

Congratulations on your choice to become a part of the **AUBURN ROBALOS SWIM TEAM!**

Robalos turns 55 this year! 1957-2012

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 a lot of questions and introduce you to the wonderful sport of swimming.

Dear Parents,

Welcome to the 2012 Robalos swim year. We are looking forward to a fun, exciting, and competitive season. This is Robalos 55th year of offering a quality program with 100-180 swimmers for kids of all ages 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.

Our Head Coach

We are pleased to announce our Head Coach Tyler Bonner!

Before being a coach for the Auburn Robalos, Coach Tyler joined the team as a swimmer at the age of 8. He continued to participate each summer until he finished his 11th season at the age of 18. During high school, he swam for Placer High School, the team of which he been the head coach for the past two years. After Robalos and high school, Coach Tyler attended Sierra College where he swam for two years on the Wolverines. While there, he developed an affinity for the mile swim and other long distance events. For the past 5 years Tyler has been the assistant head coach for the Robalos and taken a dozen kids each year to the final "Meet of Champions" at the end of the season. For the many seasons of swim he has competed and the years of coaching he has done, Tyler has developed a coaching style which he hopes will work for all parents and kids during the summer months. Coach Tyler looks forward to the new season as head coach and can only wait in anticipation to see how the many kids of all ages develop into the swimmers they will become. He expects to have a fun summer and make it positive for new families as well as the returning families and hopes that every day will be a *groovy* one.

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 Coaches Corner. Every Thursday, Head Coach Tyler Bonner will be available to discuss any of your questions or concerns about the program, or up coming 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 anytime on Thursdays or other days after practice and not during practice when they are on deck trying to coach your swimmer.

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.

Wine & Goggles

Friday, June 22, 2012

This event will be featured at a local winery that will be pouring and selling their wines at a reduced rate, and food will be provided. There will be music and raffle prizes. The cost of the event is \$20 a person, or \$ 35 a couple. In order for this event to be successful, we are asking each family to sell two or more tickets. This is our main fundraiser and allows the "Extras" for the swimmers. If you have any questions or concerns or would like to purchase tickets, please call Nina Ashford at 530-885-9584. We are also looking for raffle items such as wine, movie Tickets, gift certificates, etc. This is a great way to support our team!

Old Town Pizza

Wednesday, June 13, 2012

Please have your family and friends eat at Old Town Pizza. They too have generously offered to give us 15% of proceeds to help our team!

Strings Restaurant

Wednesday, June 20, 2012 Lunch & Dinner

Strings have generously offered to help us with our fundraising efforts by donating 15% of proceeds to our swim team. This is a fun way to help our team! So, please encourage your friends and family to eat at Strings on this day!

Volunteers

Robalos is a volunteer based organization and our Program's success depends on with your participation. Therefore we are asking for assistance in the following areas:

Team Parent

If you are not currently on the Parent Board, heading a committee (timers, judges, etc.), we are asking that all parents be a team parent for at least one meet for at least half of the day. Team parents are a vital part of our team, and are needed to help our meets run smoothly. There will be sign up sheets in the parent binder at the pool. Please sign up by no later then May 20th. Please be advised that if you not sign up are not donating your volunteer check, in lieu of the volunteer hours, you will be assigned a meet as a team parents.

Committee Head Positions

Currently we have positions on the board to be filled. If you are interested in any of these positions, please contact Nina at 885-9584.

The following positions are available:

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|---------------------------------|---|
| Website | Keeping the website current with Bridget Pizali |
| Stroke & Turn Judges | Work on the deck at the meets |
| Snow Cones | Make and sell snow cones at our home meets |
| Publicity | This person will receive information from the coaches following the meets and put the information into article form with photos and distribute to the local newspapers. |
| Volunteers | Keeping Volunteer hours and assisting in getting volunteers |

Volunteer Check

A \$75 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. 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 once to be a team parent.**

The Robalos Parent's Club meets regularly on the third Thursday of each and every month from January through August. Meetings start at 6:30pm at the Ashford Law Offices, 11400 Atwood Road, Auburn.

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!

Nina Ashford
Robalos President



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 have a Junior Robalos program.

A **Junior Robalo** is a swimmer 8 years or younger. In order to qualify for Junior Robalos the swimmer must complete one length of the pool unassisted. Swimmers must be registered for the team and practice with the Junior Robalos. 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 Junior Robalos will only swim events in which they have a legal stroke as determined by a head coach.

Mentoring Junior Robalos will be the role of the teenage swimmers. Each swimmer will be matched up with a big brother or sister who will help make sure they get to their events on meet day. The juniors will be available to be chief cheerleaders and towel holders during the teen swimmer's events. Other activities will be scheduled to foster this special relationship throughout the summer.

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 of the season 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.swimrobalos.com

WHAT TO DO AT A SWIM MEET

There are four dual meets, (a meet between two teams) scheduled each season. This year we will host two home meets. Meet days can seem crazy at times; however there is a system in place that has been successful over the years.

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.

What to bring to a swim meet

- *Two towels per swimmer
- *Sun Screen
- *Goggles. You may consider having an extra pair available
- *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 yds. Freestyle	Flights A,B,C
↑	↑	↑	↑
Event number	Gender/age group	Distance/Stroke being swum	How many heats (races) for this event

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

In 2003, The V.F.C.A.L. Championship meet became a one day event. Assistance and cooperation 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 1st – 3rd, ribbons for 4th – 10th 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

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

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.

*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).

ROBALOS SWIM TEAM



AUBURN ROBALOS
SWIM TEAM

www.robalos.org

2012 HANDBOOK

