



2019

Woodland Wreckers Parent & Swimmer Handbook



Woodland Community Services Department

2001 East Street

Woodland, CA 95776

Phone: (530) 661-2000

www.cityofwoodland.org/wreckers

**Parks
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Woodland Wrecker Parent & Swimmer Handbook

Welcome to the City of Woodland's Recreational Swim Team. Please read all attached registration information, as this packet has been assembled to help you understand what is involved when you sign up for the team.

If you have any questions or need additional information, please feel free to contact the Aquatics Supervisor, Brad Petersen. We look forward to having your child swim with our team.

Important contact information

Woodland Community Services Department	661-2000
Community Swim Center (message line)	661-2020
Aquatics Supervisor Brad Petersen	brad.petersen@cityofwoodland.org
Woodland Wreckers Coach	woodlandwreckers@gmail.com

New Swimmers to the Team

All new swimmers will be required to perform a swim test prior to the start date of the swim season. The purpose of the swim test is to make sure the swimmer can safely swim 25 yards (one lap) unassisted. Coaches will be available to make the decision if the swimmer passes. Swimmers who do not pass the test will be redirected to swim lessons.

The swim test dates are **March 31, April 7, and 14 from 10 am-10:45 am** at Charles Brooks Community Swim Center 155 N. West Street.

Fees & Charges

Program Registration and Fees

Each swimmer, pays a program registration fee to the City of Woodland Community Services Department for the entire season. The fee is due at the time of registration and is not pro-rated for holidays, vacations, or days missed. No spots are reserved without payment in full.

General Registration: Tuesday, January 1, 2019 – until program is full

Registration Fee: \$135 per swimmer/Non Residents \$165 per swimmer

Parent Volunteer/participation is required.

Credits or Refunds

Woodland Community Services Department does not provide credits and/or refunds for the program registration fee for days missed. Applicable refunds shall be processed for any participant who is removed from the program by the Aquatic Staff. Refunds will be given prior to the start of the program.

Once practices have started, parents are given two weeks to determine their swimmer's readiness for the program. Should a parent choose to remove their swimmer from the program during the two-week grace period, a refund will be granted. A \$10 administrative fee will be assessed to all refunds. No refunds will be granted after the two-week grace period.

Other fees unaffiliated with team registration

Other fees involved with the Wreckers may include:

- Purchase of team suit \$35-\$60 each
- Team apparel approximately \$5-\$60 per item
- Fundraisers, swim-a-thon
- Splash fees for championships and Meet of Champions

Practice Information

The Woodland Wreckers practice at the Charles Brooks Community Swim Center (155 N. West Street). The swim team has limited pool time and therefore it is imperative to arrive on time. Parents are responsible for checking in their swimmer's with the assigned coach at the beginning of each practice.

Practice Schedule

Monday-Thursday April 29 – June 7

Ages under 8: 5:30–6:00pm

Ages 9 & up: 6:15–7:15pm

Monday-Friday June 10 – July 20

Ages 13 & up: 4:00–5:30pm

Ages under 6: 5:30–6pm

Ages 7-8: 5:30–6:15pm

Ages 9 -12: 6:30–7:45pm

Practice Cancellation

The swim team practices even if it rains. Although, in the event of thunderstorms, there will be no practice. If you are unsure, contact the Recreation Supervisor at 661- 2000 for further details.

Other general practice notes

The coaches have the right to keep swimmers out of the water if they are late or fail to meet the Swimmers' Responsibilities.

Swimmers must come to practice prepared to swim.

If your child will be missing more than two practices in a week for any reason, please inform the coach.

In case of emergency, Woodland Community Services Department may have to close the pool unexpectedly, with short notice. Pool emergencies include chemical imbalances of the pool, inclement weather, or vandalism to pool equipment.

Swim Meet Information

Individual Events

The individual events consist of the following: Freestyle, Backstroke, Breaststroke, Butterfly, and the Individual Medley (IM; one length of each of the four strokes.) Swimmers can be seeded in two individual events.

Relays

The relay events consist of Freestyle stroke, and Medley (comprised of each of the four strokes.) Four swimmers from each team will swim equal lengths. Swimmers can be seeded in two relays.

Disqualification (DQ)

Two judges from each team walk the sides of the pool watching swimmers' strokes, turns, and finishes. Illegal strokes, turns, or finishes may be an advantage to the swimmers; therefore, the judges disqualify swimmers doing illegal actions. Any swimmer disqualified will receive a DQ slip rather than a ribbon. This form will give the unofficial time, as well as the reason for the disqualification. The coach will discuss any disqualification during practice.

Dual Meets

A league dual meet is when the swim team competes against one other team in the league. The Wreckers will compete in four league dual meets for the season. The Saturday dual meets start at 8:00am and conclude about 3:00pm. Swimmers are expected to arrive to the meet by 7:00am, and check in with the coaches.

League Championships

The League Championships meet is the final meet of the season held on a Saturday at the end of July. All teams in the league compete against each other. This meet is open to all swimmers who meet the minimum eligibility requirements of having swum in a minimum of two dual meets during the season.

Are meets required?

Swimmers are required to compete in a minimum of two dual meets and at Championships. With each meet, every swimmer improves, develops, and grows physically and mentally. Meets help the coaches and swimmers track their progress throughout the season. Swimmers who do not participate in a minimum of 2 dual meets will not be eligible for priority registration the following year.

What if my child cannot attend a meet?

The swim team relies on every parent to sign in their child for each meet they can attend. A child will only be seeded into a meet if they have been signed in for the meet. If a child is signed in for a meet, they cannot attend, a minimum one-week prior notice to the coaching staff is required. Coaches cannot seed a meet based on when a child needs to leave the meet.

Signed up for meet but not going to show up.

The swim team is a team made up of many individuals. Each individual has a place on the team and each swimmers participation is important. When a child does not show up to a meet without notifying a coach, often resulting in other relay team members losing out on their races.

Arrival for races

Swimmers are called for their event at least two events prior to the one that they are swimming. At this time, swimmers should be behind the blocks. When the starter blows his/her whistle (indicating that the swimmers can step up on the block), all swimmers must be present behind his/her block. If a swimmer is not present when the starter blows the whistle, there will be a 30 second grace period for a swimmer to step onto their block. Any swimmer who arrives to his/her block during the 30 second grace period will automatically be given a false start. Two false starts in any one heat to one swimmer will equal a disqualification. Swimmers still not present after the 30 second grace period will be scratched from the race.

How do I know if my child is swimming in a meet, and what events are they swimming in?

Coaches determine who swims in what events, according to team strategy, individual goals and abilities. Seeding a meet consists of placing the swimmers in events that will benefit the athlete and the team.

Parents will sign their child up for swim meets on teamunify.com/caw. Athletes must be signed up for swim meets the Thursday one full week before the meet.

Swim Meet Schedule

<u>Date</u>	<u>Home/Away</u>	<u>Team</u>	<u>Location</u>
June 8	Away	Dry Diggin' Dolphins	Union Mine High School 6530 Koki Lane, El Dorado 95623
June 15	Home	Auburn Robalos	Community Swim Center 155 N. West Street, Woodland 95695
June 22	Away	Cordova Blue Marlins	Rosemont High School 9594 Kiefer Blvd, Sacramento 95827
June 29	Away	Orangevale TigerSharks	Orangevale Community Pool 6826 Hazel Avenue, Orangevale 95662
July 13	Away	Arden Manor Pirates	Deterding Park 1415 Rushden Drive, Sacramento 95864
July 20	Away	All teams from league	American River College 4700 College Oak Drive, Sacramento 95841

General Information

Age Groups

A 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 the higher age group for the remainder of the season. Under five may be considered if child can meet requirements.

The six age groups: 6 and under, 7-8, 9-10, 11-12, 13-14, and 15-18.

Code of Conduct of Spectators and Participants

Spectators and participants are expected to demonstrate good sportsmanship at all times. Negative behavior will result in individuals being removed from the activity or team.

During swim meets meet officials, coaches, and timers request that all spectators and swimmers stay away from the starting area (behind the blocks.) ONLY swimmers who have been called to the starting area are permitted in this area.

During swim practices and meets any empty lanes within the pool area are not for spectators or family members to play in or wade in. Swimmers are not to play in empty lanes. Entering the competition area in anyway during the competition can be considered interfering and the team may be disqualified.

Swimmer's Responsibilities

Follow the directions of the Woodland Community Services Staff, including coaches, lifeguards, or any other staff member.

Always wait for a coach to give permission to enter the pool.

Attend practice on a regular basis and arrive on time. Swimmers who are continually late or absent from practice may not be seeded in upcoming meets.

Communicate with the coaching staff if you must the leave the pool area during practice.

Demonstrate good sportsmanship to your teammates and to other teams. Compliment others on their achievements.

Be prepared and ready to practice with suit, goggles, cap, and towel. Assist coaches in setting up and putting away all equipment. Clean up after including putting trash in garbage cans.

Establish personal goals, and actively train to achieve them. Ask for help from your coaches to achieve your goals. Have your mom or dad write your goals down at the beginning of the season and check to see if you achieve them at the end of the season.

Follow all pool rules and use equipment and facilities appropriately.