

REGISTRATION

Q: When do I sign up?

Sutter Lawn Members + Returning Families: February 8

Non-Members + New Families February 22

Polar Plunge On-Site Registration: February 25

Q: How do I sign up?

A: Head to swimsutterlawn.com, where you will find registration information and a link to register your swimmers.

Q: How do I know if there will be spaces available for my child?

A: We have a maximum of 30 spots in each age group on the Sutter Lawn Tsunamis. If there are more sign-ups than spaces available, we'll start a waiting list. In previous years, after swim evaluations and practices started, a few swimmers inevitably dropped, in which case we worked from the waiting list.

Q: What age group will my swimmer participate with?

A: Age is determined by the age of the swimmer on June 15th, 2024. Your swimmer will participate in the appropriate practice group for their age and ability. Age groups are as follows: 6&Unders, 7-8s, 9-10s, 11-12s, 13-14s, and 15-18s.

Q: Does my child need to know how to swim or swim well to join the team?

A: Yes! Our practices aren't swim lessons. Swimmers should be comfortable in both deep and shallow water. Swimmers aged 7 and up should be able to swim the length of the pool freestyle without assistance. For 6&Unders, they must be able to swim the width of the pool, deep end, unassisted. 6&Unders must demonstrate head in the water and reciprocal arm stroke.

Q: We're new to the Tsunamis, but my child is already a good swimmer. Do they need to come to the swim test?

A: All new 6&Unders and 7-8s must complete a swim test with the head coach prior to the start of the season.

SEASON SCHEDULE

Q: What is the NorCal Swim League?

The Northern California Swim League (NCSL) was founded in 1993 with 11 original teams and 1,700+ registered swimmers. It has grown to 23 teams and now has almost 5,000 swimmers.

To accommodate dual meets and maintain a competitive nature within the league, NCSL is arranged in five different conferences. The conferences are realigned on a regular basis to ensure the most competitive meets possible.

Q: What teams are now in our conference?

A: We joined the NorCal Swim League in November of 2023. Prior to 2023, the Sutter Lawn Tsunamis swam in the Sacramento Swim League.

In 2024, the Tsunamis will compete in the Nugget Conference of NorCal and will participate in dual meets and a championship meet with the Amador Polar Bears, Carmichael Beavers, Rio Vista Sharks, and the SacTown Tsunami. Additionally, the Tsunamis will participate in a tri-meet with the Sacramento Stingrays and the Rio del Oro Rapids.

Q: When are practices?

A: Practices for the 2024 season will begin Monday, April 1st. All practices will be at Sutter Lawn.

April 1–June 7

6&Unders Blue Group (NEW swimmers): 3:00–3:30pm

6&Unders Green Group (RETURNING swimmers): 3:30–4:00pm

7–8s Blue Group (7-year-olds): 4:00–4:40pm

7–8s Green Group (8-year-olds): 4:40–5:20pm

9–10s: 5:20–6:10pm

11–12s: 6:10–7:10pm

13–14s and 15–18s: 7:10–8:20pm (come during 11–12s practice on Fridays)

June 10–July 19

Mornings 13–18s: 7:00am–8:10am 11–12s 8:00–9:00 am 9–10s 9:00–9:50 am 7–8s 9:50–10:30 am 6&Unders 10:30–11:00 am	Afternoons (offered only on Mondays, Tuesdays, and Thursdays) 6&Unders 4–4:30 pm 7–8s 4:30–5:15 pm 9–10s 5:15–6:05 pm 11&Ups: 6:05–7:15 pm
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New families should anticipate siblings will likely have different practice times.

During the summer, please make every effort to have your swimmer attend morning practices. During afternoon practices, we only have two available lanes for our swimmers.

Q: When are the swim meets for 2024?

The meet schedule begins in May with our "Green and White" Time Trials. We'll then swim four dual meets, plus a friendly tri-meet with the Sacramento Stingrays (from our Sacramento Swim League days) and the Rio del Oro Rapids, followed by Championships (or "Champs") towards the end of July. For individual swimmers who qualify and are interested in participating, Sutter Lawn will also send a group to the Sacramento Valley Meet of Champions (MOC) in August.

Saturday, May 4, 2024: Green and White Time Trials meet at Sutter Lawn

Saturday, June 1, 2024: Amador Polar Bears at Sutter Lawn

Saturday, June 8, 2024: SacTown Tsunami at Sutter Lawn

Saturday, June 15, 2024: Sutter Lawn at Carmichael Beavers

Saturday, June 22, 2024: Tri-Meet with Sac Stingrays and Rio del Oro at Rio del Oro

Saturday, July 13, 2024: Sutter Lawn at Rio Vista Sharks

Saturday, July 20 or 27, 2024: Championship Meet at XXXXX

Saturday, August 3: MOC at XXXXX

Q: How should we manage summer vacations around the meet schedule?

A: It is possible to work summer vacations around swim team! The league requires that swimmers participate in at least two individual events in at least two league dual meets during the regular season to qualify for Championships, which is the season's culminating event. If you know your swimmer(s) will miss several practices, a meet, or meets, email Coach Maureen at tsunamiheadcoach@gmail.com to let her know.

Q: What is a dual meet?

A: A dual meet is a swim meet against one other team. The coaches decide the events for each swimmer.

Q: What is an invitational?

A: An invitational meet gives swimmers the chance to swim against many other swimmers on other teams. Sometimes, the invitationals are split by age. As they are optional, an entrance fee (not included in your team dues) is required to participate. Swimmers can choose their own events for invitationals.

What is the Green + White Time Trial meet?

A: The Green + White Meet is a practice meet where we swim only against our own swimmers and serves several purposes:

- 1) It allows coaches to evaluate swimmers in race conditions
- 2) It provides swimmers an opportunity to get comfortable with racing – and to set personal goals for the season
- 3) New parents can get comfortable with the system and learn a volunteer position before the season begins.

All swimmers other than 6&Unders will swim all four strokes. 6&Unders will just do freestyle and backstroke.

Q: What is a tri-meet?

A: A tri-meet is a meet between three swim teams. Tri-meets are usually friendly meets rather than league-sanctioned.

Q: Is there practice when it rains?

A: Yes! If it is raining, there will be practice. In the event it's pouring rain, and the coaches cannot see clearly, practice may be paused. In the event of thunder and lightning, practice will be canceled.

Q: Is there a meet when it rains?

A: Yes! Just like with practice, we race in the rain and follow the same guidelines for lightning and thunder. This may result in delays either before or during the meet.

PRACTICES

Q: How many practices do swimmers need to attend?

A: Our swim team's philosophy is recreational and personal improvement first and foremost. In order to improve, swimmers must attend practice. Learning opportunities are missed when swimmers miss practice, and the coaching staff does not have the flexibility to review missed information when practice is missed. Practice is essential for swimmers to be comfortable and confident in the water. Attendance at practice may also be used to determine relay swimmers and meet events.

Q: Do I need to let the coaches know when my swimmer will not be at practice?

A: In general, no. If your swimmer is going to miss a significant number of practices over a period of time (i.e., vacation), you should let the coach know. You can email Coach Maureen at tsunamiheadcoach@gmail.com.

Q: Can my swimmer practice at a time other than their established age group practice time?

A: Unless specifically requested or approved by the head coach, your swimmer must practice with his/her age group. This enables the coaches to ensure that each practice session focuses on the skills and techniques appropriate for that age group. This also helps eliminate the possibility of overcrowded practice sessions.

Q: Can my younger children swim in the pool during practice or meets?

No. The small area of the pool is not open for swimming at any time during Tsunami swim practice.

MEETS

Q: How many swim meets is my child expected to attend?

A: You should attend at least three of the four Saturday dual meets.

Q: What time do I need to be at a Saturday meet?

A: A day or two before a meet, an email will be sent letting you know when you need to be at the pool for warmups. When we are the home team, warmups typically start at around 7:00am. When we are the away team, warmups typically start at 7:30am. We realize this is very early; however, we ask that you plan appropriately to allow for drive time and parking.

Does my child have to participate in meet warmups?

A: Yes. warmups are important so the swimmers are not going in cold and have had a chance to try out the pool. It also gives the coaches time to check in all swimmers and make sure everyone is set before the meet starts.

Q: How long are the swim meets?

A: Most dual meets last 4-6 hours (with warmups starting an hour before the meet starts); in some cases, they have been known to go a bit longer.

6&Unders only participate in the Freestyle Relay, 25-Free, and 25-Back. Once your swimmer's events are complete, you are free to leave, assuming you are not volunteering for a second shift job.

Q: How do I let the coaches know my swimmer will not be at a swim meet or an event?

A: We have a new swim meet signup procedure this year. Parents must sign their swimmer(s) up for each meet they will attend. Sign-ups will be done through the website and must be completed by a specific deadline, usually the Monday before the Saturday swim meet. Swimmers cannot swim in a meet unless signed up by the deadline. Late sign-ups will not be accepted as meet lineups must be completed by a specific deadline per league rules. Once signed up, the Coach will enter swimmers into specific events.

Q: Where do I find what events my child will be in for a Saturday meet?

A: Coaching staff will have meet lineups available at practice on the Friday before and after warmups at the meet on Saturday. Event lineups are also available for swimmers to mark their events, heats, and lanes on their arm.

Q: Is there an easy way to track my swimmer's results?

A: We recommend you download the Meet Mobile App. This App will sync with our computer ops system and update swimming results within 15-20 minutes of a race.

Q: What should I bring to a meet?

A: Your swimmer, lawn chairs, sunblock, food, layered clothing, a Sharpie to write events on arms or legs, games, snacks, and some money for concession stands.

Q: What should a swimmer bring to a meet?

A: A swimsuit, cap, a pair (or two) of goggles, towels (at least), sunblock, a large water bottle, warm clothing, something to read or play with, food and drinks, maybe a little money.

Q: Is there food at the meets?

A: There is generally some sort of food for sale at the meets (some clubs have a formal snack bar, others will have food trucks on-site), and most parents also bring snacks/drinks for swimmers and themselves.

Q: Can swimmers be in the small area of the pool during meet?

No. The small area of the pool is not open for swimming at any time during Tsunami swim meets.

Q: How are meets scored?

A: Swim meets use a cumulative point scoring system... the team with the most points wins! The top three times overall for each event are awarded points. Points are awarded as follows:

- Individual Events: 1st = 5 points, 2nd = 3 points, 3rd = 1 point
- Relays: 1st = 7 points, 2nd = 3 points, 3rd = 1 point

Q: What is Champs?

A: Champs is the NorCal League Championship Meet. It runs from Saturday morning through Sunday evening on “Champs Weekend.” At this meet, all teams in our NCL division compete for the League Championship. It is a full-weekend event, with early warmups and a parade of all the teams into the pool area/around the pool.

Q: Is my child required to attend Champs?

A: Champs is the final meet of the season. All swimmers should plan to participate in Champs – and all parents should plan on volunteering at Champs.

Q: What is the Sacramento Meet of Champions – or MOC?

A: MOC is a Sacramento regional swim meet for any league or team in the greater Sacramento area. To swim at MOC, swimmers must qualify by either posting a qualifying time or by placing in the top ten at Champs.

VOLUNTEERING

Q: Are there volunteer requirements?

A: YES! This is a MANDATORY part of your family joining our team. The entire family is involved when your swimmer swims for the Sutter Lawn Tsunamis, as it takes approximately 90 volunteers to run each meet.

That’s why we require a signed agreement during the registration process acknowledging that it’s mandatory, not optional, to volunteer. We have many different types of jobs that fulfill the volunteer agreement. If your season volunteer hours are not fulfilled, there will be a \$350 charge at the end of the season.

There is a separate \$150 charge if you do not volunteer at Champs (even if your child is not swimming).

What do I do if I am volunteering at a swim meet?

A: If you are scheduled to volunteer for a meet, you will receive an email the night before. When you arrive at the pool in the morning, please look for our volunteer table that has all of our name tags and information. If you have a conflict and cannot volunteer the day of the meet, you MUST make arrangements to cover for you with someone else. If you absolutely

can not find coverage, please contact the volunteer coordinator. We can't run these meets without you!

Q: I want to help, but I'm not a swimmer. What can I do?

A: There are tons of opportunities to help, and some of them require no knowledge of swimming! However, our league will offer some training dates for computer, stroke and turn, and starters this year. Please be on the lookout for those dates in a Weekly Wave

Q: What if our family has more than one swimmer?

A: All families, big or small, have the same volunteer requirement: This is usually 7 shifts per family during the dual meet season and 2 shifts per family during champs weekend.

Q: What happens if our family can't volunteer my time at meets?

A: Several team-sponsored activities and events will be held throughout the season. Your family can earn hours by volunteering at these events. Volunteer hours can also be completed on your behalf by other family members and/or adults. However, there are several volunteer jobs that either require training and/or a minimum age.

Q: Instead of volunteering, can we buy out our volunteer requirement?

A: Yes! You can buy out the regular season volunteer requirement for \$350 and \$150 for Champs. However, because of the amount of volunteers required to run a swim meet, we ask families only to go this route if absolutely necessary. We would much rather have YOU helping on the pool deck than your \$\$!

Q. How do I get my refund back at the end of the swim year?

A: Sutter Lawn members who do not fulfill their required shifts will have their accounts billed at the end of the season. Non-member swim families must turn in deposit checks when they sign up their swimmers. We will shred the checks of families who complete their shifts and deposit those of families who do not complete their shifts.

Other

Q: Am I required to purchase the team suit? Does my swimmer need a swim cap and goggles?

A: Team suits are not required but are recommended. You may purchase suits [DETAILS].

What's the deal with swim ribbons?

A: Ribbons are awarded to all swimmers at dual meets for individual and relay events.

How big is the team?

A: We have around 140 swimmers ages 5–18 years old on the team.

Q: How long have the Tsunamis been swimming at Sutter Lawn?

A: Sutter Lawn was one of the founding teams of the Sacramento Swim League in 1960. Many parents and grandparents of current Sutter Lawn Tsunamis swam for Sutter Lawn when they were growing up in Sacramento.

Are there any Sutter Lawn Tsunamis social events?

Yes! During a typical swim season, we have our :

- Polar Bear Plunge in late February to kick off the season
- Swim-a-Thon (including taco and margarita fundraiser) in May
- One social event for each age group during the summer months
- Swimmer Spaghetti Feed on the Thursday before Champs
- Awards Night and Buddha Races on the Monday after Champs

We also have many activities to promote team spirit and make it fun for the entire family to be a part of the Tsunamis. Socials are a big part of our team culture, and we encourage all our families to participate!

What are the Buddha Races?

The Buddha races are a long-time Sutter Lawn tradition that pairs each Tsunami swimmer with one parent to swim in a 50-yard relay race. We run several heats, beginning with our older swimmers and their parents. The four fastest teams overall race each other in a final heat for the honor of taking home the Buddha statue for the next year.

How do I communicate with my child's coach?

A: The coaches have a compacted schedule while on the pool deck, coaching group after group, and it serves the athletes well if our attention is focused on them during their practice times. We strongly prefer that you contact your coach by email; they will do their best to reply within 48 hours. Coach Maureen's email is tsunamiheadcoach@gmail.com.

Do the coaches offer private lessons?

Yes! The coaching staff has offered private lessons in the past. Please contact individual coaches for their availability and pricing.

Q: What if I have more questions?

A: Feel free to contact any of the swim committee members or email sutterlawntsunamissacramento@gmail.com.