



Woodcreek SeaWolves 2020 Tryout Information Packet

Welcome

California Capital Aquatics and the Woodcreek SeaWolves 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. We are very proud of our competitive aquatics program and our ability to maintain a high quality program. Together with the coaching staff and Parent Leadership Committee, we have provided many swimmers with an exceptional program over the past 25 years.

Many of our swim coaches have strong competitive backgrounds including participating in our own recreational and competitive swim programs. Our coaches often return year after year to work with the team. 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 Parent Leadership Committee. The Committee has been instrumental in providing support to the Woodcreek SeaWolves program by organizing team and age group social events and fund-raisers, motivating team parents to get involved, and aiding coaches in conducting swim meets. With the dedication and commitment of the current and former Committee 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 membership@woodcreekseawolves.com 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:

- New Swimmer 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 Commitment

New Swimmer Priority Policy

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. If you own property here, but do not live here, you will be asked to provide verification. **To show verification of residency, please bring a picture ID AND a utility bill, tax receipt or property deed to the New Parent Orientation Meeting. New swimmers/parents will receive a Team Handbook after completing on-line registration.**

The following is a list outlining the tryout and registration priorities developed by California Capital Aquatics and the Woodcreek SeaWolves.

Returning Participants

Priority 1 Returning swimmers

Tryouts for New Participants (see pages 3 & 4 for minimum skill requirements)

Priority 2 Siblings of current team members (residents and non-residents) who meet the minimum requirements
Priority 3 Roseville residents who meet the minimum requirements
Priority 4 Open tryouts: residents and/or non-residents who meet the minimum requirements

Tryout Dates and Times

Tryouts are subject to available openings in each age group. To confirm openings in your child's age group and gender, go to www.roseville.ca.us/swimteam. **Both residents and non-residents are welcome at Tryout A and Tryout B.** Due to the large number of children at Tryout A, some children may be asked to attend Tryout B at the conclusion of Tryout A. This is to ensure that the coaches are as objective as possible with their decisions. Tryouts are held at the following location:

Mike Shellito Indoor Pool, 10210 Fairway Drive

- **Tryout A - Sunday, March 8**

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 however Roseville residents must show proof of residency for priority registration.** Please check www.roseville.ca.us/swimteam after **Friday, February 28** to confirm openings in your child's age group and gender.

Tryout Times by Age Group:

<u>Ages 6 & Under:</u>	10:45am	<u>Ages 7-8:</u>	10:00am
<u>Ages 9-10:</u>	9:15am	<u>Ages 11-12:</u>	8:30am
<u>Ages 13+:</u>	8:00am		

- Tryout B - Wednesday, March 11

Tryout B will be held for those age groups not filled after the Tryout A registration deadline. *Please check www.roseville.ca.us/swimteam after **Monday, March 9** to confirm openings in your child's age group and gender.*

Tryout Times by Age Group:

Ages 8 & Under: 6:00pm
Ages 9 and Up: 6:30pm

What to bring to tryouts

The following items may help your swimmer at tryouts:

- *Each swimmer will be required to wear a swimsuit during the 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 or wear a swimming cap.

What to expect at tryouts

When you arrive at your tryout, you will be greeted by a member of the Parent Committee 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 may be asked to tryout in small groups or as an individual. The tryout may consist of a warm up, watching demonstrations of skills or strokes, and with or without the coaches 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 Requirement</u>	<u>Ability to Demonstrate</u>
6 & Under	Enters water freely (including deep water) Freestyle -15 yds. (unassisted) Ability to float & propel on back Ability to listen & follow directions	Freestyle - 25 yds. Backstroke - 10 yds. Dive

<u>Age Group</u>	<u>Minimum Requirement</u>	<u>Ability to Demonstrate</u>
7-8 Years	Freestyle - 15 yds. (unassisted) Backstroke - 15 yds. (unassisted) Ability to float & propel on back Ability to listen & follow directions	Freestyle - 25 yds. Backstroke - 25 yds. Breaststroke Butterfly Freestyle Flip Turn Dive
9-10 Years	Freestyle - 25 yds. (unassisted) Backstroke - 15yds. (unassisted) Knowledge of Breaststroke Knowledge of Butterfly	Freestyle - 50 yds. Backstroke - 25 yds. Breaststroke - 25 yds. Butterfly - 15 yds. Freestyle Flip Turn Dive
11-18 years	Freestyle - 50 yds. (unassisted) Backstroke - 50 yds. (unassisted) Knowledge of Breaststroke Knowledge of Butterfly	Freestyle - 50 yds. Backstroke - 50 yds. Breaststroke - 50 yds. Butterfly - 25 yds. Backstroke Flip Turn Freestyle Flip Turn Dive

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 March 8 tryout, a list of children who have made the team will be posted at the Roseville Aquatics Complex, the Roseville Sports Center, and the Mike Shellito Indoor Pool by 5:00pm that day.**

Joining the Team

If your child makes the team during Tryout A you will have until 5:00 pm on Monday, March 9 to call the Mike Shellito Indoor Pool (774-5958) to hold your child's spot on the team. If the coach would like to see your child's skills again, they may ask you to attend Tryout B. After Tryout B is complete, a Parent Orientation/Registration meeting will take place on **Wednesday, March 25 at 6:00pm at the Mike Shellito Indoor Pool Meeting Room. This is a mandatory parent meeting.** Parents must bring a legible copy of their child's birth certificate to this meeting in order for your registration with Woodcreek SeaWolves to be complete. During the meeting, 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 try CCA's Pre-Competitive Program (www.ccaswimming.org) or the City of Roseville's Sea Lions Pre-Competitive Program. Many children have improved their skills through these Pre-Competitive Programs and have later come back to join the team.

Fees

The participant registration fees for the 2020 swim season are based upon the direct costs of operating the competitive aquatics program. After a swimmer makes the team, you will receive an email with instructions and a private link that will allow you to register and make payment on-line for the Woodcreek SeaWolves 2020 season!

1 st swimmer	\$265.00
2 nd swimmer	\$240.00
3 rd swimmer	\$215.00

For High School students who swim on their school's swim team, a high school swimmer discount will be given if they choose to start swimming with the SeaWolves on May 11.

High School	\$160.00
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Team Philosophy and Goals

The goal of the team 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.

Each season the coaches develop team goals and age group goals, 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 April 20. Practice times for the 2020 swim season are listed below.

Location: Roseville Aquatics Complex

April 20 – July 24 (Regular Practice Schedule)

4-5's	M-F	4:00pm-4:30pm
6's	M-F	4:30pm-5:00pm
7-8's	M-F	5:00pm-5:45pm
9-10's	M-F	5:45pm-6:45pm
11-12's	M-F	4:00pm-5:00pm
13-18's	M-F	6:45pm-8:00pm

Currently Scheduled No Practice Dates:

April 24, May 25, May 29 and July 3

Meets

The team participates in dual swim meets nearly every Saturday, beginning in May, through the end of July. Check in for swim meets is usually 6:45am or a designated time set forth by the Head Coach and the meet is usually completed by 2:30pm. Swimmers are required to stay at the 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. The 2020 Swim Meet Schedule is listed below.

Saturday, May 9	Time Trials	@ RAC
Saturday, May 30	Laguna Creek	@ Laguna Creek
Saturday, June 6	Rio Del Oro	@ Rio Del Oro
Saturday, June 13	Del Norte	@ RAC
Saturday, June 20	Arden Hills	@ RAC
Saturday, June 27	Glen Oaks	@ Glen Oaks
Saturday, July 11	West Sacramento	@ RAC
Sat/Sun, July 25/26	Championships	@ RAC
Sat/Sun, August 1/2*	Meet of Champions	@ RAC

***Must qualify for Meet of Champions**

Any further questions, please contact membership@woodcreekseawolves.com.

THANK YOU!