



# 2020

## Woodland Wreckers Parent & Swimmer Handbook



**Woodland Community Services Department**

2001 East Street

Woodland, CA 95776

Phone: (530) 661-2000

[www.cityofwoodland.org/wreckers](http://www.cityofwoodland.org/wreckers)

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# Woodland Wrecker Parent & Swimmer Handbook

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Welcome to the City of Woodland’s recreational swim team, the Woodland Wreckers. 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.

## **Important contact information**

Woodland Community Services Department	661-2000
Community Swim Center (message line)	661-2020
Woodland Wreckers Coach	<a href="mailto:woodlandwreckers@gmail.com">woodlandwreckers@gmail.com</a>
Recreation Supervisor Brad Petersen	<a href="mailto:brad.petersen@cityofwoodland.org">brad.petersen@cityofwoodland.org</a>

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## 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 **April 4 and 18, 10:30-11:00 am** at Charles Brooks Community Swim Center 155 N. West Street. New swimmers to the Wreckers must attend one of the dates.

## 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, 2020 – 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 League Championship Meet and the Meet of Champions meet

## Practice Information

The Woodland Wreckers practice at the Charles Brooks Community Swim Center (155 N. West Street). The Woodland Wreckers 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**

April 27- June 5 Monday-Thursday	June 8-July 17 Monday-Friday
<b>Ages 13 &amp; up</b> 4:00-5:30 pm	<b>Ages 13 &amp; up:</b> 4:00–5:30pm
<b>Ages 8 &amp; under</b> 5:30–6:00 pm	<b>Ages 6 &amp; under:</b> 5:30–6pm
<b>Ages 9-12</b> 6:15–7:15pm	<b>Ages 7-8:</b> 5:30–6:15pm
	<b>Ages 9 -12:</b> 6:15–7:30pm

### **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 CSD staff 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 for a meet.

### **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 for a meet.

### **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***

When the Wreckers compete against another team in the VFCAL league is a dual meet. The Wreckers will compete in six league dual meets for the 2020 season. Saturday dual meets start at 8:30 am and conclude approximately 3:00 pm. Swimmers are expected to arrive at the pool by 7:00 am for check in.

### ***League Championship Meet***

The League Championship meet is the final meet of the season held on a Saturday in mid-July. All teams in the VFCAL league compete against each other during the League Championship meet. League Championships 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 the League Championship meet. 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 [www.teamunify.com/caww](http://www.teamunify.com/caww). Athletes must be signed up for swim meets the Thursday one full week before the meet.

## 2020 Swim Meet Schedule

<u>Date</u>	<u>Home/Away</u>	<u>Team</u>	<u>Location</u>
<b>May 30</b>	Away	Cordova Blue Marlins	<b>Rosemont High School</b> 9594 Kiefer Blvd, Sacramento 95827
<b>June 6</b>	Away	Auburn Robalos	<b>Recreation Park</b> 123 Recreation Dr. Auburn 95603
<b>June 13</b>	Home	Orangevale Tigersharks	<b>Community Swim Center</b> 155 N. West Street, Woodland 95695
<b>June 20</b>	Home	Arden Manor Pirates	<b>Community Swim Center</b> 155 N. West Street, Woodland 95695
<b>June 27</b>	Away	Placerville Dry Diggin' Dolphins	<b>Union Mine High School</b> 6530 Koki Ln, El Dorado, 95623
<b>July 4</b>	<b>NO MEETS SCHEDULED</b>		
<b>July 11</b>	Home	Lifetime Fitness	<b>Community Swim Center</b> 155 N. West Street, Woodland 95695
<b>July 18</b>	Away	All teams from VFCAL	<b>American River College</b> 4700 College Oak Drive, Sacramento 95841
<b>Aug 1 &amp; 2</b>	Away	Sacramento Meet of Champions (Swimmers who qualify only)	<b>TBD</b>

## Save the Date

More details will be available during the season about each activity, be sure to mark the dates down.

<u>Date</u>	<u>Time</u>	<u>Activity</u>
<b>April 4, 18, 25</b>	11:00 am-12:30 pm	Pre-Season Clinic for 9 & up
<b>May 16</b>	3:00-6:00 pm	Picture Day & Swim A Thon
<b>August 7</b>	6:00-8:00 pm	End of the Season Award Party

## General Information

### **Age Groups**

A swimmer's age group is determined by their age on June 1, 2020. 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. Children under five may be considered if they can meet the swimming 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.