

Woodland Wreckers
Swim team



2017

Woodland Wreckers

Parent & Swimmer

Registration Handbook

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Woodland, CA 95776
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2017 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

Community Swim Center (message line)

Norcal Registration Form:

Aquatics Supervisor Email Address:

Woodland Wreckers Team Mom: Stacey Pascoe

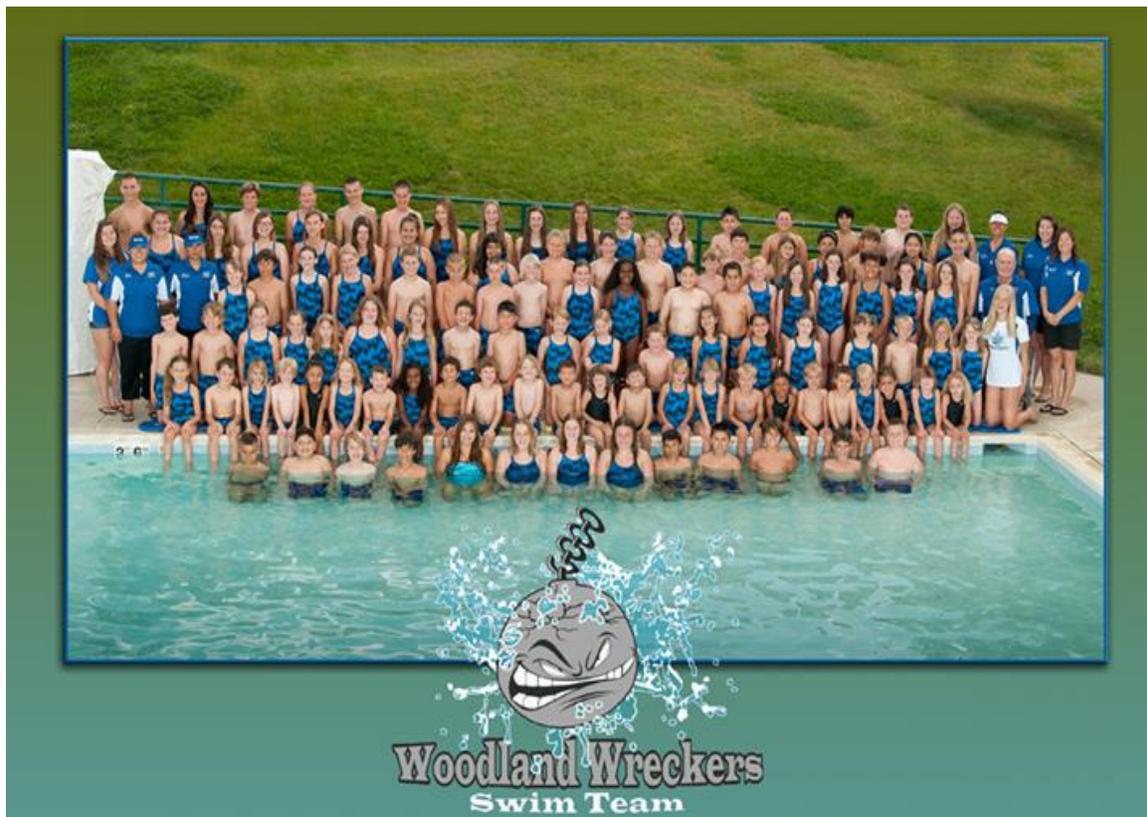
661-2000

668-9006

www.norcalswimleague.com

brad.petersen@cityofwoodland.org

woodlandwreckers@gmail.com



Wrecker Registration

Program Registration and Fees

For each swimmer, participants pay a flat fee to the City of Woodland Community Services Department for the entire season. The fee is due at the time of registration. Will not be pro-rated for holidays, vacations, or days missed. Registration Fee: \$145.00 per swimmer

Priority Registration for Returning Swimmers (Jan.2-Feb 1, 2017)

General Registration Begins Wednesday, February 1st – until program is full

There will be team suit orders in April for an additional fee

Swim Test

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 on deck to provide assistance and to answer questions. The swim test dates March 4^h and 11th, Swim Tests will be at 11am at Charles Brooks Community Swim Center 155 N. West Street.

Credits or Refunds

Woodland Community Services Department does not provide credits and/or refunds for program fees 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, you will have two weeks to determine if your child is ready and able to participate in the program. If you decide to pull your child from the team at the two week mark, you will be rewarded your refund, however assessed a \$10 administrative fee to process the refund. No refunds will be given after the two week grace period.

Other Fees or Charges

Other fees involved with the Woodland Wreckers may include:

- Purchase of team apparel *approximately* \$35-\$60 each.
- Fundraisers, swim-a-thon
- Splash fees for championships and Meet of Champions



Practice Information

Practice is located at the Charles Brooks Community Swim Center (155 N. West Street). It is important and necessary to arrive at the pool on time. Every parent is responsible for checking in his or her swimmer(s) with the assigned coach at the beginning of each practice. If your child will be missing more than two practices in a week for any reason, please inform your coach. The swim team has limited pool time and therefore, we must make the best use of the time we have. **The coaches have the right to keep swimmers out of the water if they are late or fail to meet the Swimmers' Responsibilities, as noted on page 9.**

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. We apologize in advance to inconvenience you for any unexpected pool closures.

Swimmers must come to practice prepared to swim. Be sure your swimmer brings a swimsuit, towel, goggles, and dry clothes to each practice. Please label all belongings as items often get lost.

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.

Practice is scheduled five days per week Monday through Friday with swim meets on Saturdays when the season begins. Practice duration varies between the age groups.

Practice Schedules are subject to change

Practice Schedule April 3 – June 9, 2017

Additional practice information TBA.

- Ages under 8 5:30–6:00pm
- Ages 9 -12 6:15–7:15pm
- Ages 13 & up 6:15–7:15pm

TENTATIVE Practice Schedule June 12 – July 15, 2017

Additional practice information TBA.

- Ages 13 & up 4:00 – 5:30 pm
- Ages under 8 5:30–6:15pm
- Ages 9 -12 6:15–7:30pm
- Supplemental Training 10:00–11:30am**

(Mon, Wed, Fri only, Coaches invite only)



Swim Meet Information

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. Saturday dual meets start at 8:00 am and conclude about 3:00 pm. All swimmers arrive to the meet by 7:00am, ready to swim, and check in with the coaches.

League Championships

League Championships is the final meet of the season, held on a Saturday and Sunday July 22 and 23. All of the 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.

Events

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 his/her whistle, you will have a 30 second grace period to step onto your block, however, 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 (DQ). If you still have not arrived to your block after the 30 second grace period, you will be scratched from the race.

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.)

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. The 6 and under age group relays are co-ed.

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 (DQ) 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 DQ. The coach will discuss any disqualification during practice.

Are meets required?

Our team is placed in a league based on the number of athletes registered for the team. This makes it very important that everyone makes an effort to attend all the swim meets. Please talk to the coaches or recreation supervisor if you think attending swim meets will be a problem. Athletes must compete in at least two dual meets to qualify for championships.

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 you have signed your child in for a meet, and they cannot attend, a minimum one-week prior notice to the coaching staff is required. *Coaches cannot seed a meet based on when your child needs to leave the meet.*

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

Coaches determine who swims and in what events, according to individual goals and abilities. The coaches evaluate strokes, endurance, and experience of all of the swimmers. Then they place them in the events in which they can excel and do their best. Seeding a meet consists of placing the swimmers in events that will benefit themselves and the team. The benefits may be to help them achieve a goal, try a new event, and/or get a time.

Coaches are required to complete their seeding by MONDAY evening prior to the swim meet. The coaches will post meet sheets on Thursdays listing each swimmer's events. It is very important that you check these lists and notify the coaches if your plans have changed and if your child will not be at a meet.

The swim team is a team made up of individuals. Each individual has a place on the team and each swimmer is important. When a child does not show up to a meet without notifying a coach, often an entire seeding sheet must be changed prior to the start of a meet. Should you have any questions or concerns as to the coaches' seeding please ask as soon as possible.

WOODLAND WRECKERS 2017 SWIM MEET SCHEDULE

Date	Visitor	at	Home
May 13	Fair Oaks	@	Woodland
June 10	Woodland	@	Rollingwood
June 17	Woodland	@	West Sacramento
June 24	Woodland	@	Arden Park
July 22-23	Championships	@	Folsom

General Rules

Age Groups

The swimmers' age group is determined by the age on June 15, 2017. A swimmer may advance to the next highest age group before they actually turn that age, however by moving up, 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 are:

- 6 and under
- 7-8
- 9-10
- 11-12
- 13-14
- 15-18

Code of Conduct of Spectators and Participants

Smoking is prohibited in ANY pool area the Wreckers will compete in.

During meets we request that all spectators and swimmers stay away from the starting area (behind the blocks.) keeping it clear for officials and coaches. ONLY swimmers who have been called to the starting area are permitted in this area. This will help keep the starting area clear helping young swimmers to arrive on time and not miss races.

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

All Swimmers will:

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

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

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.

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.

Talk with your coaches. Let your coaches know if you must the leave the pool area during practice (i.e. going to the bathroom or leaving early).

Use equipment and facilities appropriately. Remember to bring your own suit, goggles, cap, and towel. Please help your coaches in setting up and putting away all equipment. Clean up after yourselves. Put garbage in garbage cans.

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

Follow all pool rules

Remember, winning is not as important as trying your best!



All participants MUST complete the Norcal Swim League registration form online.

Registration should be completed at www.norcalswimleague.com.

Welcome to the Northern California Swim League Registration for the swim season 2017

Norcal Swim League Registration **REQUIRED**

All Woodland Wreckers participants are required to register with the Northern California Swim League. There is a \$15 registration fee per athlete. Norcal Swim League registration is processed online at www.norcalswimleague.com. To register, go to the league's website and click the tab near the top of the page that reads, "Start Your League Registration." Please follow the directions below to register.

The Northern California Swim league was founded in 1993 with 11 original teams. In that founding year, the league had 1,711 registered swimmers. The Northern California swim league has grown to 26 teams in 2017 and now has over 5,200 swimmers. To accommodate dual meets and maintain a competitive nature within the league, we arranged into five different conferences.

NCSL Board Position:

The league is actively recruiting trainees for our board positions. If you have a passion for the swim sport and would like to get involved in our league, then please contact us. You do not have to be part of your team's board. Don't hesitate to ask us about the work we do on the board. No help is too little.

League Registration:

All League registrations are subject to approval by the team you are registering for. Your account will NOT be active till short before the season starts. You can still register with your known login and we will activate your account after we verified with your team.

Once your swimmer has been accepted by one of the leagues 26 swim teams (listed under the League Info tab above) you will need to follow this simple process of registering with our swim league

Step 1:

Enter registration by choosing "Register Now" below.

Step 2:

Returning Swimmer: Login with your login name and password from the 2016 season. This is not necessarily the same login/password that you use for your swim team's webpage. Click "Forgot password" if you can't remember your password and follow the emailed instruction for login.

New Swimmer to NCSL: Choose "I am not sure if I have an account. This is the email address I want to use:" and enter the email address you would like to use to receive the registration confirmation and other league related communication.

Step 3:

Returning Swimmer: Enter your Billing Information

New Swimmer: Choose a password and then enter the Billing Information.

- Enter the name and address of the parent/guardian here.
- Enter the billing information for the 2017 NCSL fee of \$15. There is no need to fill out "Guardian" or "Insurance/Emergency Contact".
- This account is separate from the account that you might have already created on a similar page with your team.

Step 4:

Enter your swimmer(s).

- Pay close attention to the birth date ☺
- ⌚ Select the team your swimmer **has been accepted** from the group menu.
 - Next it will send you to a screen that will let you enter additional swimmers on your account.
 - Location will be “unassigned” till we verify your team’s registration.

Step 5:

- Once all your swimmers are added continue to “Checkout Using Secure Server”.

Step 6:

Answer the questions in our waiver form.

- There will be only one waiver per account. In the case that your answers differ for each of your swimmer please contact our league registrar Monica Lopez first before proceeding.

Step 7:

Submit the Registration

Notes:

- **No refunds of the \$15 league fee.**
- **Do not register with the league if you have not received a confirmation from one of our participating league teams that your swimmer has been accepted into their program.**
- We do not refund the \$15 NCSL fee if you register with the league but are not accepted by any of our participating teams.
- Swimmers who are not registered with our league may not participate in any dual meet or championship event.
- Please address all team specific questions with your local team.
- For all league specific questions please send us an email.

Please feel free to contact us if you have any league specific questions that your team may not be able to answer.