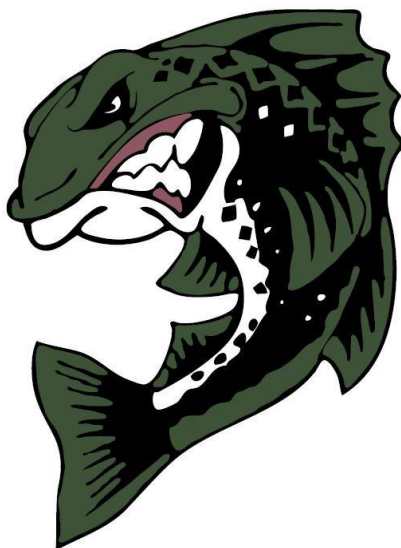


ROBALOS SWIM TEAM



www.roblosswimteam.com

@auburnroblosswimteam on Facebook

2024 Handbook

Congratulations on your choice to become a part of the

AUBURN ROBALOS SWIM TEAM!

Robalos turns 67 this year! 1957-2024

This handbook has been prepared to assist you in becoming familiar with the organization and the sport. Please take a few minutes to 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 2024 Robalos swim year. We are looking forward to a fun, exciting and competitive season. This is the Robalos 67th year of offering a quality program with approximately 100-150 swimmers for kids ages 5-18 in the foothill area. We are happy to have you join us! In an effort to make the season more enjoyable for the whole family, we are doing our best to provide clear and timely communication and outreach to our families. Please read the following information concerning some changes from prior years as well as upcoming events that allow 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!

Our Coaching Staff

We are pleased to announce that Head Coach, Cory Nix, will be returning for her second season with the Robalos. Cory brings many years of swim and coaching experience with her. She is currently the Head Varsity Swim Coach for Placer High School.

Additionally, this year we have Joe Carlson and Megan Towne returning as our assistant coaches. Both have competitive swimming experience and they look forward to working with Cory and the team to have one of the most successful Robalos seasons yet!

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, which means 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 (VFCAL). Sometimes it may be confusing as to why your swimmer is participating in a certain stroke of relay. Since we, as parents, do not have the advantage of looking at the big picture as the team, we must trust in the decision of the coaches. Therefore, in order to assist with questions or concerns we may have about our swimmers, we have implemented the use of **Active.com**. You can use the website and communicate with the Head Coach to discuss any of your questions or concerns about the program, upcoming events, registering for volunteer positions, and registering your swimmer for meets. 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.

Active.com

Active Swim Manager is a website that the Robalos use to streamline everything from communication to registering for meets. Parents must sign up on Active.com at the beginning of the season. After the season begins, all communications will be coming through the Active program to everyone on the team. **It is extremely important that you register and create an account on the site.** Please note that Active **DOES NOT** have an app that is compatible with our program. If you search in your app store you will find one that looks similar, however it **WILL NOT** work for the Robalos Swim Team. You must use the website to register your swimmer for the meets. All communications will be sent out from Active to the email you used to register your swimmer, so there is no need to log in to the site in order to receive the communications. Upon the start of the season, you will receive an email (same email you used to register your swimmer) to join the Robalos site on Active. If you were on the team for the 2023 or 2022 seasons, your account will be the same; you will just link it to the new 2024 program for the Robalos. A full tutorial of registering for Active will be given during back to swim night. If anyone needs help with the site, please reach out to a Robalos Parent Club member for assistance.

Fundraisers

It is our goal to keep our program at the highest quality in order to maximize the experience for our swimmers. To do this, we must engage in fundraising activities. We are asking that you and your family assist us by joining in and encouraging others in our community to support our events. Our fundraising is guided by the Robalos Parent Club, a 503(c) Non-Profit organization run by a board made up of parents of swimmers. The Robalos Parent Club does not receive any of the registration fees each family pays to be on the team. Those fees go to Auburn Recreation District for use of the pool, coaching staff, and lifeguards. The Robalos Parent Club is funded solely by donations and sponsorships of the families and community. We encourage all parents to be involved in the decision-making for this parent run club. The Robalos Parent Club Board of Directors meets regularly on 17th day of each month and is open to all parents who want to attend. Communications about upcoming meetings will be sent out throughout the season as reminders if parents can attend. There are options to appear in-person or via Zoom. Meetings start at 6:30 p.m. and typically run 1-2 hours depending on the subject matters raised. Some fundraising events already scheduled for this year are a Swim-a-thon, selling Robalos swag, catering companies renting out the snack shack for home meets, and company team sponsors that include advertisements on the website and around the pool deck. We ask each family to contribute if possible and promote the Robalos Swim Team throughout the community.

Volunteer Requirements

Hosting and running a swim meet require approximately 60 people, so we need all hands-on deck. We are not requiring a volunteer check this year, because what we need more than your money is your volunteer time. While we could use all the volunteers each family can provide, **we are requiring a minimum of one volunteer per family at every meet in which your family has a swimmer participating.** Thus, a swimmer cannot register for a meet until a

family member registers for a volunteer position. The volunteer can be anyone – a parent, grandparent, guardian, neighbor, older sibling, etc. We do understand that sometimes families are unable to commit to this during the meets. Special arrangements can be made with special Board approval. Please reach out to a Board member for consideration. Our program can only be successful with the cooperation and support of all parents. Thank you for your participation. Robalos is a volunteer-based organization and our program's success depends on your participation. The sign-up sheet for volunteer positions will be distributed at back to swim night. Each volunteer will maintain the same position all season, with some flexibility in other positions as the need arises. To fill in any gaps, the sign-up sheet will be emailed to parents (through Active.com) before each meet. Special positions such as Head Stroke and Turn Judge, Head Timer, Head Tent Parent, etc., will also be assigned for the full season. If you are interested in any of the head positions or have questions about the different volunteer positions, please reach out to our current President of the Robalos Parent Club, at presidentrobalos@gmail.com. Volunteer positions include, but are not limited to, the following:

- Timers (am/pm shifts)
- Team Tent Parent (for each age group)
- Ready Bench Parents
- Stroke and Turn Judges
- Colorado Computer System
- Ribbons
- Hospitality
- Set up and Take Down (before and after meet)

Robalos Swimming

Robalos Swimming is for boys and girls ages 5-18. Swimmers must be able to swim unassisted one length (25 yards) of the pool with at least one of the four competitive strokes. They are able to take as many breaks as needed during this swim. This is for safety and to gauge experience to start the season off right! For swimmers unable to pass the evaluation, our coaches may recommend that they sign up for some group or private swim lessons and come back to try again mid-season.

Swimmer's practice is Monday through Thursday starting May 1. Meets are held Saturday mornings beginning in June.

In order to participate in a meet, the swimmer has to have attended at least one or more practice during the week before the meet. We encourage swimmers to attend all of the practices during the week to start seeing a difference in their endurance and technique. Swimmers are NOT required to participate in ANY meets if they do not want to. Swimmers are welcome to attend practices and just work on getting used to being on the swim team and are never required to compete.

All swimmers must be registered for the team (with the exception of the two evaluation days) and practice with their age group (unless other arrangements and authorizations have been given). Practice consists of 45-90 minutes of workout that can combine small group instruction in the bulkhead followed by lap swim in the main pool as well as dry land stretching. In meets Robalos will only swim in events in which they have a legal stroke as determined by the coaching staff.

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 updated practice and meet schedules, please visit our website at www.robalosswimteam.com

Swim Meets

There are a total of six (6) dual meets (a meet between two teams) for the 2024 season. Meet days can seem crazy at times; however, there is a system in place that has been successful over the years. Time trials (scheduled for May 25, 2024) will be a great opportunity to get an idea of how a meet runs and coaches will use the times from this team to meet to build the rest of the season.

Pre-Meet

By noon on Friday before the meet, please ensure you have **REGISTERED** your swimmer for the meet in Active. Not doing so will cause re-seeding of the meet the morning of, which means the meet will not be able to start on time. We have to send the file in for the meet by EOD on Friday to the other team.

The most important thing to do on meet days is to be on time and check in with the coach. Check in time is typically 7am . ***Swimmers who do not check in with the coach by 7am will be scratched from the meet.***

Immediately after checking in with your coach, check in with the age group Team Tent Parent in the team area. All swimmers are required to be in the team area during the entire meet so the team tent parent can get swimmers to their events on time. Warm ups will be between 7:15-7:30am.

NOTE: Team tent 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 Tent Parents and a swimmer's parent/guardian.

What to Bring to a Swim Meet

- Two (2) towels per swimmer – these should be beach towels.
- Sunscreen – should be applied before the meet and at least one other time during the day, if not more.
- Goggles – and back-up goggles. Ensure they fit snug, but not too snug, BEFORE your heat.
- Swim Cap – during meets EVERYONE must wear a Robalos swim cap; if you do not have one, you may purchase one from our online team store: <https://www.swimoutlet.com/collections/robalos?frm=fmt>
- Sweatshirt and sweatpants – even on hot days you want to have warm clothes to change into after getting out of the pool to keep your muscles warm and loose.
- Blanket or extra-large towel for swimmers to sit on between events. Please no chairs in the tent area except for the Team Tent Parents.
- Nutritious snacks. Even with the snack bar open it is good to have back up! This is especially true at away meets where there may not be a snack bar provided.
- Plenty of water! Even though you might think being in the pool you do not need as much water since you are not as hot, you can still become dehydrated. So bring plenty of water to have throughout the day.

Meet Time

All Duel meets feature both individual events and relays for a total of 84 events, each consisting of one or more heats. Lane selection is decided based on seed time (the swimmer's best time from previous meets and/or seasons). The following is an example of one event and how to read the information presented:

Event Number	Heat Number	Stroke/Event	Lane/Swimmer/Seed Time
63	1 of 2	Girls 15-18 100 Yd Freestyle	2 – Jane Smith 1:12.09

This is what will be written on your swimmer's arm before the meet to tell them what events they are in. Per VFCAL Rules, a swimmer can compete in up to three (3) individual events and one (1) relay per meet.

E = Event Number

H – Heat Number

L – Lane they are in

Stroke

During the meet, parents need to stay in the spectator section of the pool area unless they are volunteering on the pool deck. 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, and have some of the best seats in the house, is to volunteer at the meets – the day will go by much quicker, too!

Scratch Policy

If a swimmer does not arrive on time for a meet, it will result in the swimmer being scratched. While we wish every swimmer could participate, arriving on time is critical for our meets to begin on time as scheduled. When swimmers are scratched, it inconveniences the rest of the team as well as the opposing team. It requires relays to be reseeded which takes more time, causing further delays. Certainly extenuating circumstances may occur; we ask that you reach out to a Board member if your swimmer needs to cancel after registering for a meet, or if you are running late. Accordingly, our policy not only requires swimmers to arrive on time, **but if a swimmer has 3 unexcused scratches, we will need to exclude that swimmer from future relays for the season.**

Championship Meet

Beginning in 2003, the VFCAL Championship meet became a one-day event. Assistance and cooperation of parent volunteers is a vital part of the success of this long day.

As one might imagine the championship meet includes a lot of swimmers, a lot of parents, and a fair amount of sun. The best thing that parents can do is stay in the team area or stand 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 cannot 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 for Finals include:

Medals for 1st-3rd place

Ribbons for 4th – 10th place

11th and hire will get participating ribbons.

Meet Team Winner will be awarded as the league champion to the team that scores the most points in the meet.

VFCAL League Information and Rules

The Valley Foothill Competitive Aquatics League (VFCAL) is made up of team 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 Dolphins

123 Recreation Drive, Auburn 95603
95623

Placerville Dry Diggins

4620 Snoopy Rd. El Dorado

Orangevale Tiger Sharks Marlins

6826 Hazel Ave, Orangevale 95662

Orangevale Community Center

Rancho Cordova Blue

2197 Chase Dr, Rancho

Hagan Community Park

Arden Manor Pirates

1415 Rushton Dr, Sacramento 95864

Lifetime Sugarbears

No Home Meets

Rio Linda Elverta Aqua Knights

6309 Dry Creek Rd, Rio Linda 95673

Rio Linda High School

Woodland Wreckers

21 N West, Woodland 95695

Woodland High School

VFCAL Statement of Philosophy and Goals

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 1st. 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 2nd 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. [MEW6]

*Swimmers may not workout with an organized group outside of their VFCAL team during the swim season (May 2-July 16). 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 desk 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) one (1) day classes/clinics throughout 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.
