



KINGSBURG SEAWOLVES



2024 CVRSL CHAMPIONS

PARENT HANDBOOK

2025 PARENT HANDBOOK

Welcome to the Kingsburg Seawolves Swim Team!

We are one of the largest and most successful swim teams in the Central Valley Recreational Swim Leagues – and our success would not be possible without our awesome coaches, amazing swimmers, and wonderful parents!

We know that by signing up your child, you understand the value of a positive and encouraging team spirit and strong team collaboration. Our goal is to develop a competitively balanced team with emphasis on stroke technique, while effectively training, motivating and supporting swimmers of various abilities.



HAPPENING THIS SEASON!

The Kingsburg Seawolves are excited to welcome Sydnee Wilson, a freshman at Azusa Pacific University and returning Seawolf swimmer and coach, as our new head coach. Coach Sydnee brings her passion for helping young swimmers grow in and out of the pool and is committed to creating a positive and fun environment for every swimmer. Her goal is to help each athlete build confidence, sharpen their skills, and have a blast doing it.

CENTRAL VALLEY RECREATIONAL SWIM LEAGUE

Please note that the Kingsburg Seawolves fully adheres to all Central Valley Recreational Swim League (CVRSL) rules and codes of conduct. Parents and swimmers are required to follow these rules and codes of conduct as well. Please visit www.CVRSL.org for additional information.

KEEP IN TOUCH!

Make sure you always have the latest information and updates. Sign up for Remind, and receive text messages with up-to-the-minute info (practice cancellation, etc.). This is our primary method of communication throughout the season!

- Text [81010](tel:81010), with the message [@e9acde](sms:@e9acde)

- Visit www.kingsburgseawolves.com

- [Like us on Facebook](#)

<https://www.facebook.com/kingsburgseawolvesswim/>

- Follow us on Instagram [@kingsburgseawolves1](https://www.instagram.com/kingsburgseawolves1)

PRACTICE SCHEDULE

Practice is held Monday – Friday, from 4 pm - 7 pm

- 4:00 - 5:00 p.m. Seapups, 6&U Boys and Girls, and 10&U Girls
- 5:00 - 6:00 p.m. 8&U Girls, 10&U Boys, and 12&U Boys
- 6:00 - 7:00 p.m. 8&U Boys, 12&U Girls, 14&U Boys and Girls, and 15-18 Boys and Girls

NO PRACTICE WILL BE HELD ON THE FOLLOWING DATES:

- Monday, May 26th (Memorial Day)
- Wednesday thru Thursday, June 4th -5th due to graduations
- Friday, July 18, 2025, night before finals

Practice Rules

- Swimmers may be in the pool during their scheduled practice time and assigned lanes ONLY. At no time is a swimmer allowed to be coached by a parent or private instructor during their Seawolves practice time.
- Swimmers are not permitted to make up for missed practices with any other age group, for any reason.
- For the safety of EVERYONE, non-swimmer children are not allowed to play on deck or wade into the water.
- Parents are responsible for the supervision of their children at all times. IMPORTANT!
- We ask that parents DO NOT interrupt the coaching process on deck. If you have any questions for your child's coach, you are welcome to make contact when practice is NOT in session. This is for the safety of all swimmers. Coaches must remain alert and attentive when their swimmers are in the water. We sincerely thank you for your understanding of this very important matter.
- If your swimmer is unable to make practice or a swim meet, please contact your swimmer's coach ahead of time. Thank you.
- If you have a question or concern regarding your swimmer, please first reach out to your child's coach. If he or she is unable to answer your question or concern, please contact the head coach or a board member.

SWIMMER CONDUCT

We expect respectful, sportsman-like conduct from all swimmers, parents, and visitors at all times but especially during meets when we are representing our team. We ask that swimmers do their best to exhibit humility and good sportsmanship and refrain from writing **ANYTHING** on their bodies that might offend other competing swimmers.

Swimsuits – IMPORTANT!

- Swimsuits are required for participation in the Seawolves.
- They are not required for Seapups.
- We are using the same design as last year. If you need a new suit or are a new swimmer, here is the link to order suits:
<http://zoneswimwear.com/collections/kingsburg-seawolves>

Password: GoSeawolves

- Any questions or concerns please email:
westbrook@zoneswimwear.com
- NEW swimmers will receive a complimentary latex Kingsburg Seawolves swim cap and swimwear is required for meets. During swim meets, swimmers **MUST** wear their current team suit and cap. Swimmers will be ineligible to swim during the meet without the official, current team suit.
- The **ONLY** exception to this rule is that Kingsburg High School students will be allowed to wear their official high school team suits. However, KHS swimmers must wear their Seawolves swim caps.

Supplemental Swimwear and Accessories

- If you need to buy an additional team suit or cap or would like to buy team apparel anytime throughout the season, please visit

PARENT VOLUNTEER ASSIGNMENTS

Parent Volunteer Assignments

As many of you know, running a swim team is absolutely a group effort! Each home meet alone requires about 60 volunteers; from timers and recorders, to snack bar, hospitality, and clean-up; we couldn't do it without you!

Along those lines, each family is required to volunteer for **4 shifts throughout the season**. Sign-ups for volunteer spots can be completed via the website: www.kingsburgseawolves.com. Scroll to the bottom of the home page to the "News" section where you will see a box for each of our meets. Click on "job signup" to sign up for a volunteer position on the meets of your choice. You can also sign up for positions through the OnDeck app.

Each family paid a \$100 deposit that will be fully refunded if volunteer obligations are met. It is your responsibility to check in with the volunteer coordinator for those spots during the meet (1st and 2nd half volunteer spots). During home meets, the coordinator will be located near the merchandise table.

Your deposit will be refunded at the end of season.

If you do not sign up for four shifts, a shift will be assigned to you.

If you are unable to cover a shift that you signed up for, it is your responsibility to make the necessary arrangements before the day that you are unable to serve. If you have asked someone to work the shift for you, please make sure that the person knows who they are checking in for so that the correct account can be credited. Please do not have anyone under 13 work your shift for you (no one under 16, if working in snackbar).

Unfortunately, if you do not arrange volunteer shift coverage in advance, your child will be ineligible to swim during the following meet and your deposit will be prorated. We truly regret having to set such strict guidelines but when volunteers miss shifts, the entire meet suffers.

VOLUNTEER JOB DESCRIPTIONS

- **Cement cooling** - during the hottest part of the meet (the first half) this person will use the hose to spray down the pool deck on the west end, where the 6-10 year olds wait for their events
- **Floater** - this person is available to check in with each station to ensure that they have the people and supplies they need; they may be asked to fill in if another volunteer does not show up for his/her shift
- **Recorder** - sit behind the starting block with the timers and record the stopwatch times; hand the records off to the runner
- **Timer** - sit behind the starting block with the recorder, start the stopwatch when the starting light flashes; stand and watch swimmers finish the race, stop the watch as soon as the swimmers touch the edge of the pool; read the times to the recorder
- **Timer backup** - in order to ensure that the meet runs smoothly, backup timers are available in case a timer does not show up; they may also be called on to relieve timers who need to leave in case of an emergency
- **Runner** - after each event is finished (for example, after all heats of 6 and under boys freestyle), go to each recorder and collect the time sheets, return the time sheets to the timing/computing table
- **Shallow end monitor** - during the meet, the shallow end should only be used by swimmers who are warming up for their event; it should not be used for playing as there is no lifeguard on duty; ask swimmers who are not using the pool for warming up to exit the shallow end

VOLUNTEER JOB DESCRIPTIONS

- **Snackbar** - after checking in with the volunteer coordinator, head to the snack bar and check in with the snack bar coordinator; she/he will direct you to your assignment in the snack bar (cashier, serving and preparing food, taking out the trash, etc.)
- **Stroke and turn** - this job requires training; you must be familiar with the different strokes and turns and record swimmers who are doing the strokes incorrectly; these slips will be given to the meet coordinators and the swimmers will be disqualified; while this is harsh, this information can be used by the coaches to help train swimmers to do the strokes correctly so that they have success as they continue their swimming experience



IMPORTANT DATES

- **Practice meet:** Friday, May 30, 2025 at 4 pm
- **Picture Day:** Friday, May 30, 2025
- **Fundraiser Dinner pick-up:** Saturday, June 7, 2025, 1-3 pm
- **Time Trials** – Hosted by Exeter Eels on July 12, 2025
- **Valley Finals** – Hosted by Visalia Waves on July 19, 2025

***PRACTICE TIMES ARE SUBJECT TO CHANGE ***

- Check the website and sign up for Remind for all event information!

<https://www.teamunify.com/team/reccvrsslksst/page/calendar#/team-events/upcoming>



2025 COACHING STAFF

Head Coach: Sydnee Wilson 559-859-5575

Seawolves

Girls 6U:

- Head coach, Zachary Hofer 559-614-8284
- Assistant coaches, Maleah Ortega and Maddox Spomer

Girls 8U

- Head coach, Reagan Iriart 559-978-6468
- Assistant coach, Aubree Carlock

Girls 10U

- Head coach, Caitlyn Van Laar 559-907-5965
- Assistant coach, Sydney Abernathy

Girls 12U

- Head coach, Madeline Dix 559-312-0821
- Assistant coach, Emily Riddle

Girls 14U & Boys 14U

- Coaches: Piper Protzmann 559-859-1599, Jack Hambleton 559-859-8879, and Jade Perez 559-859-0089

Girls 15-18 & Boys 15-18

- Coach, Sydnee Wilson

Boys 6U:

- Head coach, Zackary Ribeiro 559-417-3366
- Assistant coaches, Brandon (Trey) Pursell and Kendall Crabb

Boys 8U

- Head coach, Davin Collazo 559-801-3406
- Assistant coaches, Abigail Ribeiro and Elizabeth Smith

Boys 10U:

- Head coach, Carter Hatcher 559-238-5229
- Assistant coach, Bodee Ruiz

Boy 12U:

- Head coach, Tyler Morton 559-672-0187
- Assistant coaches, Levi Schaub and Nick Griffin

2025 COACHING STAFF

Seapups

- **Head Coach:**
Sydnee Wilson and Reagan Iriart
- **Assistant coaches:**
 - Luciana Troxell
 - Brynlee Olsen
 - Emily Leanos

**Seapup Invitational
June 28, 2025**



2025 SEAWOLVES SWIM MEET SCHEDULE

- June 3, 2025 - Home meet vs. Dinuba Aqua Emps
- June 10, 2025 - Home meet vs. Visalia Waves
- June 12, 2025 - Home meet vs. Visalia Buccaneers
- June 17, 2025 - Home meet vs. Hanford Pirahnas
- June 19, 2025 - Home meet vs. Fig Garden and Lindsay Skimmers
- June 24, 2025 - Home meet vs. Porterville Neptunes
- June 26, 2025 - Home meet vs. Reedley Marlins
- June 28, 2024 - Seapup's Invitational
- July 8, 2025 - Away meet at Sierra Silverfins

The swim meet schedule can also be found online at www.kingsburgseawolves.com

Tuesday and Thursday Swim Meets:

- The meets begin at 5:30 pm unless otherwise noted on the calendar; swimmers are expected to arrive by 4:30 pm

FREQUENTLY ASKED QUESTIONS:

- **Q: Will my swimmer be taught how to swim?**
- A: Well, yes and no. Please know that the Kingsburg Seawolves is not a learn-to-swim program; we are a competitive recreation team. Our coaches work with swimmers on their strokes and continually encourage swimmers so they improve, but Seawolves is not a replacement for basic swim lessons.
- **Q: Does my swimmer need to know how to swim prior to joining the swim team?**
- A: Yes, a swimmer must be able to swim the length of the pool (25 meters) unassisted. All new swimmers are required to participate in 'Rookie Week' to work on and accomplish this task.
- **Q: What if my child does not make Rookie Week?**
- A: You may request a refund.
- **Q: Is there a minimum/maximum age requirement?**
- A: Swimmers must be 4 years old before June 1, and no older than 18 on June 2.
- **Q: Will all swimmers attend Time Trials and Valley Finals?**
- A: These meets require a qualified time to be able to swim at them.

FREQUENTLY ASKED QUESTIONS:

- **Q: As a parent, am I required to be involved?**
- **A: Yes, and we greatly appreciate your help! Please be sure your swimmer attends practice, arrives to practice on time, and is picked up on time. In addition, we require that parents volunteer for four shifts throughout the swim season, for swim meets (volunteer spots will be listed on the website). It is the responsibility of the parent/guardian to work these shifts or find coverage prior to the event. If a parent/guardian misses his/her shift, the swimmer will not be allowed to participate in the following swim meet and the deposit will be prorated. We want this to be a positive experience for all swimmers, which can only occur with direct parental involvement!**
- **Q: What if my swimmer isn't excelling at the rate I would have hoped? Will the coach work one-on-one with my swimmer?**
- **A: The Kingsburg Seawolves is one of the largest recreational teams in the CVRSL. With so many swimmers, it is difficult for coaches to spend direct one-on-one time with each participant. However, please know that we make every effort to facilitate the growth of each swimmer.**
- **If you feel your swimmer needs specialized coaching, please see your coach or a board member for a list of swim coaches in the area that provide swim coaching services for a fee.**

FREQUENTLY ASKED QUESTIONS:

- **Q: What does my registration fee cover?**
- A: Your registration fee covers coaches' salaries, rental of the pool, pool and swimmer insurance, league fees, and awards.
- **Q: What if my swimmer does not attend practice but attends the swim meet?**
- A: Each swimmer must attend practice in order to swim on the relay teams. Each swimmer is guaranteed a minimum of two events per swim meet. Exceptions may be made at the final regular season swim meet based on the coach's discretion.
- **Q: How is it determined who will swim on the relay teams?**
- A: The average of the swimmer's top three swim times from previous meets. The age group coach will recommend who will swim on the relay team and the head coach has the final say on who will swim each relay.
- **Q: Is my child allowed to swim with a different age group in order to make up a practice?**
- A: No, each age group is instructed at individualized levels, and would not be an advantage to any swimmer to allow this.

2025 BOARD MEMBERS

- **President, Bryan Hard (559) 970-8377**
- **Vice President, Amanda Hofer (559) 356-4400**
- **Treasurer, Trevor Nelson (559) 847-8354**
- **Secretary, Melissa Troxell (559) 709-1652**
- **Concessions, Nikki Raven (559) 859-0298**
- **Administration, Lisa Maher (559) 381-2281**
- **Publicity, Steven Garcia (559) 859-4367**
- **Ribbons, Leslie Helm (559) 801-3479**
- **Computers/Records, Jonathan Maher (559) 250-2739**
- **Fundraising, Melissa Iriart (559) 978-7862**

