

# ROBALOS SWIM TEAM



**ROBOLAS SWIM TEAM**

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

**2018 HANDBOOK**

Congratulations on your choice to become a part of the  
**AUBURN ROBALOS SWIM TEAM!**  
*Robalos turns 61 this year! 1957-2018*

This handbook has been prepared to assist you in becoming familiar with the organization and the sport. Please take a few minutes and go through the information presented here. It will help answer many of your questions and introduce you to the wonderful sport of swimming.

**Dear Parents,**

Welcome to the 2018 Robalos swim year. We are looking forward to a fun, exciting and competitive season. This is Robalos 61st year of offering a quality program with approximately 150 swimmers for kids ages 5-18 in the foothill area. We are happy to have you join us! In effort to make the season more enjoyable for the whole family, we are doing our best to improve communication and outreach to our families. Please read the following information concerning some changes as well as upcoming events that assist us to bring a quality program to your children. Please remember, Robalos is a parent participation program, and with your volunteer participation, our kids can have a fun and exciting season.

**Tryouts**

This year we will start season with 2 tryout dates for swimmers new to the team. The purpose of the tryouts is to assess new swimmer's ability to swim the length of the pool safely. The dates for new swimmers are April 21 at 4:00pm and April 26 at 6:30pm. All swimmers new to Robalos should plan to attend one of these dates.

**Our Head Coach**

We are pleased to announce our Head Coach Becca Cenatiempo is back to lead the team. In her third season with the Robalos you can expect more of her precision coaching technique, attention to detail and fun. Plan to swim hard and to always do your best!

**Coaches Corner**

Swimming may at times appear to be an individual sport; however, it truly is a team sport. Robalos is a recreational swimming program, because it is not a year round program. Robalos are proud to have a very competitive community that is doing well throughout the Valley Foothill League. Sometimes it may be confusing as to why your swimmer is participating in a certain stroke in a relay. Since we, as parents, do not have the advantage of looking at the big picture as a team, we must trust in the decisions of the coaches. Therefore, in order to assist with questions or concerns we may have about our swimmer, we have implemented the use of **Shutterfly**. Please take part in the web site and communicate with Head Coach Becca to discuss any of your questions or concerns about the program, or upcoming events. We encourage you or your swimmer to take advantage of this opportunity. This is an opportunity for you and your swimmer to have effective communication with our coaches. The coaches ask that we talk with them on deck any time **after** practice and not during practice when they are on deck trying to coach your swimmer.

## **Shutterfly**

Shutterfly is a web site that is organization based. Robalos has a page here where most all communications from the team, coaches and coordinators takes place. Please go to the Robalos web site and click the link for Shutterfly. You will then take a moment to sign up for the “page”. Once you have this, the coach will “invite” you to be a member. In the roster section you will find your child's name, if not you add them and the families contact information for all future emails and etc...

## **Fundraisers**

It is our goal to keep our program at the highest quality in order to maximize the experience for our swimmers. However, in order to do this, we must engage in fundraising activities. We are asking that you and your family help assist us by joining in and encouraging others in our community to support our events. Our fundraising is guided by the Parent Club. We encourage all parents to be involved in the decision making for this Parent Run Club. The Robalos Parent's Club meets regularly on either the third or fourth Wednesday of each month from January through September with the exception of February. Meetings start at 6:00 and meet at ARD Recreation Park Conference Room. We will be selling merchandise on the deck at meets. We will also be hosting our own snack bar at all home meets. There a couple of fundraising events this year, beginning with a spaghetti feed to kick off the season at Back to Swim night. There will be many opportunities to work on the volunteer hours we ask each family to contribute to and to promote the Robalos Swim Team.

## **Volunteer Check**

A \$125 deposit check made out to Robalos Parent Club is due at the time of enrollment (one check per family). This mandatory deposit will be returned to you at the end of the season provided you fulfill a minimum 15 hours of volunteer service during the season **PLUS** one Team Parent for a meet. Our program can only be successful with the cooperation and support of all parents. Thank you for your participation. With the exception of the committee chairs and officers, each family must volunteer at least one time to be a Team Parent.

## **Volunteers**

Robalos is a volunteer based organization and our Program's success depends on your participation. There will be a volunteer sign up area on the website and shutterfly, so that any position that needs to be filled can be found there. If you interested in any of the available and rewarding positions, please contact Keir: [keir.calvert@yahoo.com](mailto:keir.calvert@yahoo.com)

Everyone will be given the opportunity to plan out their Volunteer hours and participation at **Back to Swim** night Friday April 27, 5:30pm at Canyon View Community Center. Come out for a fun filled evening to meet new friend and connect with friends you have not seen during the winter. We are looking forward to a great season! As always if you have any questions or concerns, please feel free to contact us by phone or at the pool.

Thank You!  
Keir Calvert

## **Robalos Swimming**

Robalos Swimming is for boys and girls ages 5 to 18. Swimmers must be able to swim unassisted one length of the pool performing three of the four competitive strokes. Swimmers practice Monday through Thursday. Meets are held Saturday morning's beginning in June. For swimmers unable to meet the swimming requirements we encourage them to keep trying. If the swimmer needs it, swim lessons may be in order. Endurance takes time, practice and patience.

**Robalo's** has swimmers that have a hard time swimming unassisted for one length of the pool at the beginning of the season so Stroke-n-Turn is a great opportunity to get a head start on the swimmer's endurance. In order to qualify for a meet, a swimmer must complete one length of the pool unassisted. All swimmers must be registered for the team and practice with their age group. Practice consists of 40 minutes to an hour of workout that combines small group instruction in the bulkhead followed by lap swim in the main pool. In meets Robalos will only swim events in which they have a legal stroke as determined by the head coach.

The key component to every successful season has been the involvement of the parents. Sure, winning meets and claiming a league championship is a desired goal, but in the long run it is the family atmosphere and growth of your children that sets one season apart from another.

For most current information, check our website: [www.robalos.com](http://www.robalos.com)

### **WHAT TO DO AT A SWIM MEET**

There are four dual meets, (a meet between two teams) scheduled each season. Meet days can seem crazy at times; however there is a system in place that has been successful over the years. Time trials will be a great opportunity to get an idea of how a meet runs and the coaches will use the times from this team meet to build the rest of the season.

#### **Pre Meet**

**The most important thing to do on meet days is to be on time and check in with the coach. Check in time is 7:00am**

*Swimmers who do not check in with the coach by 7:00am will be scratched from the meet.*

Immediately after checking in with your coach, check in with the age group parent in the team area. All swimmers are required to be in the team area during the entire meet so the team parent can get everyone to their event on time.

NOTE: Team parents are not baby-sitters. Please explain to your swimmer that their best behavior is required in the team tent and communication is mandatory with Team Parents and a swimmer's parent/guardian.

### **What to bring to a swim meet**

\*Two towels per swimmer

\*Sun Screen

\*Goggles. You may consider having an extra pair available

Swim Cap

\*Sweat shirt and sweat pants

\*Sleeping bag for swimmers to sit on between events

\*Nutritious snacks for both swimmer and parents. Don't forget our great snack bar!

\*Plenty of water

### **Warm-ups**

Home meets warm-ups: 7:30 – 7:55am

Away meet warm-ups: 7:55 – 8:20am

After warm-ups all swimmers must return to their team area.

### **Meet time**

All dual meets feature both individual events and relays for a total of 89 events. The home team swims in the odd lanes, the away team in the even lanes. The following is an example of one event and how to read the information presented:

27	Boys 11-12	50 vds. Freestyle	Flights A,B,C
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During the meet, parents need to stay in the spectator section of the pool. The pool deck is very crowded with swimmers, meet officials and volunteers. Sit back and enjoy the day. Be your child and your child's team biggest fan. Of course the best way to support your child and team is to volunteer at the meets – the day will go much quicker.

### **Scratch Policy**

Your Volunteer deposit shall also be used to ensure that the policy for unavailability of a swimmer(s) for competitive meets during the season is followed. If there is a violation of the policy that results in an unexcused scratch the day of a meet during the season the deposit shall be forfeited. For those families that do not violate policy and fulfill volunteer obligations, your deposit check will be returned at the end of the season.

### **Championship Meet**

Beginning in 2003, The V.F.C.A.L. Championship meet became a one day event. Assistance and cooperation from by parent volunteers is a vital part of the success of this long day.

As one might imagine the championship meet features a lot of swimmers, a lot of parents and fair amount of sun. The best thing that parents can do is stay in the team area or stands and cheer on the team. The pool deck is extremely crowded, and every extra person in the swimmers ready-area creates slow downs and confusion.

### **Championship Meet rules and guidelines**

A swimmer may only be entered in four events, including relays.

Individual Events: Each team may enter any number of swimmers in each individual event provided they have competed officially in two league meets.

**Note: If a swimmer has a stroke(s) that they can not swim legally, they will not be entered in that stroke.**

Relay Events: Each team can enter three relay teams in the relay events. Relays will be swum on Saturday as "Timed Finals".

### **Awards**

Finals: Medals for 1<sup>st</sup> – 3<sup>rd</sup>, ribbons for 4<sup>th</sup> – 10<sup>th</sup> place

Consolation: Ribbons for all places

### **Meet Winner**

The league champion will be the team who scores the most points in the meet.

### **V.F.C.A.L. League Information and Rules**

The Valley Foothill Competitive Aquatics League (VFCAL) is made up of teams from the greater Sacramento and foothill areas. The league has teams in both its swim and synchronized swimming divisions. The following are teams that compete in the swim division:

**Auburn Robalos**, (530) 885-8461

123 Recreation Drive, Auburn

**Placerville Dry Diggins Dolphins**, (530) 642-5253

6530 Koki, El Dorado

**Orangevale Tiger Sharks**, (916) 988-4373

6826 Hazel Avenue, Orangevale

**Rancho Cordova Blue Marlins**, (916) 362-9602

2197 Chase Drive, Rancho Cordova

**Arden Manor Pirates**, (916) 487-7851

1415 Rushton Drive, Sacramento

**Lifetime Sugarbears**, (916) 472-2023

1435 E. Roseville Pkwy., Roseville

**Lifetime**, (916) 597-9023

110 Serpa Way, Folsom

### **VFCAL Statement of Philosophy and Goals**

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The philosophy and goals of the League, as set by the participating agencies, is to promote the finest recreational aquatic league and an enjoyable spectator participant experience for all.

All teams in the league should be guided by the following goal: within the parameters of this League, each swimmer is encouraged to grow to his/her full potential. If a champion is developed along the way, that is fine; but this is not the main purpose or goal of the League.

#### **Some VFCAL eligibility rules to be aware of:**

\*Participant's age will be determined as of June 1<sup>st</sup>. If the swimmers' birthday is on or before June 1, he or she must advance to the next age group. If the birthday is June 2<sup>nd</sup> or after, he or she may remain in their age group or advance to the next age group. If the swimmer advances up an age group, he or she must stay in the older group for the entire season.

\*Swimmers may not workout with an organized group outside of their VFCAL team during the swim season (May 4 – July 18). An “organized group” is defined as any group that meets on a daily, weekly or monthly basis in which an organized workout with a coach, instructor or other person responsible for the group is on the deck or in the pool at one time. Specialized clinics or classes of only one (1) day in duration are allowed with a maximum of five (5) 1 day classes/clinics though out the season.

\*All swimmers may workout with any organized group from the end of the VFCAL season up to January 15, and again from March 1 to the start of the VFCAL season. During this rest period (Jan 15 – March 1), swimmers who participate in any organized swimming of any kind will be ineligible to swim in the upcoming VFCAL season. (Exception: High School swimmers swimming on a High School team).