



ROSEVILLE PARKS, RECREATION & LIBRARIES DEPARTMENT COMPETITIVE SWIM TEAMS

***Roseville Sugarbears and Woodcreek Sea Wolves* 2009 Tryout Information Packet**

WELCOME

The Roseville Parks, Recreation & Libraries Department would like to welcome you and your family to one of the finest recreational swimming programs in Northern California. We are pleased you have chosen our program to try for your family's summer recreational swim team experience. The Department is very proud of its competitive aquatics programs and our ability to maintain high quality programs. Together with the coaching staff and Parent Club Boards, we have provided swimmers with an exceptional program and have achieved many goals.

Many of our swim coaches have strong competitive backgrounds including participating in our own recreational swim programs and teaching swimming lessons in our "Learn to Swim" program. Our coaches return year after year to work with the team(s). The entire coaching staff continuously maintains a special rapport with the children and parents. In addition to a quality coaching staff, our success is attributed to a dedicated Parents Club Board. The Boards have been instrumental in providing support to the City's programs by organizing team and age group social events and fund-raisers, motivating team parents to get involved, and aiding coaches and other City staff in conducting swim meets. With the dedication and commitment of the current and former Board Members and large parental support, swimmers and their families have enjoyed many successful swim seasons.

We hope that this information packet answers any questions you may have regarding the tryout process and what to expect. Should you have any other questions or concerns, please feel free to contact us at 774-5990 and we will be happy to help you. We look forward to seeing you at tryouts. Good luck!

PURPOSE OF THE PACKET

This packet has been prepared to assist you in becoming familiar with the tryout process and what to expect. This packet includes:

- Roseville Resident Priority Policy
- Tryout dates and times
- What to bring to tryouts
- What to expect at tryouts
- Registration process
- Team philosophy and goals
- Overview of practice and meet commitments

REGISTER TO TRYOUT

There is no fee to register to tryout, however, prior to tryouts we need to have some paperwork complete as well as know how many kids to expect. You may register to tryout at the Roseville Sports Center beginning Monday, March 30th. You can register up until the day before the tryout you choose to attend. Please provide the following at the time of registration.

- 1. Proof of Residency (if you are a Roseville Resident). Bring a picture ID AND a utility bill, tax receipt or property deed.**
- 2. A copy of your child's birth certificate.**

ROSEVILLE RESIDENT PRIORITY POLICY

Roseville residents pay a discounted fee. Residents must reside within the city limits of Roseville or own property within the city limits. If you do not pay your utility bill to the City of Roseville, you are not a City resident. In order to receive the benefits residents receive, you must provide verification of residency. *To show verification of residency, bring a picture ID AND a utility bill, tax receipt or property deed to the Roseville Sports Center at the time of Tryout Registration.*

The following is a list outlining the tryout and registration priorities developed by the Parks, Recreation & Libraries Department:

Returning Participants

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| Priority 1 | Returning swimmers to same team |
| Priority 2 | Transfers (<i>swimmers transferring between the Sugarbears and Sea Wolves</i>)
<i>* Transfers will be required to tryout during new swimmer tryouts.</i> |

Tryouts for New Participants (*see page 3 for minimum skill requirements*)

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| Priority 3 | Siblings of current team members (residents and non-residents) who meet the minimum requirements |
| Priority 4 | Roseville residents who meet the minimum requirements |
| Priority 5 | Non-residents who meet the minimum requirements |

TRYOUT DATES AND TIMES

Tryouts are subject to available openings in each age group. **Both residents and non-residents are welcome at Tryout A and Tryout B.** Due to the large amount of children at tryout A, some children may be asked to attend tryout B at the conclusion of the A tryout. This is to ensure that the coaches are objective as possible with their decisions. Tryouts are held at the following locations:

Sugarbears: Oakmont Pool, 1710 Cirby Way

Sea Wolves: Roseville Aquatics Complex, 3051 Woodcreek Oaks Blvd.

TRYOUT A - Saturday, April 18th

Tryout A will be held for those age groups not filled after the returning swimmer registration deadline. **You do not have to be a resident to attend this tryout.** Call beginning Monday, March 30th to confirm openings in your child's age group and gender.

<u>Ages 6 & Under:</u>	11:00AM	<u>Ages 7-8:</u>	10:30AM
<u>Ages 9-10:</u>	9:45AM	<u>Ages 11 & Up:</u>	9:00AM

TRYOUT B - Tuesday, April 21*

Tryout B will be held for those age groups not filled after the Tryout A registration deadline. Call beginning Monday, April 20th to confirm openings in your child's age group and gender.

<u>Ages 6 & Under / 7-8:</u>	6:00PM	<u>Ages 9 and up:</u>	7:00PM
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WHAT TO BRING TO TRYOUTS

The following items may help your swimmer at tryouts:

- *Each swimmer will be required to wear a swimsuit to tryout.
- *Be sure to bring a thick towel and warm clothes to put on over your suit for the ride home. *(If it is raining or extra cold, you may want to change your suit prior to leaving the facility.)*
- *If your swimmer is comfortable wearing goggles, feel free to bring them to tryouts.
- *If your swimmer has long(er) hair, we suggest you pull it back and secure it so it does not interfere with the tryout.

WHAT TO EXPECT AT TRYOUTS

When you arrive at your tryout, you will be greeted by an Aquatics staff member or Team Parent Board Member who will ask you to check in your swimmer. We will introduce the staff, briefly describe the tryout process and escort your child to the tryout area of the pool. ***We ask that parents wait in the bleachers during the tryout period.*** Coaches will call your child's name when it is their turn to tryout. The children will tryout in small groups. They will warm up, watch demonstrations of skills or strokes and, with the instructor's help, be asked to perform the skill or stroke. The older age groups will watch a demonstration, if needed, and then perform the skill or stroke. After a child completes his/her tryout, they are free to go home.

Skill Requirements

<u>Age Group</u>	<u>Minimum</u>	<u>Ability to Demonstrate</u>
6 & Under	Enters water freely Comfortable in water (including deep water) Freestyle/Beginner Stroke - 10-15 yds	Freestyle - 25 yds. Backstroke Breaststroke Butterfly

	Able to float & propel on back Able to listen and follow directions	Able to dive
7-8 years	Freestyle or Beginner Stroke Able to float and propel on back Able to dive Able to listen and follow directions	Freestyle – 25 yds. Backstroke – 25 yds. Breaststroke Butterfly

Skill Requirements

<u>Age Group</u>	<u>Minimum</u>	<u>Ability to Demonstrate</u>
9-10 years	Freestyle – 25-50 yds. Backstroke Able to dive Knowledge of Breast & Fly	Freestyle - 50 yds. Backstroke - 25 yds. Breaststroke Butterfly Flip Turns
11-18 years	Freestyle - 50 yds. Backstroke - 50 yds. Able to dive Knowledge of Breast & Fly	Breaststroke Butterfly Flip Turns

REGISTRATION PROCESS

Swimmers in each age group are required to meet the minimum requirements to be eligible for the team. If there are less numbers of openings in an age group or gender than there are number of children who tryout, we will take the more advanced swimmer(s). For those who attend the April 18th tryout a list of children who have made the team will be posted at the Roseville Sports Center, the Roseville Aquatics Complex, and Oakmont Pool by 5:00pm that day.

Joining the Team

If your child makes the team during Tryout A (Saturday, April 18th) you will have until 5:00 pm on Monday April 20th to call the Roseville Sports Center to hold your child’s spot on the team. If the coach would like to see your child’s skills again, they may ask them to attend Tryout B in addition to Tryout A. After the B Tryout is complete, a Parent Orientation/ Registration Meeting will take place on April 23rd, to assist parents in registering for the team. A registration form and waiver must be completed with full payment. At the time of registration you will also receive information about the team, the coaches, and your child’s practice/meet schedule. Children who do not make the team are encouraged to participate in the Pre-Competitive Team (the Roseville Sharks) or the “Learn to Swim” Program. Many children have improved skills through swimming and competitive lessons and have later come back to join the team.

Fees

The participant registration fees for the 2009 swim season for the Sugarbears and the Sea Wolves are based upon the direct costs of operating the competitive aquatics program.

Roseville Sugarbears & Woodcreek Sea Wolves:

Resident \$225.00
Non-Resident \$250.00

Family Rates (2nd, 3rd, 4th, 5th swimmer from the same family)

Resident \$200.00
Non-Resident \$225.00

TEAM PHILOSOPHY AND GOALS

The goal of the Competitive Aquatics Swim Teams is the development of lifelong positive attitudes and skills through the sport of competitive swimming. The program stresses safety, individual skill development, goal setting and achievement, social development, fun, fitness and recreational competition.

AGE GROUP GOALS

Each season, the coaches develop team goals, by age group, based on the information received from parent focus groups and/or participant evaluations. We are committed to providing each swimmer in each age group with a safe, fun and positive experience. We will continue to improve each season by responding to parent and swimmers' suggestions and feedback.

OVERVIEW OF PRACTICE AND MEET COMMITMENTS

Practices will begin on Monday, April 27th. Practices are held Monday through Friday in the spring. Both the Sugarbears and the Sea Wolves will practice after school through the end of the traditional school year. Beginning Tuesday June 16th, the Sugarbears will move to a morning (7-10AM) workout time while the Sea Wolves keep the same schedule to accommodate year-round students. Beginning on June 15th, there will be no Monday practices.

2008 Tentative Practice Schedules

Roseville Sugarbears at Oakmont High School Pool:

	April 27th – June 12th	June 16th – July 24th
6 & Under/7&8	5:45-6:30PM	9:15-10:00AM
9&10/11&12	6:30-7:30PM	8:15-9:15AM
13&14/15-18	4:30-5:45PM	7:00-8:15AM

**Schedule is tentative from April 27-May 15 and may change due to OHS swim team practice schedule.*

Woodcreek Sea Wolves at Roseville Aquatics Complex:

	April 27th – July 17th
6 & Under/7&8	5:30-6:15PM
9&10/11&12	6:15-7:15PM
13&14/15-18	4:15-5:30PM

Both teams participate in dual swim meets nearly every Saturday, beginning at the end of May and running through the end of July. Check in for swim meets is usually 7:00AM and the meet is usually completed by 2:00PM. Swimmers are required to stay at a meet until he/she races in all his/her events. The season culminates with a two-day, conference championship meet the third or fourth weekend in July.

THANK YOU!