

Cordova Blue Marlin

Team Handbook

2020

Cordova Recreation and Park District



**CORDOVA  
BLUE MARLINS**

[www.cordovabluemarlins.com](http://www.cordovabluemarlins.com)



2197 Chase Drive  
Rancho Cordova, CA 95670  
916-369-9844 / [spatterson@crpd.com](mailto:spatterson@crpd.com)



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## Welcome!

On behalf of the Cordova Recreation & Park District (CRPD), the coaching staff and Parent Board, I want to welcome everyone to the 2020 Cordova Blue Marlin 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 Diggin' Dolphins, Auburn Robolos, Orangevale Tiger Sharks, Arden Manor Pirates, Lifetime Sugarbears, Rio Linda-Elverta Aqua Knights and the Woodland Wreckers.

As a league representative, I present ideas set forth by our teams. 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 make it the best it can be for our swimmers.

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. No matter the reason you chose the Blue Marlins, the coaching staff and I 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](mailto:spatterson@crpd.com)  
916-369-9844

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

### **Cordova Recreation & Park District (CRPD)**

The Cordova Blue Marlins Swim Team is a recreational swim team offered by Cordova Recreation & Park District. The largest portion of the registration fees (\$220/\$255) go to CRPD. CRPD uses those fees/ and is responsible for:

- Hiring, scheduling, training and paying of coaches and lifeguards
- Coordinating with Sacramento Unified School District to rent and pay for the pool at Rosemont High School
- Determining the practice times and dates
- Representing our team at the VFCAL (swim league) meetings
- Paying for any league fees
- Purchasing equipment and supplies to run the program

### **Blue Marlin Volunteer Parent Board**

To assist CRPD in enhancing the experience for both the swimmers and their families, there is a Volunteer Parent Board. The parent board:

- Communicates with families mainly using the Team Unify website and email system (THIS IS THE MAIN WAY WE COMMUNICATE WITH THE WHOLE TEAM)
- During the season they will also use the family folders to keep swimmers and families informed about important events and information
- Organizes parent/family volunteers to help run swim meets during the swim season
- Ensures that swimmers can participate in swim meets by utilizing the Team Unify website to allow swimmers to sign up and to help families communicate with the Coaching team and sign up for upcoming swim meets
- Organizes social events to allow swimmers/families to make new friends
- Raise money to pay for supplies necessary to run swim meets, end of season awards, required splash fees for the championship meet, host social events and purchase new training equipment to enhance the purchases made by CRPD

Families are also required to provide a check for \$200 as a deposit to ensure that they meet their volunteer requirements. Once the family meets all volunteer requirements, the check will be destroyed. If families 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 AT THE BEGINNING OF THE SEASON IF YOU ANTICIPATE NEEDING ASSISTANCE OR HAVE TROUBLE FULFILLING ANY VOLUNTEER HOURS, AS THEY MAY BE ABLE TO HELP FIND WAYS TO MEET YOUR REQUIREMENT.

### **Blue Marlin Parent Board Members**

President:	Carol Kraus	Volunteer Coordinator:	Erin Seymour/Jessica Fry
Vice President:	Rachel Matzinger	Computer Coordinator:	Sophia Goetze
Treasurer:	Annette Cocker	Publicity/Recruitment:	Tammy Sharratt
Secretary:	Elicia Bennett	District Representative:	Susie Patterson
Registrar:	Tanya Kohler	Head Coach:	Amy Hanrahan
Social Coordinator:	Catherine Cazier		

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 ([www.cordovablueamarlins.com](http://www.cordovablueamarlins.com)), click on “CONTACT US” located just above our logo on the left-hand side of the page. There are always three Board members receiving emails, including the Parent Board President, Carol Kraus.
- 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 (past the coaches), you will find a list of the current board members along with a button to send an email. If you use this option, make sure that your return email is correct.
- Send an email to the Parent Board at [bluemarlins@outlook.com](mailto:bluemarlins@outlook.com). This email only gets checked once a week.

The Board has been busy planning and arranging for 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.

## Family Responsibilities

**Families 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 family, you will need to make sure that your swimmer(s) arrive 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 are other important responsibilities for families. Swimmer(s) may complain about a hard workout or the fact that they did not get to be on the “A relay,” but when the family encourages and supports the child, reminding them that hard work pays off in the end, the child usually continues to enjoy the season and often stops complaining.

Another critical aspect for all families is to be informed! It is essential to the organization, that all families stay informed by reading all emails that we send out and by reviewing the information posted on our team website at [www.cordovablueamarlins.com](http://www.cordovablueamarlins.com). Information about social events, changes to practice times, swim meets and sign-ups for completing required volunteer hours can be found on the team website. Please understand that we do our best to put the information out for all families to see, but you need to be responsible for collecting and acting upon the information. As an added feature, our 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 sign-up and accessing your swimmer times at previous meets.

## Volunteering

Volunteering is your greatest responsibility; it’s a fun way to learn and be part of the team and sport. 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 asks that each family provide a \$200 volunteer deposit, payable to the *Blue Marlins*, at the time of registration.

- **IT IS YOUR RESPONSIBILITY** to complete these hours. *If you need additional assistance on figuring out how to do this, please contact the 2020 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*.

- YOU MUST VOLUNTEER FOR **AT LEAST ONE SHIFT AT EVERY DUAL MEET** IN WHICH YOUR CHILD SWIMS. Also, by the end of the season, each family needs to have contributed **at least 20 hours**.
- Your hours MUST include one (1) shift per participating dual meet, one (1) shift at the Champs meet in July, **AND** one (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 **6/15/2020**. The Volunteer coordinators will present your request to the Board for approval. **ALL requests must be made in writing.**
- Failure to work your scheduled job or find a replacement may result in the loss of your \$200 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.
- **Once the Championship meet is over, the Board will meet and determine whose check will be shredded and whose check needs to be deposited.**
- 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 Board. Payment must be received within 10 days of notification from the Cordova Blue Marlins.

## Swim Meet Volunteer Job Descriptions

Each family must volunteer at every meet in which a child swims, totaling at least 20 hours for the season. This time includes one 2-hour shift at the VFCAL championship meet (“Champs”) AND at least one set-up or takedown shift. Some require special training, which will be provided before the start of the season and/or during the Blue & Gold Meet in May. 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, takedown, timers, ribbons) are divided into shifts, each receiving 1-3 hours, during a meet.

**NEW PARENTS:** There will be an “open-house” parent meeting during practice time on Thursday, April 30<sup>th</sup>. This is a chance for new and returning parents to learn and understand all volunteer jobs.

### Volunteer Jobs - No Season-Long Commitment

Positions listed below do not require experience, unless noted.

**Set-Up (all meets)** - Arrive early to help set-up items needed for the meet including tents, timing system, tables and needed supplies. Need 5 - 10 people for 1 - 2 hours. Arrive at 6 a.m.

**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. *Training is given at the start of each shift.*

**Lane Runner (home meets)** - The lane runner collects written timesheets from timers throughout the meet and brings them to the Computer Operator. Also posts results provided by Computer Operator.

**Hospitality Servers (home meets)** - Pass out food and drink to workers during the meet.

**Ribbon Writer (home meets)** - Put labels on place ribbons and sort into swimmer folders.

**Snack Bar (home meets)** - For home meets only, workers are needed to set up and sell food. The snack bar is coordinated and supervised by the Board Vice President.

**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.

**Take Down (home meets)** - At the conclusion of the meet, help disassemble tents, timing system, tables, etc. and store in the team area. Need 5 to 10 people for about 1 hour.

### Volunteer Jobs - Season-Long Commitment

Positions marked with an (\*) asterisk run most smoothly when consistent volunteer(s) oversee the position, therefore if you choose one of these positions, please commit to volunteer at all meets your swimmer is swimming. Positions listed below required noted experience.

**\*Head Age Group Parent (all meets)** - Assist all Age Group Parents with the meet boards, pens, team tent banners and other supplies. Provide training and support to new Age Group Parents. *Experience as an Age Group Parent is helpful.*

**\*Head Set Up Coordinator (all meets)** - Oversee and direct swim meet and team area setup. Arrive early to direct set-up items needed for the meet including tents, timing system, tables and needed supplies. Arrive at 6 am.

**\*Age Group Parent (all meets)** - Depending on number and age of swimmers, 1 to 2 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. Volunteer for the age group of your own swimmer.*

**\*Announcer and Assistant Announcer (home meets)** - Uses the PA system to keep spectators and swimmers updated on in-progress and up-coming events as well as other announcements when asked by coaches or the 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. Trains all timers at the start of their shift on the proper operation of their job duties. Assist the Meet Referee, Starter and Computer Operator with testing the timing system. *The Head Timer needs prior experience in timing swim meets.*

**\*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 team before the start of each season.*

**\*Computer Operator Assistant (home meets)** - Assist the computer operator (Board Position) during the meet. *Experience in meet operations is desirable.*

**\*Hospitality Coordinator (home meets)** - Plan, shop and prepare snacks for volunteers at home meets.

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

**\*Equipment Coordinator (all meets)** - Transports equipment to and from swim meets. Need to have personal vehicle capable of pulling the team trailer.

**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.

## Swim Meet Logistics

### **Saturday Dual Meets:**

These meets take place on Saturdays and are open to all active team members. **Swimmers MUST check in by 6:50 a.m.** (any swimmer not checked in by 7:15 a.m. will be scratched/removed from the meet). After check-in is complete, the coaches will rearrange the swimmers/events to fill any holes left 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 at approximately 8:30 a.m. and will end at approximately 3:30 p.m. depending on the number of races for the day. Swimmers are awarded ribbons based on how they finish in their heat, 1<sup>st</sup> through 8<sup>th</sup> 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 earn 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 to be sent to the opposing team for lane assignments. You can sign your swimmer 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 being unable to swim. 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 before 9 p.m. on the Monday the week of the meet. If it is later than Monday, please email the head coach and the volunteer coordinators 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 child does not show up at a meet without alerting a coach, it often necessitates changing an entire seeding sheet prior to the start of the meet, delaying the start of the meet. This is unfair to the other swimmers and opposing team. 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):**

Championships is open to all swimmers who are registered with the League and have competed in at least 2 dual meets. The Championship meet is on Saturday, July 18. As with all meets, CHECK IN must be completed by 6:50 a.m. to ensure the head coach can attend the scratch session with the coaches from the other seven (7) teams. The meet will begin at approximately 8:30 a.m. and may run as late as 6 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 (3) individual events and two (2) relays. Medals are awarded for 1<sup>st</sup> – 3<sup>rd</sup> place. Special duet ribbons are given for 4<sup>th</sup> - 10<sup>th</sup> place.

## Swim Meets - Race Day

The swimmers must check in at the meets by 6:50 a.m., ready to swim. Once they check in, they should go to the team area and find their age group. It is important that 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 am.

There are two basic categories of races: individual and relay. The individual events vary in distance by age group. The basic events include 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 everyone swims freestyle and in the medley relay, each swim a different stroke.

An official Starter starts each race. A buzzer/strobe light starts each race. 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 will bring 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 swimmers are near the starting area before their race is called to the blocks. Once their event and heat are 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 and may miss their race.** Swimmers can 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 and/or finishes may be an advantage to the swimmer and therefore the judges disqualify (DQ'd) swimmers doing illegal strokes, turns and/or 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 them to work with the coach on the stroke. This is a learning experience and sometimes we need to learn through our mistakes.

## Swimmer Responsibilities

The following is what is expected from the swimmers:

- 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 (including locker rooms, we are responsible for keeping them 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), and when you know that you will be unable to attend a swim meet.
- 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 Marlin 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 trying your best!
- **Follow the rules** of the pool at all pools
  - 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 working; please respect their work place

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

## Coach Responsibilities

Swim Team Coaches are employees of CRPD and are under the supervision of the Recreation Coordinator in charge of Aquatics. 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 on their progress
- Maintain an positive 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 Valley-Foothill Competitive Aquatic League and the Cordova Recreation & Park District
- Communicate with parents and swimmers regarding the swimmers' progress, behavior concerns, special events, and answer questions as they arise or direct questions to appropriate Board member.

The coaches are very busy during the season fulfilling their job responsibilities. If at any time you feel they may veer or waver from an aspect of their job, please contact the CRPD Recreation Coordinator so it can be addressed immediately.

**The goal of everyone is that your swimmer and family have a positive and productive swim season.**

## League Rules

### Age Group

There are six age groups. They are 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. A swimmer may advance to the next highest age group before they turn that age, but must remain in that 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 (3) official teams in the medley relay (no 6/unders) and six (6) in the free relay event.
2. All swimmers may be entered in up to three (3) individual and two (2) 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 24), with a mandatory rest period January 16 - February 28/29. Then they must workout 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 2 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.” While we realize that it is often HOT during the meets, aquatic facilities do not have the required staff on hand or budgeted to “lifeguard” the additional pools during the meet. 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.

## Order of Events at a Swim Meet

#	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 standard season, there is a swim meet that includes teams from outside of VFCAL. This meet is called the Meet of Champions. In order to participate in this meet, each swimmer must qualify. There are two (2) 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 on the MOC website.
- Place in top 10 at the Championship meet. Any swimmer that finishes in the top 10 at their league championship automatically qualifies, regardless of time.

Participating in the meet will require an additional 2 weeks of practice. Each swimmer must register through CRPD and MOC to participate. The cost is \$40/swimmer for CRPD for 2 extra weeks of morning practice at Rosemont High School and \$35 for MOC for a total of \$75. The Meet of Champs will be held in ROSEVILLE on August 1-2.

## League Team Pool Locations

<b>Arden Manor Pirates</b>	Deterding Park Pool	1415 Rushden Dr., Sacramento, CA 95864
<b>Auburn Robolos</b>	Sierra Pool	123 Recreation Dr., Auburn, CA 95603
<b>Lifetime Aquatics</b>	Lifetime-Folsom	110 Serpa Way, Folsom, CA 95630
<b>Orangevale Tiger Sharks</b>	Orangevale Pool	6826 Hazel Ave., Orangevale, CA 95662
<b>Placerville Dry Diggin Dolphins</b>	Union Mine H.S. Pool	6530 Koki Ln., El Dorado, CA 95623
<b>Rio Linda Elverta Aqua Knights</b>	Rio Linda H.S. Pool	6309 Dry Creek Rd, Rio Linda, CA 95673
<b>Cordova Blue Marlins</b>	Rosemont High School	9594 Kiefer Blvd., Sacramento, CA 95827
<b>Woodland Wreckers</b>	Woodland High School	155 N. West St., Woodland, CA 95695

## 2020 Practice

You will need to bring a swimsuit, towel, goggles and swim cap (optional). **Practice will continue when it is raining**, pack your belongings in a plastic bag; there are only few dry places. **In the case of thunderstorms, you can assume that practice will be cancelled.**

It is important and necessary you arrive on time. You are responsible for checking in with your coach and being in the right place at the right time.

**Use your child's age to determine practice time** the first four (4) weeks of practice. Coaches may move swimmers to another practice time after observing and evaluating their needs.

Note: the first 10-30 minutes will be on-land warm ups, depending on the age group

Practice will take place at Rosemont High School, located at 9594 Kiefer Blvd.

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

### Practice Times:

#### April 27 - May 22

##### Monday thru Friday

6U: 5:45 - 6:15 p.m.  
 7-8: 6:15 - 7 p.m.  
 9-10: 5:45 - 6:45 p.m.  
 11-12: 6:45 - 8 p.m.  
 13-18: 7 - 8:30 p.m.

#### May 26 - July 16

##### Monday thru Thursday ONLY

6U: 5:45 - 6:15 p.m.  
 7-8: 6:30 - 7:15 p.m.  
 9-10: 6:15 - 7:15 p.m.  
 11-12: 4:30 - 5:45 p.m.  
 13-18: 4:30 - 6:30 p.m.

#### June 15 - July 17 – AM option:

##### Monday thru Friday

13+: 7:30 - 8:30 a.m.  
 8U: 7:30 - 8:45 a.m.  
 9-12: 8:45 - 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 email and/or on Team Unify at [www.cordovabluemarlins.com](http://www.cordovabluemarlins.com).

## VFCAL 2020 SWIMMING SCHEDULE (final)

	<b>Home</b>	<b>Away</b>	<b>Location</b>
5/30	Arden Manor	v. Rio Linda	Arden Manor
	Auburn	v. Lifetime	Auburn
	<b>Cordova</b>	<b>v. Woodland</b>	<b>Cordova</b>
	Orangevale	v. Placerville	Orangevale
6/6	Arden Manor	v. Lifetime	Arden Manor
	Auburn	v. Woodland	Auburn
	<b>Cordova</b>	<b>v. Orangevale</b>	<b>Orangevale</b>
	Rio Linda	v. Placerville	Rio Linda
6/13	<b>Cordova</b>	<b>v. Arden Manor</b>	<b>Cordova</b>
	Placerville	v. Auburn	Placerville
	Rio Linda	v. Lifetime	Rio Linda
	Woodland	v. Orangevale	Woodland
6/20	Orangevale	v. Lifetime	Orangevale
	<b>Placerville</b>	<b>v. Cordova</b>	<b>Placerville</b>
	Rio Linda	v. Auburn	Rio Linda
	Woodland	v. Arden Manor	Woodland
6/27	Arden Manor	v. Auburn	Arden Manor
	<b>Cordova</b>	<b>v. Lifetime</b>	<b>Cordova</b>
	Orangevale	v. Rio Linda	Orangevale
	Placerville	v. Woodland	Placerville
7/4	No Meets Scheduled		
7/11	Auburn	v. Orangevale	Auburn
	Placerville	v. Arden Manor	Placerville
	Woodland	v. Lifetime	Woodland
	<b>Rio Linda</b>	<b>v. Cordova</b>	<b>Rio Linda</b>
7/18	<b>VFCAL Champs</b>	<b>ARC</b>	