



Welcome to Summer Season 2019 with Sacramento Aquatics Club!

We are excited to have you join us as we make the transition from a fall/winter team to year-round! We appreciate your patience, understanding and feedback while we make Coach Terry's vision of a Summer Sprint League a reality, while also offering swimmers the opportunity to experience long course swimming. Below are some of the highlights -

- Summer season with USA Swimming is April 4th through August 31st. However, swimmers may join at any time and can swim just the months that work for their schedule!
- Swim meets will not be every weekend!
 - For the Sprint League, there will be dual meets 1-2 Saturdays a month and mid-week evening meets 1-2 times per month. These meets are short course.
 - Our team will also participate in a couple of short course meets with several teams attending during the season. (Similar to fall season meets.)
 - Swimmers that would like to try long course will have the opportunity to attend 2-3 meets this season with Coach Terry. We will be renting lanes at another facility to practice once or twice a week. Long course participation is optional.
- Swimmers will have the opportunity to try events and formats not available in recreational swimming, such as
 - 9/10's will swim the IM and 50's rather than 25's
 - Many events will be combined 8 & under or 9 & over. This allows swimmers to swim in a heat with other swimmers with a similar time rather than by age. It will also help the meet run faster. Placing & awards will still be by age group.
 - Events will include 200 Free, 500 Free and 200 IM
 - Different events will be offered at every meet
 - All swimmers can score points, not just those in the 1st heat
 - Fun relays of coach's choice

Looking forward to a great season!
SAC Parent Booster

Basic Information

Prices

Monthly Swimmer Fee

White Group - \$100/month

Blue Group - \$115/month

Silver Group - \$125/month

- Swimmers will be placed into a group by Coach based on ability
- Families will receive a 10% sibling discount after the 1st swimmer
- Families with 3 or more swimmers will not pay more than \$300 per month
- Sprint League swim meets are a part of the monthly fee, not an additional cost

Registration Fee

There is a \$30 team registration fee to help cover administrative costs. This fee also includes a team swim cap and t-shirt. Personalized caps, for additional fee, will be available to order in April.

Practice Times

Current Schedule ** *No practice on meet days*

White - 8 & Under – 5:15-6:00 pm, Monday-Friday

Blue – 12 & Under – 5:15-6:15 pm, Monday – Friday & 8:00-9:30 am Saturdays

Silver - 13 & Over – 6:15-8:15 pm, Monday-Friday & 8:00-10:00 am Saturdays

Note: The schedule below is proposed and awaiting approval from Parkway Swimming Club.

March 1st – June 10th ** *No practice on meet days*

White - 8 & Under – 4:00-4:45 pm, Monday-Friday

Blue – 12 & Under – 4:15-6:15 pm, Monday – Friday & 8:00-9:30 am Saturdays

Silver - 13 & Over – 6:15-8:15 pm, Monday-Friday & 8:00-10:00 am Saturdays

June 10th – August ** *No practice on meet days*

White - 8 & Under – 11:00-11:45 am, Monday-Friday

Blue – 12 & Under – 9:30-11:00 am, Monday – Friday & 8:00-10:00 am Saturdays

Silver - 13 & Over – 7:30-9:30 am, Monday-Friday & 8:00-10:00 am Saturdays

Clinics

Coach Terry will be offering clinics this spring and throughout the summer, as needed. Additional information will be available-mid February.

Team Registration Instructions

If you are currently swimming with SAC, you're good to go! If you registered with us in September, but have since taken a break, just send us an email.

New to SAC? Follow these steps to register with Sacramento Aquatics Club:

1. Go to our team website www.sacsailfish.com; click on SAC Registration
2. Fill out & submit registration form
 - Use your swimmers age as a guide when registering. Coach Terry will place swimmers into their appropriate level during their first month of swimming.
3. If you are registering another swimmer, use the link on the confirmation page
4. You should receive a welcome email from SAC and an invoice for the registration fee and 1st month swimmer fee within 48 hours
5. Follow the steps on the next page to register for USA Swimming
6. Turn in your signed waiver at practice

Remember: Swimmers may join SAC at any time and may swim as many or as few months that work for their schedule. If you register early, please reply to the welcome email letting us know when your swimmer would like to begin practice. We request notice by the 25th if you will not be continuing with SAC.

Clinic Registrations

Registrations for clinics will be posted on our website late February. You will need to click on the link and fill out & submit the form for each swimmer. You will receive a confirmation email and invoice within 48 hours.

USA Registration

Follow these steps to register:

1. Go To Swim-Smarter.com
2. New to USA swimming (returning swimmers skip):
 - Set up your email, a login ID and a Password and submit
 - You will receive an email verification
 - Click on the link provided in the email
3. Log in
 - If you are new, create a new swimmer and fill in all the required information. If you are a returning swimmer, use the search option to select your swimmer.

Our club is SN-SACP

- Select Membership Option
 - If you plan on swimming meets, we suggest “Season 1”
 - If you do not plan on swimming more than 2 meets this season, we recommend “Flex” membership. You may upgrade at any time.

2019 ATHLETE REGISTRATION CATEGORIES

	Membership Type	Valid	Total Fee	Restrictions
<input type="checkbox"/>	Premium	9/1/2018 – 12/31/2019	\$83.00	None
<input type="checkbox"/>	Flex	9/1/2018 – 12/31/2019	\$20.00	No more than 2 sanctioned meets per registration year. Only for meets below LSC Championships, Zone, Sectional, and National Levels.
<input type="checkbox"/>	Season 1	4/4/2019 – 8/31/2019	\$47.00	Only for meets below Zone, Sectional, and National Levels.
<input type="checkbox"/>	Outreach	9/1/2018 – 12/31/2019	\$7.00	Must meet eligibility criteria.

- Review and submit. You will receive a USA registration number for each swimmer.
- You will need to go through these 3 steps for each swimmer.
- Outreach Swimmers: Register online. You will need to mail in your proof of assistance form.

Additional Information

Equipment

The following equipment is recommended for practice:

- Girls - nylon, lycra or polyester one-piece, racing/competition style suit. Two-piece suits are not acceptable.
- Boys – jammers or brief style suit
- Goggles and swim cap
- Towel

Fundraising

Throughout the season, the SAC Parent Booster will be hosting fundraiser events. While fundraising is completely optional, the support of all families is greatly appreciated. All fundraising efforts benefit our swimmers - team bonding, swimmer incentives, training equipment, etc.

Officials

Being a stroke & turn judge requires additional training through USA swimming. If you are interested, please contact us for additional information.

Personalized Caps may be ordered the first week of April. Orders should arrive the last week of April.

Reduced Payments

The SAC Parent Booster understands that the expenses of USA swimming are greater than recreational teams. With that in mind, families have the opportunity to reduce their costs by participating in our Shop with Scrip program. Additional details will be available mid-February.

Team Apparel orders may be placed the first week of April through our online store. Orders should arrive the first week of May.

Team Suits

We do not have an official team suit, however, swimmers attending meets should wear a solid navy suit. Suits with the team logo on it may be purchased through <https://www.swimoutlet.com/sacramentoaquaticsclub/>. This site will be updated with our new logo on suits by the end of February.