



2019
Team Handbook
Cordova Recreation and Park District

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Welcome to all new and returning Blue Marlins swimmers and parents!

On behalf of the Cordova Recreation and Park District (CRPD), the coaching staff and Parent Board, I want to welcome everyone to the 2019 Blue Marlins Swim Season.

The Marlins are a part of the Valley-Foothill Competitive Aquatic League (VFCAL), which is comprised of teams from the greater Sacramento area and foothills. Most of the teams are represented by city or special district recreation professionals, including Placerville Dry Diggins' Dolphins, Auburn Robolos, Orangevale Tiger Sharks, Arden Manor Pirates, Lifetime Sugarbears and Woodland Wreckers. As a league representative, I present ideas set forth by our teams to the VFCAL Board and we look at how the rules and philosophy of the league match with our agency philosophy and what is best for our swimmers. Our focus on the league level is to provide an opportunity for our swimmers to improve and swim in a safe environment.

Here at CRPD we want every child to benefit from the program. For some, the benefit is an introduction to a new sport and personal improvement. For others, it is purely social and making lifelong friendships. Both are all very good reasons for joining the Blue Marlins and there are many more reasons. The coaching staff and I work to try to meet everyone's expectations while following the League and District's philosophies.

The coaching staff and CRPD are here for you. Please let us know if you have any questions. We are all looking forward to a wonderful summer of fun, memories and great swimming!

Enjoy your season –

Susie Patterson,
Recreation Coordinator
spatterson@crpd.com
916-369-9844

How the program works... who's who on deck and where do the fees go!

Cordova Recreation and Park District-CRPD

The Cordova Blue Marlins Swim Team is a recreational swim team offered by Cordova Recreation and Park District (CRPD). The registration fees (\$190/\$235) are paid to CRPD. CRPD is responsible for:

- Hiring, scheduling, training and paying of coaches and lifeguards
- Coordinating with Sacramento Unified School District to rent the pool at Rosemont High School
- Determining the practice times and dates based on availability
- Representing our team at the VFCAL (the swim league) meetings
- A CRPD representative (employee) also acts as Meet Referee at home meets
- Purchases equipment and supplies for the program

Blue Marlins Volunteer Parent Board

To assist CRPD in creating a wonderful experience for both the swimmers and their families, there is a VOLUNTEER Parent Board. The parent board is responsible for:

- Communicating with families mainly using the Team Unify website email system and occasionally the family folders to keep swimmers and families informed about important events and information
- Organizing parent/family volunteers to help run swim meets during the swim season
- Ensuring that swimmers can participate in swim meets by utilizing Team Unify to help families communicate with our Head Coach and sign up for upcoming swim meets
- Organizing social events to allow swimmers/families to make new friends
- Raising money to help purchase supplies to run swim meets, end of season awards, required splash fees for the championship meet and new training equipment enhancing the purchases made by CRPD

At the time of registration, each family pays \$25 per swimmer to the Parent Board to cover the VFCAL splash fees and the end of season awards. Families are also required to provide a check for \$125 as a work deposit to ensure families meet their volunteer requirements. Once you meet the requirement, your check will be shredded. If you do not meet the volunteer requirement, the check will be deposited into the Parent Board account to be used as needed for equipment, supplies, etc. PLEASE CONTACT VOLUNTEER COORDINATOR IF YOU HAVE TROUBLE FULFILLING ANY VOLUNTEER HOURS.

What to Expect Next

Dear Blue Marlin Families,

Thank you for registering for the 2019 season with the Cordova Blue Marlins! As team registrar, I will be collecting your Blue Marlins registration forms with your swimmer fee and volunteer check from the CRPD Office and set up an account for you that will allow you to fully access to the Team Unify website. This should happen about 7-10 days after you register. If you are a new family, you will receive a series of emails asking you to verify the email addresses you have provided and to set up a password for account access. If you have not received this email within 14 days from when you registered for the team, check your spam folder. If it is not there, please email me so that I can help you resolve this issue. Please place "TEAM UNIFY HELP" in the subject line. If you are a returning family, you will NOT receive these emails since your family account is still active. PLEASE attempt to log in ASAP so we can ensure you have access before the season starts. If you don't remember your log in information, please contact me as soon as possible. Also, we can set up each account to receive the emails and news updates to up to four different email accounts. If you would like to add additional email addresses, please let me know. THIS IS THE MAIN WAY WE COMMUNICATE WITH FAMILIES!

Attached you will find the 2019 team information and the Parent/Swimmer Code of Conduct. Please take time to review both these items prior to the **Mandatory Parent Meeting on Wednesday, April 24th**. Please bring the completed Code of Conduct to the meeting to turn in. If you forget it that night, we will also be collecting them during the 1st week of practice.

You will also find the Volunteer Form to review, fill out and bring with you to the meeting. The handbook includes a description of each positions duties and we will also discuss the volunteer positions at the meeting.

Practice will begin:
Monday, April 29- NEW Swimmers ONLY
Tuesday, April 30- All Swimmers

Please keep in mind that the first week of practice is especially hectic as we are getting back into the pool, acquainting new swimmers with the program, refamiliarizing the returning swimmers while the coaches try to assess their groups. We appreciate your patience during this first week.

Carol Kraus
2019 Team Registrar
zephyrlite@att.net

2019 Blue Marlins Board Members

President:	Stephanie Tadlock
Vice President:	Angela Rigdon
Treasurer:	Tammy Trujillo
Secretary:	Rachel Matzinger
Registrar:	Carol Kraus
Social Coordinator:	Catherine Cazier
Volunteer Coordinator:	OPEN
Computer Coordinator:	Sophia Goetze
Publicity/Recruitment:	Shannon Culler
District Representative:	Susie Patterson, spatterson@crpd.com
Head Coach:	Amy Hanrahan
Swim Team email:	bluemarlins@outlook.com



To email a board member, you have 4 options:

- Reply to an email sent from the team. Even if it is NOT about the subject you need to discuss or from the board member you need talk to, the board member who receives it can forward it as needed.

- From the team website, click on “CONTACT US” located just above our logo on the left-hand side of the page. There are always three Board members receiving this, including the Parent Board President, Stephanie Tadlock.
- From the team website, select the “Coaches/Board” tab to the right of the main picture. If you scroll to the bottom of the page (passed the coaches), you will find a list of the current board members along with a button to click on to send an email. If you use this option, make sure that your return email is correct.
- Send an email to the Swim Team email, bluemarlins@outlook.com. This email only gets checked once a week, so it is not the best way to communicate.

The Board has been busy planning and arranging several fun, family friendly events. We are still in the process of finalizing the details for many of these events, but you can find a tentative list on the back page of this handbook. We are also working on adding additional events. If you have any suggestions for social events, please feel free to let us know. During the season, the team website will be the best place to find the most up to date information for events.

Parent Responsibilities

The mandatory Parent Meeting is on Wednesday, April 24th at 7p.m. at the Hagan Community Center, 2197 Chase Drive, Rancho Cordova. Whether you are a new Marlins parent or a returning Marlins parent, it is essential that you attend this meeting. We will review how to let us know what meets you will be attending, what the volunteer requirements are, how you sign up for volunteer shifts, where to find information about what is happening and how our meets and practices will happen. You will also have an opportunity to meet the coaches and the 2019 Parent Board. This is your best opportunity to hear everything at once. You will verify your information to make sure it is correct, so we can ensure that you are getting information correctly. You will receive hours towards your volunteer requirements for attending the meeting. More information will follow about the meeting through email so look for it mid-April.

Parents are a vital part of the Cordova Blue Marlins. Without your support, we would not be able to have swim meets, fundraisers or social events. As a parent, you will need to make sure that your swimmer(s) get to practice on time with the necessary equipment, such as, swim suit, goggles, towel, shoes and extra clothes (if needed) for after practice. Support and encouragement is another important responsibility from a parent. Swimmer(s) may complain about a hard workout or the fact that they did not get to be on the “A” relay, but when a parent encourages and supports a child, reminding them that hard work pays off in the end, the child usually continues to enjoy the season and often stops worrying. Another critical aspect for all families is to stay informed. It is essential to the organization, that all families stay informed by reading all emails sent out AND by reviewing the information posted on our team website at CordovaBlueMarlins.com. Information about social events, changes to practice times, swim meets and sign-ups for completing required volunteer hours will all be found at the team website. Please understand that we do our best to put the information out for all families to

see, but you are responsible for collecting and acting upon the information. As an added feature, our new website also works with a free app, On Deck by Team Unify, for your phone that will allow you to access several features of the website directly from your phone including the volunteer shift signup and accessing your swimmer times at previous meets.

VOLUNTEERING is your greatest responsibility. Volunteering is a fun way to learn about swimming and being a part of the team. There is always a lot that needs to be done, the majority of your required 20 volunteer hours will be filled at swim meets, but occasionally there are other opportunities as well. The Parent Board requires that each family provides a \$125 volunteer deposit check, payable to the Blue Marlins, with your registration form.

- **IT IS YOUR RESPONSIBILITY** to complete these hours. **If you need additional assistance on figuring out how to do this, please contact the 2019 Volunteer Coordinators about how the program works and how you can sign up to help.** There is a link to their email address on the team website under the Coaches Tab.
- Every family needs to contribute a **minimum of 20 hours for the entire season**
- Your hours **MUST** include 1 shift at the Champs meet (in July) **AND** 1 set-up or take down during the season.
- If you are not planning to attend the Champs meet and would like to request an exemption, you must **email** the Volunteer Coordinators no later than June 30, 2019. The Volunteer Coordinators will present your request to the board for approval. **ALL requests must be made in writing.**
- Failure to work your scheduled shift or find a replacement to cover your shift if you are unable to attend may result in the loss of your \$125 volunteer deposit.
- Vacation plans or issues signing up for shifts using the Team Website are **NOT** valid reasons for failing to meet your volunteer commitment requirements.
- **After Championships, the Board will meet and determine whose check needs to be shredded and whose check needs to be deposited in August.**
- Checks returned for non-sufficient funds (NSF) received by the Cordova Blue Marlins will require a new payment via money order and shall include an additional \$20 to cover the additional expense incurred by the club. Payment must be received within 10 days of notification from the Cordova Blue Marlins.

Swim Meet Volunteer Job Descriptions

Each family must volunteer 20 hours during the season, including one 2-hour shift at the VFCAL championship meet (“Champs”) AND at least one set-up or take down shift during the regular season. Some volunteer positions require special training, which will be provided before the start of the season and/or during the Blue & Gold Meet in June. Volunteers filling those jobs marked with “*” are expected to work the same job throughout the season, including at Champs. Other jobs (except as noted such as set up, take down, program sales) are divided into shifts, each volunteering 1-3 hours, during a meet.

The following jobs are needed to run a meet:

Set Up (home meets) - Arrive early to help set up items needed for the meet, including: tents, timing system, tables and needed supplies. Need 5 to 10 people for 1-2 hours. Arrive at 6 a.m. *No experience necessary.*

***Head Age Group Parent (all meets)** - Will assist all age group parents with the meet boards, pens, team tent banners and other supplies. Will provide training and support to new Age Group Parents. *Experience as Age Group Parent is helpful.*

***Age Group Parent (all meets)** - Depending on number and age of swimmers, 1 to 3 parents will be designated as the team parents for that age group. Responsibilities include keeping a board updated with each swimmer's heat/lane assignments, marking swimmer's arms with event-heat-lane assignments, and bringing swimmers to the starting block area or ready bench in time for their events. *No experience needed, although knowing what to expect on meet days is helpful. You would volunteer for the age group your own swimmer.*

***Announcer and Assistant Announcer (home meets)** - Uses the PA system to keep spectators and swimmers updated on the events in progress and coming up as well as to make other announcements when asked by coaches or meet director. *The announcer should be experienced in meet operations as well as public speaking.*

***Head Timer and Assistant Head Timer (home meets)** - Ensures that Marlins timers are present for each shift. At home meets, trains all timers at the start of their shift on the proper operation of their job duties. Assists the Meet Referee, Starter and Computer Operator with testing the timing system. *The head timer needs prior experience in timing swim meets.*

Timers (all meets) - There are three timers in each lane at each meet, home and away. Timers operate the plunger or stopwatch to time each race. One timer in each lane also manually records the stopwatch times. *No experience is necessary training is provided at the start of each shift.*

Lane Runner (home meets) - The lane runner collects written time sheets from timers throughout the meet and brings them to the Computer Operator. Also posts results provided by Computer Operator. *No experience is needed.*

***Starter and Starter Assistant (home meets)** - The starter conducts the start of each race during the meet. The assistant serves as a backup and helps start the race clocks. *Experience in meet operations is desirable. Training is required and provided by the League and the Team before the start of each season.*

Computer Operator Assistant (home meets) - Assist the Computer Operator (which is a Board Position) during the meet. *Experience in Meet operations is desirable.*

***Hospitality Team (home meets)** - Plan, shop and prepare snacks for volunteers during home meets.

Hospitality (home meets) - Distribute food and drinks to volunteers during the meet. *No experience necessary.*

Ribbon Writer (home meets) - Put labels on place ribbons and sort into swimmer folders. *No experience necessary.*

***Head Stroke & Turn Judge (all meets)** - Ensures the team has enough trained Stroke & Turn judges during the meet; assists the meet director/referee in placing of judges and review of infraction signals. *Must be a trained Stroke and Turn Judge with several years of experience.*

Stroke & Turn Judges (all meets) - Judges observe the swimmer's starts, strokes and/or turns to ensure the swimmers are following the rules for that stroke. In the event of a violation, the judge gives a signal and notes the infraction on paper. *Knowledge of proper technique for racing strokes is desirable. Training is required and provided before the start of each season.*

Snack Bar (home meets) - Workers are needed to set up, cook/grill and sell food. The snack bar is coordinated and supervised by the Board Vice President. *No experience necessary.*

Griller (home meets)- Set-up and cook/grill food for breakfast and lunch menu. *Must know how to use a gas grill.*

Team Wear Sales (home meets and some practices) - Help set up and sell spirit wear. The team wear booth is coordinated and supervised by the Board Vice President. *No experience necessary.*

Take Down (home meets) - At the conclusion of the meet, help disassemble tents, timing system, tables, etc. and store them in the team area. Need 5 to 10 people for about 1 hour. *No experience necessary.*

Equipment Coordinator (all meets) - Transports equipment to and from swim meets. Need to have personal vehicle capable of pulling the team trailer. *No experience necessary.*

Swimmer Responsibilities

- Follow the directions of the CRPD staff, coaches and other responsible adults.
- **Attend practice on a regular basis**, arrive on time and wait for a coach to give directions to enter the pool.
- Use equipment and facilities appropriately (this includes the restrooms that you are responsible for keeping tidy) and provide your own suit, goggles, cap and towel.

- **Communicate with your coaches!** Let your coach know if you must leave the pool or pool area during practice (going to the restroom or leaving early), as well as any changes to your schedule, including missing any swim meets.
- Participate in meets and time trials when asked by a coach. If you are unable to attend, please notify your coach as soon as possible.
- Provide your own transportation to and from the meets and social activities.
- Aid in setting up and putting away all equipment.
- Take an active role in promoting the positive aspects of Blue Marlins swimming. Demonstrate good sportsmanship. Compliment others on their achievements.
- **Establish goals and actively train to achieve them.** Work with your coaches. Ask for help. Winning is not as important as always doing or trying your best!
- **Follow the rules** of the pool:
 - Walk on deck. NO RUNNING!
 - No rough play or profanity allowed.
 - Do not enter the pool without a coach or lifeguard at poolside.
 - NO GLASS bottles, jars, mugs, etc. on the pool deck. No exceptions.
 - NO SMOKING in the pool area.
 - Pool offices are for employees only. Please respect their work place.

VIOLATION OF ANY OF THESE RULES MAY RESULT IN THE SWIMMER BEING SUSPENDED TEMPORARILY OR PERMANENTLY FROM TEAM PRACTICES, MEETS OR OTHER ACTIVITIES.

Coaches Responsibilities

Swim Team Coaches are employees of the CRPD, and are under the supervision of the Aquatics Recreation Coordinator. The following is what is expected from the coaches:

- Supervise the safe, efficient and effective operation of the pool facilities during the workouts and meets.
- Coach and instruct participants on techniques and skills needed to compete.
- Provide feedback to each swimmer regarding their progress.
- Maintain an atmosphere at practice conducive to a good instructional program.
- Organize and direct team practices.
- Maintain discipline and control of team members during practice sessions and meets.
- Develop positive attitudes and motivate team members.
- Prepare entries for dual meets and Championships.
- Operate under the rules of the VFCAL and the CRPD.
- Communicate with parents and swimmers on swimmer progress, behavior, special events and answer questions as they arise or direct questions to appropriate Board members.

The coaches are very busy during the season fulfilling their job responsibilities. If at any time you feel they may veer or waiver from an aspect of their job, please let Susie Patterson know so

it can be addressed immediately. The goal is that your swimmer and family have a positive and productive swim season.

Swim Meet Logistics

Saturday League Meets:

These meets take place from on Saturdays and are open to all active team members. **Swimmers MUST check in by 7 a.m.** (any swimmer not checked in by 7:15 a.m. will be scratched/removed from the meet). After the check-in is completed the coaches will rearrange the swimmers/events to fill any holes left open by absent swimmers. We need to aim for ZERO scratches/absent swimmers. Once the scratch session is started, additions cannot be made. The meet will start around 8:30 a.m. and will last until about 3:30 p.m. depending on the number of races that day. Swimmers are awarded ribbons based on how they finish in their heat, 1st through 8th place, unless disqualified (DQ'd), regardless of the heat they swim in.

Who swims and what do they swim?

The coaches will determine who swims what events according to individual goals and abilities. "Seeding a meet" consists of placing the swimmers in events that will benefit them AND the team. The benefits may be to help them achieve a goal, try a new event, get a time and/or to get points for the team. This is a very time consuming process and it must be completed by the Tuesday evening prior to the swim meet so that it can be sent to the opposing team for lane assignments. You can sign your swimmer up as soon as the meet is listed on the website, but **it is VERY important that you use the team website to sign your swimmer up for the meet by 9 p.m. on the Monday of the week it is in. Failure to do this will result in your swimmer not being able to swim at the meet since once the meet is seeded, only scratches can be made.** If you sign up for a meet and discover your plans have changed, you can use the team website to uncommit you swimmer if it is before 9 p.m. on the Monday the week of the meet. If it is later than Monday, please email the coach and the volunteer coordinator as early as possible. The Blue Marlins are a TEAM that is made up of individuals, each individual has a place on the team and each individual is important. Therefore, when a swimmer does not show up at a meet without alerting a coach, it often necessitates changing an entire seeding sheet just prior to the start of the meet, resulting in a delay to the start of the meet, which is unfair to the other swimmers. Also, if you need to leave a meet early, please talk to the head coach AND the age group parent PRIOR to leaving.

League Championships (CHAMPS):

Is open to all swimmers who are registered with the League and have competed in at least 2 league meets. The Championship meet is on Saturday, July 20. Location will be to be determined. As with all meets, CHECK IN must be completed by 7 a.m. so that the head coach can attend the scratch session with the coaches from the other 5 teams. The meet will start at approximately 8:30 a.m. and could run as late as 6:00 p.m. The swimmer's times are used to determine place. There are no ribbons for each flight/heat as there are in the dual meets. Swimmers can swim a maximum of three individual events and two relays. Medals for places 1st- 3rd are given and special dual ribbons are given for 4th- 10th places.

Swim Meets – Race Day

The swimmers need to check in at the meets by 7 a.m., ready to swim. Once they have checked in they should go to the team area and find their age group. It is important that the swimmers stay with their age group. This saves time in getting the swimmers to their events.

The coaches will let the swimmers know when it is time for warm-ups and when it is time to gather for the team cheer. The meets will start at 8:30 a.m.

There are two basic categories of races: individual and relay. The individual events vary in distance by age group. Basic events: Freestyle, Backstroke, Breaststroke, Butterfly and the Individual Medley (I.M., which consists of one length of each of the four strokes). The relays, Freestyle and Medley, consist of four swimmers from each team swimming equal lengths. In the freestyle relay swimmers all swim freestyle and in the medley relay, swimmers each swim a different stroke.

An official Starter, a buzzer/strobe light, starts races. Swimmers are called to the area behind the blocks, for their race at least two events prior to the one that they are swimming. The age group's Team Parent brings the younger swimmers to that area. Younger swimmers need to let their Team Parent know where they are sitting during the meet. The older swimmers will need to get themselves to the area when they hear the "First Call" for the event. It is important for the swimmers to be near the starting area before their race is called to the blocks. Once their event and heat is called to swim, the starter will blow a whistle, telling them to step up on the block (or to enter the water for backstroke). **Once the whistle is blown, the swimmer has 30 seconds to be up on the block. If they are not in the area, they may be too late to make the 30-second time limit. The race will start without them if they do not arrive within the 30 seconds.** Swimmers can also be given a "false start" if they jump off the block before the buzzer is set off or if they hold up the start of the race.

There are two Stroke & Turn Judges from each team at each end of the pool, watching the swimmers' strokes, turns and finishes. Illegal strokes/turns/finishes may be an advantage to the swimmer and therefore the judges will disqualify (D.Q.) swimmers doing illegal strokes/turns/finishes. Swimmers who are DQ'd will not receive a ribbon. The coach will discuss disqualifications during practice. If your child is DQ'd, please encourage him/her to work with the coach on the stroke. This is a learning experience and sometimes we need to learn through our mistakes.

League Rules

Age groups:

There are six age groups: 6 & under, 7-8, 9-10, 11-12, 13-14 and 15-18. The swimmer's age group is determined by their age on June 1, 2019. A swimmer may advance to the next highest age group before they actually turn that age, but they must remain in that higher age group for the remainder of the season. The exception to this is when a 6 & under swimmer can swim legally and wants to swim a breaststroke or butterfly event with the 7-8's, unofficially.

Entries:

1. Teams may enter three official teams in the Medley Relay (no 6 & under) and six in the Free Relay event.
2. All swimmers may be entered in up to three individual and two relay events.

Eligibility:

1. No participant of the league may compete with any organized group during the period of January 16 - April 25, with the exception being on a high school or college swim team. League participants may workout with any organized group prior to the official starting date (April 29), with a mandatory rest period January 16 - February 28. Swimmer must work out exclusively with their VFCAL team once the VFCAL season begins. High school and college swimmers are the only exceptions to these rules.
2. The swimmers must compete in at least two official meets to be eligible for the Championship meet.

Conduct of spectators and participants:

1. SMOKING IS PROHIBITED IN THE POOL AREA during league sponsored competition and at all times at the pool area.
2. The meet officials, coaches and timers request that all spectators and swimmers stay away from the starting area (behind the blocks or in the shallow area for 25 yard events). ONLY swimmers who are in the next event should be behind the blocks and timers.
3. Follow all pool rules.
4. An empty lane, warm-up pool or wading area not being used for competition is not open for spectators, swimmers or family members to "take a dip" in. While we realize that it is often HOT during the meets, aquatic facilities do not have the required staff on hand to "lifeguard" the additional pools during the meet. Also, "entering" the competition area in anyway during the competition can be considered interfering and your team may be disqualified. Please do your part to help us to help you have a safe day.

The order of events for VFCAL meets is:

#	Age Group	Event	#	Age Group	Event
1-2	9-10	100 IM	43-44	15-18	50 Back
3-4	11-12	100 IM	45-46	7-8	50 Free
5-6	13-14	100 IM	47-48	9-10	50 Free
7-8	15-18	100 IM	49-50	11-12	100 Free
9-10	6-un	100 Free Relay	51-52	13-14	100 Free
11-12	7-8	100 Med Relay	53-54	15-18	100 Free
13-14	9-10	100 Med Relay	55-56	7-8	25 Breast
15-16	11-12	200 Med Relay	57-58	9-10	25 Breast
17-18	13-14	200 Med Relay	59-60	11-12	50 Breast
19-20	15-18	200 Med Relay	61-62	13-14	50 Breast
21-22	6-un	25 Free	63-64	15-18	50 Breast
23-24	7-8	25 Free	65-66	7-8	25 Fly
25-26	9-10	25 Free	67-68	9-10	25 Fly
27-28	11-12	50 Free	69-70	11-12	50 Fly
29-30	13-14	50 Free	71-72	13-14	50 Fly
31-32	15-18	50 Free	73-74	15-18	50 Fly
33-34	6-un	25 Back	75-76	7-8	100 Free Relay
35-36	7-8	25 Back	77-78	9-10	200 Free Relay
37-38	9-10	25 Back	79-80	11-12	200 Free Relay
39-40	11-12	50 Back	81-82	13-14	200 Free Relay
41-42	13-14	50 Back	83-84	15-18	200 Free Relay

*(Girls swim first in odd # events, alternating with boys in even # events)

Meet of Champions

After the end of the season, a final regional meet, Meet of Champions, is open to qualified swimmers. This meet includes all summer recreational swim teams in the greater Sacramento region. There are two ways to qualify:

- Meeting time standard. The qualifying times will be posted on our team website under the "Results" tab. They can also be found at the MOC website.
- Place in top 10 at the Championship meet (Champs). Any swimmer that finishes in the top 10 of our league championships automatically qualifies, regardless of time.

Participating in the meet will require an additional two weeks of practice. Each swimmer must register through CRPD and MOC to participate. The cost is \$40/swimmer for CRPD, which includes two extra weeks of morning practice at Rosemont High School pool and \$35 for MOC

for a total of \$75. The Meet of Champions will be held in ROSEVILLE on August 3 - 4, 2019. More details will be available later in the season.

League Team Pool Locations

Arden Manor Pirates

Deterding Park Pool
1415 Rushden Dr., Sacramento, CA 95864

Auburn Robolos

Sierra Pool
123 Recreation Dr., Auburn, CA 95603

Cordova Blue Marlins

Rosemont High School
9594 Kiefer Blvd., Sacramento, CA 95827

Lifetime Sugarbears

Lifetime Folsom
110 Serpa Way, Folsom CA 95630

Orangevale Tiger Sharks

Orangevale Pool
6826 Hazel Ave., Orangevale, CA 95662

Placerville Dry Diggin Dolphins

Union Mine H.S. Pool
6530 Koki Ln., El Dorado, CA 95623

Woodland Wreckers

Woodland High School
155 N. West St., Woodland, CA 95695

2019 Practice Schedule

You will need to bring a swimsuit, towel, goggles and swim cap (optional). **Practice will continue in rain.** There are few places that are dry, so pack your belongings in plastic bags. **In the case of thunderstorms, you can assume that there will be no practice.**

It is important and necessary to arrive at the pool on time. You will be responsible for checking in with your coach and being in place to start on time.

Use your child’s age to determine practice time the first week or two of practice. Coaches may move swimmers to another practice time after observing and evaluating their needs.

Note: the first 15 minutes will be on-land warm ups, 30 minutes of extended dry land will be held on Tuesdays and Thursdays for ages 9 and up.

Practice and home meets will take place at Rosemont High School (9594 Kiefer Blvd., Sacramento):

*Practice times might be cancelled on short notice due to CRPD renting Rosemont Pool. We will try to let everyone know if this happens with as much notice as possible.

Practice Times *(please keep in mind at evening practice, we cannot linger on campus and gates will be locked promptly at 7:30 p.m. after 6/14)*

April 29 to May 24 – Monday to Friday

8 & under: 5:45 - 6:30 p.m.
 9 - 12: 6:15 - 7:15 p.m.
 13 and up: 7 - 8:30 p.m.



May 28 to July 18 – Monday to Thursday ONLY

13 and up: 4:15 - 5:45 p.m.
 8 & under: 5:30 - 6:30 p.m.
 9 - 12: 6:15 - 7:15 p.m.

June 17-July 19 – Morning option: Monday to Friday

11 and up: 7:30 - 8:45 a.m. (Fridays until 9:30 a.m.)
 8 & under: 8:45 - 9:30 a.m.
 9 - 10: 8:30 - 9:30 a.m.

Parents: The coaching staff strives to provide safe and efficient practice times for your swimmer. At the time that this handbook is created, the above times seem to be the most ideal for effective training. If we find that changes are necessary, we will notify you through e-mail and/or on Team Unify at www.cordovabluemarlins.com

2019 Cordova Blue Marlins Event and Meet Schedule *Tentative as of 2/1/2019*

Please refer to team website for more up to date information: www.cordovabluemarlins.com

DATE	ACTIVITY	WHERE	TIME
Wed, April 24	Mandatory Parent Meeting	Hagan Community Center	7 p.m.
Mon, April 29	First Day of Practice -NEW SWIMMERS ONLY	Rosemont Pool	Varies

Tues, April 30	All Swimmer Practice	Rosemont Pool	Varies
Tues, May 14	Team Pictures Pizza Night	Rosemont Pool TBA	5 p.m. After pictures
Mon, May 27	NO PRACTICE, MEMORIAL DAY HOLIDAY		
Fri, June 7	Family Swim Night	Lincoln Village Pool	5:30 - 7:30 p.m.
Sat, June 1	Blue and Gold Meet	Rosemont Pool	7 a.m. - 3 p.m.
Sat, June 8	Dual Meet: Placerville DDD	Union Mine High School	7 a.m. - 3 p.m.
Thurs, June 13	River Cats Game	Raley Field	7 p.m.
Sat, June 15	Dual Meet: OV Tiger Sharks	Orangevale Pool	7 a.m. - 3 p.m.
Fri, June 21	Family Fun Night	Stone Creek Community Park	TBA
Sat, June 22	Tri Meet: Woodland/Lifetime	Woodland High School	7 a.m. - 3 p.m.
Sat, June 29	Dual Meet: Arden Manor Pirates	Arden Manor	7 a.m. - 3 p.m.
Thurs, July 4	4 th of July Parade	TBA	TBA
Sat, July 13	Dual Meet: Auburn Robolos	Rosemont Pool	7 a.m. - 3 p.m.
Mon, July 15	Spirit Week- Dress up	Rosemont Pool	During practice
Tues, July 16	Spirit Week- Dress up	Rosemont Pool	During practice
Wed, July 17	Spirit Week- Dress up	Rosemont Pool	During practice
Thurs, July 18	Pizza Night	TBA	TBA
Fri, July 19	Team Breakfast (potluck)	Rosemont Pool	After AM practice
Sat, July 20	Championship Meet	TBA	7 a.m. - 6 p.m.
Mon, July 22	Team Awards	Stone Creek Community Park	TBA
Sat.-Sun., Aug 3 & 4	Meet of Champions	Roseville	TBA