



Roseville Parks, Recreation & Libraries Department Woodcreek Seawolves 2014 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 Board, 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. 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 Club Board. The Board has 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 774-5957 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 Commitment

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. If you own property here, but do not live here, you will be asked to provide verification. **To show verification of residency, bring a picture ID AND a utility bill, tax receipt or property deed to the New Parent Orientation. New swimmers will receive their registration packet at that time.**

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

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/swimteams . **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:

Roseville Aquatics Complex, 3051 Woodcreek Oaks Blvd

- **Tryout A** - Saturday, March 15th

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. Roseville residents must show proof of residency.** Please check our website after **Thursday, March 6th** to confirm openings in your child's age group and gender.

Tryout Times by Age Group:

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

- **Tryout B** - Thursday, March 20th

Tryout B will be held for those age groups not filled after the Tryout A registration deadline. *Please check our website after Tuesday, March 18th 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.

What to expect at tryouts

When you arrive at your tryout, you will be greeted by a 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 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 Comfortable in water (Including deep water) Freestyle/Beginner Stroke (10-15 yds.) Ability to float & propel on back Ability to listen & follow directions	Freestyle (25 yds.) Backstroke (5-10 yds.) Breaststroke Butterfly Dive
<u>Age Group</u>	<u>Minimum Requirement</u>	<u>Ability to Demonstrate</u>
7-8 Years	Freestyle/Beginner Stroke (10-15 yds.) Backstroke (10-15 yds.)	Freestyle (25 yds.) Backstroke (25 yds.)

	Ability to float & propel on back Ability to listen & follow directions Ability to dive	Breaststroke Butterfly Freestyle Flip Turn
9-10 Years	Freestyle (25-50 yds.) Backstroke (10-15yds.) Ability to dive Knowledge of Breaststroke & Butterfly	Freestyle (50 yds.) Backstroke (25 yds.) Breaststroke (25 yds.) Butterfly (10 yds.) Freestyle Flip Turn
11-18 years	Freestyle (50 yds.) Backstroke (50 yds.) Ability to dive Knowledge of Breaststroke & Butterfly Freestyle Flip Turn	Breaststroke (50 yds.) Butterfly (25 yds.) Backstroke Flip Turn

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 15th 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 17th to call the Roseville Sports Center (774-5990) 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, April 2rd at 6:00pm at the Riley Library Meeting Rooms**. A registration packet will be provided at the time of the **mandatory** parent meeting. It must be completed that evening with full payment. Parents must also bring a legible copy of their child's birth certificate. 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 "Learn to Swim" Program or the Sea Lions Pre-Competitive Swim Team. Many children have improved their skills through swimming and competitive lessons and have later come back to join the team.

Fees

The participant registration fees for the 2014 swim season are based upon the direct costs of operating the competitive aquatics program.

1 st swimmer	Resident	\$230.00
	Non-Resident	\$255.00
2 nd swimmer	Resident	\$205.00
	Non-Resident	\$230.00
3 rd swimmer	Resident	\$180.00
	Non-Resident	\$205.00

For High School students who swim on their school's swim team, a senior swimmer discount will be given if they choose to start swimming with the Seawolves after May 18th.

Resident	\$125.00
Non-Resident	\$135.00

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.

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 with a modified schedule on Monday, April 21st. The regular practice schedule will begin April 28th, with practices being held Monday through Friday.

Location: Roseville Aquatics Complex

April 21st – 25th (Modified Practice Schedule)

6 & Under	M/TH	5:15-6:00pm
7-8	TU/F	5:15-6:00pm
9-10	M/TH	6:00-7:00pm (Boys) 7:00-8:00pm (Girls)
11-12	TU/F	6:00-7:00pm (Boys) 7:00-8:00pm (Girls)
13-14/15-18	M/TH	4:00-5:15pm

April 28th – July 25th (Regular Practice Schedule)

6 & Under/7-8	M-TH	5:00-5:45pm
9-10	M-TH	5:45-6:45pm
11-12	M-TH	4:00-5:00pm

13-14/15-18	M-TH	4:00-5:00pm
*Red Group (11-14)	M-TH	6:45-8:00pm
*Black Group (13-18)	M-TH	6:45-8:00pm
13-18	F	4:00pm-5:00pm
8 & Under (Buddy Day)	F	5:00pm-5:45pm
9-12	F	5:45pm-6:45pm

*Groups will be determined by the Head Coach.

**May No Practice Dates – May 2nd, May 9th, May 26th, May 30th

Meets

The team participates in dual swim meets nearly every Saturday, beginning in June, through the end of July. Check in for swim meets is usually 7:00am 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.

THANK YOU!