelle Berrios	
	Chelsie Orr	
	Denise Steeb	
	Ben Krug	
	Jordan Krack	
	Haley York	
	Alex Landry	

2010 Rollingwood Rockets Booster Club Executive Board

President	Len Epworth	470-5906
1st VP –League Rep.	Dan Landry	722-6362
2nd VP-Champs Rep.	Larry & Julie Stuto	989-3202
Secretary	Mikel Clough	988-2808
Treasurer	Mike Burgenger	989-1800
Registrar	Jackie Kolander	351-8488
Parliamentarian	Michelle Strain	988-1799
Past President	Vickie Dowd	989-5774

Other Important Numbers

Swim Suit	Brenda Carlson	988-2461
Volunteer Coordinators	Kimberly Ryan	985-7881
	Laurie Williams	796-6096
Rollingwood Racquet Club		988-1727

Website

www.rwrockets.net

GOALS & PHILOSOPHY

The Rockets' primary philosophy is to promote competitive swimming in a fun and supportive environment. Our philosophy is *kids come first!* By encouraging our swimmers and families to focus on improving skills and physical fitness, rather than winning, we hope to create an enjoyable experience for all.

At the same time, we set high standards and try to teach the swimmers that discipline and hard work can help them attain their goals. These are lessons they can apply not only to swimming, but to other areas of their lives as well, such as academics, athletics, and life in general.

Finally, we want our swimmers to become good citizens, teaching them to value cooperation, good sportsmanship, and respect for their coaches, officials, teammates and the swimmers from other teams. It is our goal that swimmers will cherish their memories as Rollingwood Rockets- the fun they had at practices and meets, the special friendships made, and the excitement of competition and being a part of a team.

SWIMMER ELIGIBILITY

Any Rollingwood Racquet Club member (4 - 18 years old as of June 1st of the current season) that is able to swim half the length of the pool is eligible for the team. Most important, your child must have appropriate behavior and listening skills to function in a group/team environment. Swimmers are responsible for maintaining a cooperative attitude at all practices, meets and swimming events. See "Swimmer Responsibilities" section for more details.

The **swimmer** must be a Rollingwood member. If you need to have your membership upgraded from a single or couple membership to include your child, please call Rollingwood's Membership Director at (916-988-1727) during business hours.

The Sacramento Swim League's By-Laws stipulate that swimmers may not compete or train in supervised workouts between January 1 and April 1st of the calendar year. *NOTE* - Rollingwood Stroke and Turn Clinics and high-school swim teams are exempted from this rule. **If your son or daughter has entered any swimming competitions or trained in any other form of supervised workout during the off-season, please contact Coach Kim at (916)988-4044 to discuss your swimmer's eligibility. Any swimmer found to be in violation of the Sacramento Swim League's eligibility guidelines will be prohibited from competition.**

PARENT COMMITMENT

Because competitive swimming is dependent on volunteers, your support at meets and/or other team activities is also necessary. One member of each family may be required to work one shift at each meet and will be required to work one shift each day at Champs (except for families with 6&U swimmers). See "Parent's Responsibilities" section for more details. **By signing the Rollingwood Rockets Swim Team Registration form, you acknowledge your volunteer commitment to the team.**

ROLLINGWOOD ROCKETS BOOSTER CLUB

The ongoing and enthusiastic support of the Rocket parents is one of the main reasons our swim team is so fun and successful! By signing your children up for our swim team, you are also making a commitment to join the Rollingwood Rockets Booster Club and provide volunteer help throughout the season AND at Championships.

Each family who has swimmers enrolled on the Rollingwood Rockets Swim Team (RRST) is required to pay the Rollingwood Rockets Booster Club (RRBC) membership fee. See Team Registration Form for fee structure.

The purpose of the RRBC is to provide support in the form of fundraising and volunteers for the RRST. *We do not run the team – we support the team!* In addition to hosting dual meets and providing the necessary support for championships, we provide volunteers to coordinate our different activities; such as fundraising, ordering of team suits and logowear, overseeing our computer needs, organizing parent volunteers for swim meets, providing a team directory, writing a weekly newsletter, posting a team bulletin board at the club, maintaining a website, coordinating our numerous social events, preparing and distributing ribbons for all meets, running a "bead" award

program, and maintaining all team equipment and so much more! And if that is not enough, we provide League and Championship representatives to represent Rollingwood on the Sacramento Swim League Board.

Swim Team Practices

WORKOUT GROUP ASSIGNMENTS

Swimmers are assigned to workout groups based on what the coaches believe is best for each individual. While many of the swimmers in a particular workout group will be similar in age and size, these are only two of the many criteria that go into deciding which group will be the best for each particular swimmer. Most important are the swimmer's technical proficiency, mental attitude, attention span, and ability to handle different levels of exertion.

Swimmers who haven't attended stroke clinics or swum for the Rockets in the past may be asked to swim for Coach Kim so that they can be placed in the appropriate workout group.

The coaches will try to accommodate parents and swimmers with special scheduling needs, but please remember that the workout group assignments are based on what is best for **all** swimmers. In some borderline cases, we may be able to put a swimmer into a different group at the parents' request, but this would be an exception rather than the rule.

WORKOUT GROUPS

In the spring before school is out, practices are held in the afternoon/early evening, and we divide the team into five workout groups. In the summer we change to morning workouts and divide the team into six groups. The indoor pool is used throughout the season for our youngest swimmers. To give you an idea of the criteria the coaches use (and of the goals for each group), here are the descriptions of the **SPRING** (and corresponding summer) workout groups:

FIRECRACKERS & BOTTLEROCKETS (indoor practice groups)

The firecracker & bottlerocket groups are for the youngest swimmers (mostly 7 and under) who are new to the team, or who may still need "in the water" assistance. The bottlerockets are slightly more advanced with better side-breathing, and may be first or second year swimmers. Swimmers in these two groups may or may not be ready for competition. In order to compete in meets, they must be able to complete a half length of the pool non-stop. Group goals are:

1. To feel comfortable and confident in the water.
2. To cooperate with other swimmers, to listen to the coaches, and follow instructions.
3. To learn the fundamentals of freestyle and backstroke. They will be introduced to the other strokes, and will learn how to dive (hopefully!).
4. To develop confidence, stamina, and skills to be able to compete in a meet – and have fun doing it! Although they aren't expected to compete at first, we hope that most of our Firecrackers are ready and want to compete sometime during the season.

GROUP 1: (Summer group: Green or White)

This practice group is composed of younger or new swimmers with good freestyle skills; such as side-breathing, flutter kicking, and breath control, but may not have learned all of the strokes yet. Although it is not a requirement, swimmers in this group are expected to compete in the meets. Goals for Group 1 are:

1. To refine their freestyle, backstroke, and diving techniques with stroke drills and instruction. (Drills improve flexibility, strength and stamina too!) Breaststroke, butterfly, and flip-turn fundamentals are also introduced.
2. To learn the fundamentals of correct starts and finishes for each stroke and for relays.
3. To understand the progress of a meet and behavior expectations so they can have fun and compete successfully.
4. To develop an awareness of their own progress as measured by their time improvements at meets and in practice.

GROUP 2: (Summer group: White or Red)

Group 2 is composed primarily of younger swimmers with excellent swimming skills and older swimmers still needing additional stroke correction. These swimmers must be “legal” in all four strokes and have good diving skills. Goals for Group 2 are:

1. To continue to perfect all four strokes, starts, and turns, and to learn the basics required to compete in the long freestyle and individual medley events.
2. To improve flexibility, strength, and stamina.
3. To learn to handle difficult workouts in order to attain specific goals.
4. To develop mental skills that will help them train and compete more effectively.

GROUP 3: (Summer group: Red or Purple)

Group 3 swimmers are strong veterans, usually 10-13 year olds with some older swimmers who may be new to the team. Swimmers in this group are likely to have 2 or 3 very strong strokes but may need specific help with a particular stroke or two.

GROUP 4: (Summer Group: Purple or Blue)

Group 4 is typically composed of the oldest, strongest, and most skilled swimmers. The goals for Group 3 and Group 4 are:

1. To learn the self-motivation and self-discipline that athletes need to be successful.
2. To continue to develop flexibility, strength, speed, and stamina, along with mental concentration.
3. To continue to develop technical proficiency in all strokes and distances, with a special emphasis on starts, turns and finishes.
4. To begin to develop their own personal strategies for competing successfully in the different strokes and distances.

ATTENDANCE AT WORKOUTS/ PRACTICE

Regular attendance at practice is very important. Swimming is a highly refined skill that requires repetition with careful guidance and correction. Repetition is also a primary factor in conditioning; therefore, practices are held five days a week (with some exceptions for Holidays). Although some swimmers practice daily, others cannot, so we ask that you attend at least three practices a week.

We understand that our swimmers are involved in other after-school activities and sports in the spring, and there are family vacations, camps, and other obligations in the summer, making attendance difficult. If you know you will miss three or more practices in a row, please let Coach Kim know in advance with a written note. If you have a schedule conflict on a particular day, and would like your child to attend a different workout group that day, please get approval from the coaches in advance. Swimmers who simply show up without prior approval will not be allowed to swim.

Additionally, “poor” attendance at practices can affect your child’s participation in an upcoming meet or the number of swims your child may be entered in a meet. Putting a meet together is very difficult and time consuming, especially when there are too many swimmers for a particular age group and the number of entries is limited. The coaches take daily attendance, and simply stated, the more your swimmer practices, the more he/she will swim at the meets. If a swimmer is consistently only meeting the minimum practice requirements (three days), do not expect more than the minimum number of swims at the meets (3). This will especially affect the swimmers in the impacted age groups. It is the coaches’ prerogative not to swim a swimmer in a meet if he/she has not met minimum attendance requirements, with or without a written notification. You will be notified if the coaches decide not to swim your child.

As a courtesy to the coaches and teammates, ***please have your swimmer(s) ready to begin practice at the designated time.*** We have an overlapping practice schedule. The “overlap” is a part of practice for coach’s announcements, stretching, land activities, and other swim team business. Please have long hair tied back, caps on, and goggles properly adjusted ***prior*** to the practice start time.

It is very difficult to keep a practice running smoothly when swimmers arrive late. An occasional tardy is one thing, but when the same swimmers are late day after day, it is very disruptive to the group. Again, the coaches understand that there are other activities in your child’s life, so if they will be coming from a sports camp, bible school, etc., and there’s a chance they might be late during a particular week, let Coach Kim know with a written note beforehand.

ROTATING WORKOUTS / EARLY EVENING PRACTICES

Once we begin morning workouts, the practices will be on a rotating schedule. Although this can be a logistical struggle for many families, the older swimmers enjoy getting to sleep-in, and the schedule builds a special sense of unity between the different groups. While we know that this causes some confusion and scheduling problems, it does make each group have to “share the burden” of getting up early, and also gives every group a chance to sleep in! Note that only the Red, Purple, and Blue Groups rotate (Green, White, and Firecracker & Bottlerocket groups stay at the same time all summer). **Please give this schedule your support! Refer to the Workout Schedule - Post It Where You Can See It!!**

Early evening practices will be offered during the summer for our older swimmers in the Purple and Blue groups who have morning conflicts such as jobs or summer school. Evening practices for younger swimmers are not currently planned, but could be added if there is a strong need for them and/or the morning practice groups are crowded. If you know it will be difficult getting your younger swimmer to morning practices three days a week during the summer, please indicate so on the team registration form. **Any swimmer will need Coach Kim’s approval before attending evening practices.** Swimmers not eligible for the late practices, who cannot meet attendance requirements due to other activities, need to make arrangements for afternoon lessons. *Two afternoon lessons in one week, rather than practices, will allow the swimmer to be eligible for the upcoming meet.*

WATCHING PRACTICES

Parents are encouraged to remain and watch workouts. However, workouts are a learning situation and swimmers need to be able to concentrate. ***Please*** refrain from communicating with your swimmer during practice.

Likewise, do not talk to a coach while they are running a practice group. Although there may be a few minutes between workouts when the coaches seem available, their attention will most likely be going in several different directions at once. Trying to stay focused on a workout and having a conversation and trying to remember that conversation later can be very difficult.

RAIN? THUNDER? LIGHTNING?

During the spring, Sacramento “enjoys” lots of unusual weather. We don’t cancel practice when it rains. The kids are going to get wet anyhow and they think it’s fun! However, it isn’t safe to swim during an electrical storm. Fortunately these storms tend to pass quickly, so here are the guidelines regarding inclement weather:

- ◆ **If there is lightning or thunder during a practice, swimmers in that practice group will be dismissed immediately.**
- ◆ **If there is lightning or thunder within 30 minutes of the start of any practice, that practice will be cancelled. Subsequent practices will be held as long as the lightning and thunder does not continue.**
- ◆ **If you are unsure, call the club (988-1727). The coaches will keep the front desk personnel updated as to the status of each practice group. If the weather looks uncertain, please make contingency plans for picking your children up if necessary.**

Swim Meets

ATTENDANCE AT MEETS

You are automatically signed-up for all meets; however, we don't expect a swimmer to come to every meet, so we ask that you let the coaches know by "signing out". You must sign-out for a meet at least one week in advance (no later than **Saturday** if they will not be attending the *following Saturday's* meet). See more about the sign-out procedure below. This procedure helps enormously in planning so that the meet begins, progresses, and finishes on time.

The Coaches spend HOURS putting a meet together and an extraordinary amount of time choosing relay teams. If a swimmer is a "no show" by failing to sign-out or misses an event for any reason, it affects the team, especially if they are entered in relays. If a swimmer is entered in both the medley and freestyle relays at a meet and doesn't show up, that means that as many as six other swimmers may not get to swim a relay that day.

MEET SIGN-OUT PROCEDURE for SWIMMERS

The "**RED BINDER**" contains separate sign-out sheets for each meet. The red binder can be found in one of the "**BLUE BOXES**", which is accessible at practices and at meets. If your swimmer will not be able to attend a meet, please write their names on the page for that meet in the Red Sign-Out Binder. If your swimmer will be at a meet, but needs to leave early (before 2:00), please note this in the red binder as well. **PLEASE BE VERY CAREFUL WHEN SIGNING-OUT.** Make sure that you are signing out on the correct meet page. If you sign-out, and then show-up at a meet, you probably won't be able to swim. ***The Red Binder is the only acceptable means for a swimmer to sign-out BEFORE the deadline.*** Emails, phone messages to a coach (home or club), and written notes are **NOT** acceptable. **USE THE RED BINDER.**

If for any reason your child is unable to make it to the upcoming meet and the deadline has passed, please contact Coach Kim immediately. Call her at home (988-4044) and let her know as soon as you know.

MEET SIGN-OUT PROCEDURE for PARENTS

IMPORTANT: *Signing a swimmer out for a meet does not excuse parents from their volunteer duties.* You must communicate your absence from a meet on the "Parents Meet Sign-out Form" that is in the registration packet (this form is due by April 14th). After this date, all jobs will be assigned and a packet will be distributed for the whole season (except Championships). If you are unable to attend a meet or work your job, it is your responsibility to get a replacement from friends or parents not assigned a duty for that meet. If you have any questions or need to make changes to your sign-out form (before assignments have been made) please contact the Volunteer Coordinator listed on the second page of this handbook.

Illness or other Emergency

It is understandable that a swimmer (or parent) can become ill the night before, or even the morning of a meet. If your swimmer is ill, please call Coach Kim at home (988-4044) at any hour. If you don't speak to her directly, please call another family going to the meet and have them give the message to Kim ASAP. The earlier we know about your child's absence, the more time we have to make relay replacements and make the required computer changes. If a parent is ill and cannot work the meet, please contact the Volunteer Coordinator in the morning or have someone going to the meet give the message to the Volunteer Coordinator.

RULES & REGULATIONS

The rules of the club are to be obeyed at all times - especially the following:

- ◆ No glassware or other sharp, breakable items in either of the pool areas
- ◆ No hanging on the lane lines, running or climbing on the lifeguard's chair
- ◆ No one under the age of 15 in the spas - not even feet!
- ◆ Swimmers aged 15 - 17 are only allowed in the spa with parental supervision (this does not mean the Coach)
- ◆ No one under 18 in the adult locker rooms
- ◆ Limit showers after practice to 5 minutes and turn off the water when done.
- ◆ No foul language, playing on equipment, or horseplay in the club

Please encourage your swimmer(s) to show pride in themselves and their team by setting an example and acting responsibly - at our Club and when we are away at other facilities.

If a swimmer breaks club rules, or misbehaves in the locker room, junior lounge, or anywhere on the club grounds - they may be suspended from the team.

DISCIPLINE & STANDARDS OF BEHAVIOR

Minor discipline problems are dealt with through redirection or time-out. Our team uses the "One Warning" Policy. If a swimmer is misbehaving (talking when a Coach is talking, interfering with another swimmer, etc.) they will be given their "first and only warning". If the swimmer continues to misbehave he/she will be given a time-out (sit on side of pool) or will be excused from the remainder of the practice. If it becomes a daily problem, the child may be excluded for additional days of practice, they may swim a limited amount of events at a meet, or they may be excluded from a meet.

Foul language, teasing or derogatory statements toward others, uncooperativeness, fighting, or any other unsportsmanlike conduct are grounds for immediate dismissal. A written notice will be sent home and must be signed by the parent and returned to the coach before the swimmer is able to return to practice. More serious discipline problems may result in complete expulsion from the team. Coach Kim will advise parents if there is an ongoing or serious behavior problem.

SWIM TEAM REGISTRATION REFUND POLICY (Booster Club policy different!!)

Due to the popularity of our program, some age groups fill up faster than others. Full refunds will be given until the date when a particular age group is determined to be filled (this can occur anytime after sign-ups begin), or until the end of the first week of practice - whichever comes first. **Refunds of 40% will then be given through May 1st. After May 1st, no refunds will be given.** If a swimmer is suspended or expelled from the program - no refunds will be given. **A request for a refund must be in writing and submitted to the Head Coach.** The date that the notification is received by the Head Coach will be the date used to determine refunds.

BOOSTER CLUB MEMBERSHIP REFUND POLICY

A request for a refund must be in writing and submitted to the Booster Club President for presentation to the RRBC Board for approval. No refunds will be given after April 1st.

COMMUNICATING WITH YOUR COACH

If you need to communicate with Coach Kim or the other coaches, please do not interrupt them on deck during workouts, swim lessons or during a meet. The best form of communication is to put a written note in the coach's file in the "Blue Box". If you need to leave a voice mail for Coach Kim, please call her home at 988-4044. For communication specific to attendance at a meet, please see the ATTENDANCE AT MEETS Section. If you have questions regarding swimsuits, Rocket's logo wear, or swim meet job assignments, please contact the appropriate volunteer coordinator on the RRBC roster.

HELPFUL HINTS and MISCELLANEOUS INFORMATION

Suit & Cap Care: Suits - Our team suit is a high-quality item that should last throughout the season with proper care. The team suit should only be worn at swim meets and championships - not at workouts. It is much better to invest in a "practice" suit and try saving your team suit for the meets. According to swimsuit manufacturers, one of the main causes of failure of the fabric is putting the suit away while it's still damp. Chlorine, sunlight, and abrasion all harm Lycra suits. Cover up with a t-shirt and shorts, rinse your suit in fresh water after each wearing and hang it up to dry. Do not hang in the sun. Caps - Latex and silicone caps last longer with a dusting of talcum powder after each use. Rinse Lycra caps and do **not** dry them in the sun.

Hair Care: "Swimmer's Hair" can be largely prevented by wetting the hair with tap water before swimming and then shampooing immediately after with a shampoo specially formulated for swimming; such as Malibu and UltraSwim - They really do help! Conditioners also help protect the hair the next time in the water.

Long Hair: Please, Please, Please have swimmers with long hair (including boys!) wear a cap. Loose long hair makes proper breathing difficult and causes poor head position habits that are very difficult to break. If it's long

enough that it can be tied back - tie it back and **cover it**. Even swimmers with short-hair are encouraged to wear caps.

Ears: Each season several swimmers miss practice or a meet because of ear problems. A few drops of distilled white vinegar and rubbing alcohol (50/50) in each ear will help draw the water out and prevent infections. ***If your child is especially prone to ear infections, you really need to take the time for these preventative measures!***

Personal Belongings: LABEL YOUR BELONGINGS!! Every year we lose a few swimsuits, t-shirts, caps, towels and dozens of goggles! LABEL YOUR BELONGINGS!! Please get a fine-point permanent marker and put your swimmer's name on anything and everything they might bring to the pool. Caps and goggles found without names will be placed in the "Cap & Goggle Rental Box". If this occurs, there is a good chance they will not be returned to the rightful owner. *Labeled items will be returned!* Don't bring valuable items to the club. **Be aware that thefts around the club do occur.**

Swim Meets and what to expect:

Dress warm for the mornings. Sweats, a couple of towels, sleeping bags/big blankets are nice to have. Swimmers also like to pack toys, books, simple games, cards, etc. to keep them busy during the meet. Parents may want to bring a shade structure ("pop-up") for the family. Chairs are nice, too.

Check-in for meets are early. You might want to pack some breakfast items. Swimmers get hungry throughout the day so you will need to pack some snacks or lunch and a cooler with water or sports drinks. Most meet locations have snack bars. We try to let you know what is available via our newsletter.

When arriving at the meet, **swimmers must check-in first**. This is a must so that the coaches know the swimmer is at the meet and won't be scratched. Check-in is usually around 7:00 a.m. Swimmers check-in with the Rocket Volunteers (Team Parents) wearing "tie-dye" aprons for their age group. Usually they are very visible. Check-in parents will write the event numbers your child is swimming on their arm with a Sharpie. Look on their arm to see what events they are swimming and refer to the "cheat sheets" for a description of those events.

Parent volunteers for both shifts need to check-in with the Volunteer Coordinator in the **morning** to ensure that our jobs are covered for the whole meet.

Locate the Rocket's team area and settle in.

Warm-ups occur before the meet starts. The coaches usually announce swimmers to the pool based on practice groups.

The Rollingwood Rockets' team cheer and any pep talks from the coaches occur before the meet starts.

As the meet progresses, swimmers must be alert as to which events are being called to the Ready Bench so they can be ready when their turn arrives. The Team Parents (and often "Big Buddies") will help the younger swimmers get to the Ready Bench. It helps if they are in the team area and have their cap and goggles ready to go!

6 & Unders:

Swimmers in this age group swim only 2 individual events (freestyle and backstroke). In addition, they might swim one relay event (6&U coed freestyle Relay). These swimmers will complete all their swims by the end of shift 1 during a dual meet. At Championships, all their swims will be on Saturday. Feel free to stay and cheer for the rest of the team, but you are free to leave after your events are done (or after the first shift if you are working).

Championships and what to expect:

FUN! FUN! FUN!

Championships is much like a dual meet, just more kids and over two days. As we near Championships, you will see information about job assignments, what to expect, how to survive, and Championship related activities; such as parade costumes and painting cars. Watch your emails, newsletters and our website for updates.

Ribbons:

Ribbons are typically awarded to all swimmers/places in every heat as long as the swimmer has not been disqualified from the race. Ribbons may or may not be awarded for every race at non-league meets, Invitational Meets, or Championships. Although ribbons are made up and filed at the meet, it is our policy to wait until Monday's practice to retrieve them from your mailbox.

Swimmers of the Week:

Each week a swimmer from each practice group will be selected as a "swimmer of the week". The swimmer's picture will be put in the newsletter with brief information about them. Some of the criteria used to select these swimmers are great attendance and behavior, positive/helpful attitude, hard work, and coachability.

Team Suit:

RRST selects an official swim suit every few years. It is not required, however, most swimmers purchase a team suit. For the girls, one style is selected. For Boys, either a brief or "jammer" style (longer legged tight shorts) can be chosen. Currently, we have a custom "flame" suit made by *Agon*. It has been a very popular suit and holds up well to the riggers of competitive swimming. At the beginning of the season, we order a sizing kit for kids to try on suits to determine the proper size. Do not assume that the sizing is the same as Speedo, TYR, or other name brand suits.

Rocket Logowear:

A quality line of team clothing is offered for purchase throughout the year. We will have an inventory of merchandise available at registration, some of the practices, and meets. Look for the Team Clothing Booth and get your logowear early to wear throughout the swim season.

Swim-a-thon and Raffle:

The Swim-a-thon is our team's biggest fundraiser of the year, and swimmers are **strongly encouraged** to participate. Each participant swims for a specified amount of time, determined by their practice group. Your child will be asked to get pledges, either a "flat" pledge, or an amount based on the number of laps he/she will swim. During the swim-a-thon, a BBQ or other type of meal will be served to replace all that energy exerted during the Swim-a-thon. In addition, we have a raffle of donated items. If you are interested in promoting your business or would like to contribute an auction item, please contact the Swim-a-thon Coordinator. The Raffle may be the highlight of the event, but Blue Group members ("Blue Mafia") would argue that their annual sleepover at the club on the night of the Swim-a-thon is perhaps the highlight of the season! Parent Chaperones are needed for the sleepover, and rumor has it, they have as much fun as the kids!

Mailboxes:

Mailboxes serve as one means of team communication. Each family will have a folder labeled with last name and filed in alphabetical order in two plastic storage boxes. We call them our “BLUE BOXES”, and they can be found out on a table by the pool during practices. During non-practice hours the boxes are stored in the “swim room”, and you should be able to access your file if needed. The coaches also have mailboxes, and these folders are where you need to leave written notes for them (not at the front desk). You need to check (and clean-out) your mailbox periodically for information on upcoming events, ribbons, and newsletters.

Website:

RRST is coming into the technology era. We have a website. The address is www.rwrockets.net. This site contains registration information, RRST Handbook, meet and practice schedules and photos.

Check it for updates, directions to swim meets, board information, and newsletters.

Volunteering and Donation of Services or Items:

Some of the costs associated with running a large team like the Rockets, involve paper supplies, copying services, hospitality products, and people’s time. If you have access to free or discounted services, products that you think we can use, or have any ideas, please contact a RRBC Board member. The phone numbers are listed on page 2. In addition, there is always a need for additional help either to fill positions on the Board or to help with various events. If interested and would like to get involved or learn more about the jobs, please contact a RRBC Board Member.

Swim Meet Job Descriptions

Meet Director-Person in charge of the home meet. Directors should be familiar with League rules and regulations, and USA Swimming rules. He/she makes decisions during the meet, and consults with the Stroke & Turn Judge and/or other officials before meet begins if necessary.

Starter-Coordinates with the Head Timer, instructs the swimmers to get set for the race, and starts each race. This is a trained position.

Announcer-Announces over the PA system the progress of the meet; such as event and heat number, swimmers' names and when swimmers need to report to the ready bench. They also announce other information as needed.

Stroke and Turn Judge-Watches swimmers in assigned lanes to ensure strokes and turns are being performed in accordance with USA swim rules or specific league rules. This is a trained position.

Clerk of the Course-Person that ensures swimmers are in the proper lane prior to the start of each race. Communicates with the Starter when swimmers are in place and the race can start.

Ready Bench- Someone from the Ready Bench will communicate with the Announcer when certain number events need to report to ready bench. When the swimmers report to the ready bench area, you organize them on the benches according to event number, heat and lane assignments. You will have copy of the Meet Program. A strong voice is a definite asset.

Ready Bench Escort- Walks younger swimmers to their assigned lanes and assists in the Ready Bench area.

Team Parents-There are two team parents assigned per age group. Team parents are required to report to the Volunteer Coordinator at a meet at least 15 minutes before check-in time. Team parents will check-in swimmers before the start of the meet and write their event numbers on their arm. Team parents of the "6 & Under" age group assist in getting swimmers to the ready bench and escorting them to their assigned lanes. See "team parent responsibilities" for more information.

Head Timer- Organizes stopwatches, clipboards and pencils for each lane. Confirms that all timers are in place. Conducts a stopwatch test before the meet begins. Supervises and instructs the lane timers during the meet and communicates with the Starter before each race. This is a trained position.

Timer-There are three timers per lane. Each timer will operate a stopwatch and time each race. The times are recorded by one of the timers and given to a runner. This job allows an up close view of the meet; however, you are often in the sun.

Runner-There are three runners per shift. The Runners will take the times from the lane timers to the scoring table. Some runners will also take DQ slips from the Stroke and Turn Judges and deliver the yellow copy to the appropriate team coach and the white copy to the computer operator.

Hospitality-Serves drinks and snacks to volunteers and coaches during the home meet.

Ribbons-Put labels on the back of ribbons during meets and files them in the appropriate mailbox.

Set/Clean Up - Set-up for a home meet is done Friday night before a meet. It involves arranging the benches in the Ready Bench area, roping off around the pool, setting up tables for the ribbons and computers, and setting up shade structures. Clean-up is immediately after the meet. Set-up and clean-up jobs could be in addition to being assigned other jobs.

Swimmers' Responsibilities

Swimmers are responsible for maintaining a cooperative attitude at all practices, meets and swimming events.

Swimmers should:

1. Respect, listen and follow the instructions of the coaches, team parents, swim officials, team members, and teams we are competing against at all times.
2. Understand and accept the philosophy of the RRST.
3. Attend practices regularly.
4. Actively participate in swim meets and swim events such as the Swim-a-thon.
5. Notify the coach in writing in the RED BINDER by the deadline, if you are unable to swim at a meet.
6. Be alert and ready for your events during meets.
7. Discuss problems with the coaching staff.
8. Demonstrate good sportsmanship at all times. Shake hands with the swimmers in the lanes beside you after your race. Encourage and congratulate other swimmers. Be friendly at the Ready Bench with all swimmers.
9. Keep pool deck and team area at meets clean and litter free.
10. Cooperate with the coaching staff at all times.
11. Be ready to begin (cap and goggles on) practice or warm-ups at meets by the designated time.
12. Notify the coach before practice starts if you need to leave early.
13. Listen attentively to coaches whenever they are giving instructions. Ask questions before the set begins.
14. Perform practice sets to the best of their ability and at the proper level of effort.
15. Foul language, horseplay, and running or any other such conduct will not be permitted at any time.
16. Set-up and take down of the practice and meet equipment is time consuming. Please lend a hand whenever possible.

Parents' Responsibilities

Parents are responsible for providing a supportive attitude toward all aspects of swimming, and ensuring that their child attends practice regularly.

Parents should:

1. Understand and accept the philosophy of the RRST.
2. Actively participate in meets. Show up on time, with a smile on your face, ready to do your job! One member of each family may be required to work one shift at each meet and will be required to work at least one shift each day at Champs. By signing the RRST Registration form, you acknowledge your volunteer commitment to the team.
3. Encourage swimmers to fulfill their team obligations by attending practices and meets regularly.
4. Actively participate in team functions and the RRBC, such as, social activities, fundraising events, General Board positions, or the Executive Board.
5. Always check the family "mailboxes" or read team emails for team information. Also, check the team website at www.rwrockets.net.
6. Ensure that your swimmer has been properly signed-out for a meet by using the RED BINDER prior to the sign-out deadline. See the "sign-out procedures" for more information.
7. Never interrupt practice or give suggestions to swimmers during practice. Remember that the coaching staff has been trained toward specific goals. Each practice contains certain criteria that are intended to improve individual swimming skills and our team goals.
8. Demonstrate good sportsmanship at all times. NEVER argue with any meet officials, including Stroke and Turn judges, they are volunteers, too.
9. Encourage swimmers to discuss problems with coaches directly.
10. If your swimmer is unable to resolve an issue with the coaching staff, please contact Coach Kim. The best form of communication is to leave her a written note in her folder.

Coaches' Responsibilities

The coaches shall be role models of positive leadership and sportsmanship to the RRST and endeavor to instill these qualities in the team members.

The coaches shall:

1. Establish, understand and promote the philosophy of the RRST.
2. Provide active supervision of all practices, meets and swimming events.
3. Maintain an atmosphere at practice conducive to a good instructional program.
4. Familiarize themselves with the swimmers and their abilities. Assist each swimmer to develop individual goals for the swim season.
5. Provide instruction in all aspects of competitive swimming, such as starts, turns, finishes, and stroke technique.
6. Comply with the rules and By-Laws of the Sacramento Swim League.
7. Retain discretion in seeding meets according to the needs of the team and in accordance with League rules.
8. Respond to swimmer's and parent's concerns in a timely manner.