



# Valley Splash Team Handbook 2025-2026

Since 1999

**“Athlete Centered, Coach Directed & Administratively Supported”**  
John Leonard – ASCA President



# Table of Contents

Location.....	3
Contact.....	3
Communication.....	3
Billing.....	4
Practice Schedule.....	5
Meet Schedule.....	6-7
No Practice Dates.....	8
Team Social Events.....	9
Equipment.....	10
Group Structure.....	11
Officials.....	12
Team Requirements.....	13
Parent Responsibilities.....	13
“Why You Should Help”.....	13
Parent Volunteer Requirements.....	14
Supporting Your Swimmer.....	14
Guidelines For Watching Practice.....	15
Registration Requirements.....	16
Parent Participation Contract.....	16
Swimmer Participation Contract.....	16
Meet Guidelines.....	17
What to Bring to a Meet.....	17
“Myths of Year Round Swimming”.....	18
Important Websites to Know.....	19

## **Location and Contact Information**

### **Address**

Valley Christian High School  
100 Skyway Dr. San Jose, CA 95111

### **Contact**

Head Coach/National Group Coach:  
Kevin Parizi — [swimvalleysplash@gmail.com](mailto:swimvalleysplash@gmail.com)  
Office Phone: 408-513-2450

Head Age Group Coach  
Ryan Gautschi — [coachryanvs@gmail.com](mailto:coachryanvs@gmail.com)

Age Group Coach:  
Kyle Edgar — [kyleedgar.vs@gmail.com](mailto:kyleedgar.vs@gmail.com)

Age Group Coach:  
Mark De Guzman — [mdeguzman0795@gmail.com](mailto:mdeguzman0795@gmail.com)

Office Manager:  
Lorraine Valenzuela -- [valleysplashoffice@gmail.com](mailto:valleysplashoffice@gmail.com)  
Office Phone: 408-513-2452

## **Team Communication**

The Valley Splash Staff is committed to communicating with our parents to ensure that everyone is aware of all schedules and activities at all times. We will communicate via email weekly. It is therefore imperative that Lorraine Valenzuela has your correct and current email address. Please send any changes to her at [valleysplashoffice@gmail.com](mailto:valleysplashoffice@gmail.com). If you do not receive periodic news update from the team, then you are most likely not on the email list and should contact her regarding your email account immediately.

If you need to contact a coach, please feel free to e-mail or set up an appointment in the office. Coach's email contacts can be found under the 'Coaches' section at [www.ValleySplash.com](http://www.ValleySplash.com). You may also speak with a coach 10 minutes before and after each practice.

The bulletin boards at the pool are also updated regularly with all of the current information. You can check the updated calendar, read any announcements, look at records, and read about the Swimmer of the Month!

# BILLING

**USA Swimming Membership:** \$89 Per Athlete (Completed Online w/ Specific Link)

\*This is REQUIRED for all swimmers to practice and compete. New members have a 30 day grace period to register. Swimmers with a lapsed membership will not be allowed to practice until membership is up to date\*

**Annual Family Fee:** \$120 Per Family (September or at Time of Registration)

	1st Swimmer	2nd Swimmer	3rd Swimmer	4th Swimmer
<b>National</b>	\$250	\$250	\$200	\$187.50
<b>Gold</b>	\$225	\$225	\$180	\$168.75
<b>Silver</b>	\$200	\$200	\$160	\$150
<b>Bronze</b>	\$175	\$175	\$140	\$131.25

	1st Swimmer	2nd Swimmer	3rd Swimmer	4th Swimmer
<b>Discount</b>	Full Price	Full Price	20% Off	25% Off

**Credit Card Fees:** \$0.30 Flat Fee + 2.95%

**ACH Fees:** \$1.25 per transaction

**Multiple Members:** In the case that there are 3 swimmers in different groups, for example, Bronze, Silver, and Gold: The swimmer in the higher bracket bracket will be the “1st Swimmer”. The swimmer in the lower price bracket will be the “2nd Swimmer” followed by the “3rd Swimmer receiving the 20% Discount. In this case the swimmer in the Bronze group will receive a 20% discount. Multiple member discounts must be IMMEDIATE family members to qualify (brothers/sisters). Cousins do not qualify.

**Annual Family Registration Fee:** \$120 per family (Non-Prorated).

**Re-Registration Fee:** \$100 per swimmer

# POLICIES

1. **ADDITIONAL SWIMMER**

Must be an IMMEDIATE family member ONLY.

2. **PAYING DUES**

Dues will be paid on the 1st of every month through automatic payments. Once we have processed your paperwork, you will receive login information to our website, and you can add a credit card or ACH payment to your account. Credit Card payments will be charged a processing fee of 2.95% + \$0.30 per transaction. ACH billing will be charged \$1.25 per transaction.

3. **PRO-RATED DUES**

We do not offer pro-rated dues. If you are a brand new member and join after the 21st of the month, your billing will start the following month. You will receive 1 free week of practices.

4. **LATE FEE**

\$25 will be charged if dues are not received before the 10th of the month.

5. **12 MONTH OBLIGATION**

Membership in the Splash program is a year round commitment with a **twelve month dues obligation**. Coach's salaries and administration functions and duties, and pool rental fees and costs are covered by this twelve month payment system. If your swimmer does not swim for a period of time, and there is no notice of termination they will still be considered a member of the team and you will be required to pay dues. We do not prorate or waive dues. Our team does take a break in December and August and dues will not be pro-rated.

6. **WITHDRAWAL POLICY**

Notification of withdrawal from the team must be submitted in writing by the 15th of the month prior to withdrawal. This can be done on our website under the Withdrawal Tab. Any notification received after the 15th of the month deadline will result in the obligation of due's for **the next** month. Any unworked volunteer hours will be pro-rated and charged to your account before withdrawal.

7. **REINSTATEMENT POLICY**

Rejoining the team requires approval by the Head Coach and a \$100.00 re-registration fee per swimmer. Communication must be made to [valleysplashoffice@gmail.com](mailto:valleysplashoffice@gmail.com) to reinstate the swimmer.

8. **VOLUNTEER POLICY**

Each family has an obligation to complete 24 hours of volunteer work for the team. This is easily done at away meets, home meets, and social events. Volunteer sign-ups will be completed online prior to a swim meet or team event. At the end of July, any remaining unworked hours will be \$25 per hour. Pro-Rated if joining mid-season. Canceling membership and returning in the same season will still require all 24 hours to be completed. Canceling membership mid-season with no intent to return will require a \$25 per unworked Pro-Rated remaining hour for the season.



## **FALL PRACTICE SCHEDULE**

### **Bronze 1 & 2 Group**

Mon/Wed/Fri: 5:30-6:15pm

Saturday: 9:20-10:00am

### **Silver 1 & 2 Group**

Monday-Friday: 6:15-7:30pm

Saturday: 8:00-9:20am

### **Gold Group**

Monday-Friday: 5:30-7:30pm

Saturday: 8:00-10:00am

### **National Group**

Monday-Friday: 5:00-7:30pm

Saturday: 8:00-10:00am

**August 25 - November 16 (Estimated)**

Our schedule will move to a slightly earlier schedule once Valley Christian Water Polo completes their season.



## Age Group MEET SCHEDULE



Date	Meet	Location	Who?
9/27-28	MAC Kick Off to the Season	Milpitas	All Groups
10/17-19	Fall Classic Travel Meet	Reno, NV	All Groups
10/24-26	GGST Spooktacular Meet	Gilroy	All Groups
11/15-16	SCSC Race to AGC	Morgan Hill	All Groups
12/6-7	Z1S End of Year AGC Minus	Morgan Hill	All Groups
12/12-14	Winter Age Group Champs	San Ramon	Qualifiers
1/16-18	Z1S Brian Malick Memorial	Morgan Hill	All Groups
2/7-8	VS Home Meet	Valley Christian	All Groups
2/28-3/1	BAY Race to AGC	San Jose	All Groups
3/20-22	Spring AGC	Pleasanton	Qualifiers
3/28-29	BAY Race to Far Westerns	San Jose	All Groups
4/9-12	SCY Far Westerns	TBD	Qualifiers
5/22-24	Z1S Firecracker 500 LCM	Morgan Hill	All Groups
6/27-28	SCSC LCM Race to AGC	Morgan Hill	All Groups
7/17-19	Summer AGC LCM	TBD	Qualifiers
7/17-19	Possible Travel Meet	TBD	All Groups
7/30-8/2	LCM Far Westerns	Concord	Qualifiers
8/1-2	VS End of Year Meet	Valley Christian	All Groups



## National Group MEET SCHEDULE



Date	Meet	Location	Cuts?
9/21	TCA Senior Open	Novato	Senior Open
9/27-28	MAC Kick Off to the Season	Milpitas	
10/17-19	Fall Classic Travel Meet	Reno, NV	
11/7-9	Senior 2 P&F	Pleasanton	Senior 2
12/6-7	Z1S End of Year Minus	Morgan Hill	FW Minus
12/10-13	Winter Juniors	Austin, TX	Winter Junior Nats
12/19-22	CA/NV Winter Sectionals	Walnut, CA	Sectionals
1/16-18	Z1S Champs	Morgan Hill, CA	
2/7-8	VS Home Meet	VCHS	
2/26 - 3/1?	Juanita Allington	Clovis	Clovis Cuts
4/9-12	SCY Far Westerns	TBD (SCSC Host)	Far Westerns
4/30-5/2	WCAL/BVALS	?	
5/7-9	CCS	?	CCS
5/14-16	State Champs	Clovis	States
5/20-23	TYR Pro Swim Series	Sacramento	TYR Pro
5/22-24	Z1S Firecracker 500 LCM	Morgan Hill	
6/27-28	Senior Open	Moraga	Senior Open
7/16-19	Summer Sectionals	Novato	Sectionals
7/28-8/1	Toyota National Champs	Irvine, CA	Summer Nats
8/1-2	VS Home Meet	VCHS	
8/3-7	Summer Juniors	TBD	Summer Juniors





## 2024-2025 Social Events



Date	Event	Location	Who
September	Team Awards & BBQ	TBD	ALL
October	Hot Cocoa Night & Costume Contest & Pumpkin Relays	POOL	ALL
November	Lapathon Fundraiser		ALL
December	Christmas Potluck Ice Skating Downtown	POOL Downtown San Jose	ALL
January	Spirit Week	POOL	ALL
February	Hot Cocoa Nights	Pool	ALL
March	Mini Golf Day	BLOSSOM HILL	ALL
April	Easter Egg Hunt/Potluck	LOCAL PARK	ALL
May	Team Hike	QUICKSILVER ALMADEN	ALL
June	Lapathon Fundraiser	POOL	ALL
July	Spirit Week Team Picture	POOL	ALL

# **No Practice Dates**

**September 2 - Labor Day**

**October 20 - Day after Travel Meet**

**October 31 - Halloween**

**November 27-28 (Thanksgiving)**

**December 24 - January 2 (Holiday Break)**

**January 19 (MLK Day)**

**February 16 (President's Day)**

**May 27 (VCJHS Graduation)**

**May 29 (VCHS Graduation)**

**July 4 (Independence Day)**

**August 3 - August 23 (Team Break)**

**\*\*When your group attends a meet, we will not have practice that day, please check the meet calendar above\*\***

**Other days off will be announced through team Email**

# Equipment

Group	Swim Equipment	Dryland Equipment
<b>Bronze</b>	Water Bottle Kickboard Fins Bouy	
<b>Silver</b>	Water Bottle Meshbag Kickboard Fins Bouy Paddles (TYR Catalyst) Snorkel	Athletic Shoes
<b>Gold</b>	Water Bottle Meshbag Kickboard Fins Bouy Paddles (TYR Catalyst) Snorkel	Athletic Shoes Jump Rope
<b>National</b>	Water Bottle Meshbag Kickboard Fins (OG) Bouy & Strap Paddles (TYR Catalyst) Snorkel Parachute	Athletic Shoes Jump Rope Dryland Cord (Finis)

## **In Store:**

Elsmore Swim Shop in Walnut Creek, Sports Basement has options as well to pick up equipment immediately.

## **Online:**

GO TO [www.ValleySplash.com](http://www.ValleySplash.com), click on Training Equipment

## Group Structure

To be able to reach each swimmer's best potential, as both a student and swimmer, they will go through a newly designed multi-group progression. Each individual swimmer's age, commitment, performance and goals will be evaluated to determine their group placement.

Specifically:

1. Ability to train: A consistent ability to hold repeat times and intervals in all aspects (e.g., swimming, kicking, pulling, drills) is the primary consideration for a group change. The swimmer must demonstrate his/her ability to handle the training load of the next training group, as determined by specific guidelines established for that group. This is important for self-image and success of the swimmer.
2. Technique: Mastery of all aspects taught at the current level including stroke technique, starts and turns are required.
3. Attendance: Consistent attendance at daily practice demonstrates the swimmer's dedication to the training required to satisfy the more rigorous performance criteria of the next group.
4. Attitude: Can the swimmer handle increases in stress, adversity, and "bad luck" with a positive attitude? Is the swimmer devastated by minor setbacks? Does the swimmer enjoy practice? Does the swimmer help lead the group?
5. Social Age: Can the swimmer relate to their peers in the next group? Will the swimmer be socially accepted? Is the swimmer "socially" ready to move to the more advanced groups?

Each swimmer will be taken into careful consideration by each and every coach to determine group placement. This will allow a better training environment for swimmer's to be able to practice with other swimmers at their own ability. There will be more time to focus on what each individual swimmer's needs are, regardless of ability. In order to progress to the next group, swimmers must show improvement in all 5 aspects that go into group placement. Only three times a year will swimmers be allowed to move up to a higher level group: Once at the beginning of the season in September, once after Zone 1 South Championships in February and once after High School CCS Champs in May.

# Valley Splash needs you!

## Become an official

***WE WANT YOU to join us and have some fun!***

In order for our program to survive and thrive in the Pacific Swimming community we need volunteers to become certified USA Swimming Officials.

Your child's future in swimming depends upon volunteer parents who help run sanctioned meets where our swimmers post their times.

SPLASH has the equipment and manpower (90+ member families) to host meets however it is not possible until we can supply our own USA Swimming Officials.

***Becoming an Official is not difficult but it does require a willingness to help and a commitment to follow through.***

### Benefits/Procedure for Becoming an Official in Pacific Swimming

#### *Benefits of Becoming an Official*

- 1) Gain a more thorough understanding of swimming in particular, and sports in general.
- 2) Help support a sport that promotes a healthy lifestyle for our children.
- 3) Become involved in the meet both mentally and physically rather than merely spectating.
- 4) Fulfill ALL volunteer requirements for your club.
- 5) Get closer to the competition.
- 6) Receive great hospitality.

#### *Getting Started*

- 1) Attend Training Clinic
  - Attend a beginning Stroke & Turn training clinic. The clinic requires approximately 4 hours and includes discussions and a USA Swimming produced video tape on judging strokes, turns and relay takeoffs.
  - Pacific Swimming conducts clinics throughout the year at various locations. Contact your Zone Officials Chair for the location and date of the next training clinic in your zone. If you want to host a clinic at your club, contact your Zone Officials chair to schedule a date and time.
- 2) Get on the Deck Training
  - New Stroke & Turn judges typically work a minimum of four sessions at a minimum of two different meets, "shadowing" experienced officials. To get on-deck training, report to the officials' briefing, this is typically about 30 minutes before the start of the meet session. Trainees are welcome at any CBA meet, but generally not at meets such as JO and Far Western.
- 3) Register as an Official
  - Before you can be certified, you must register as a non-athlete member of USA Swimming.
- 4) Take USA Swimming Officials Test
  - Complete USA Swimming's on-line, open book test. You must have a completed USA Swimming non-athlete membership before you can take this test.
- 5) Other Expectations/Requirements
  - Age – Minimum of 18 years old.
  - Attire – Solid navy blue skirt, shorts or pants, white polo shirt with white shoes.
  - Attitude – Positive attitude, willingness to volunteer, and dedication.

#### BECOME AN OFFICIAL

Splash and its swimmers **DEPEND** on your active role in the sport. Please consider becoming an official today! Not only does your swimmer benefit but the team and the sport all win when we all contribute!

**Questions?**

**Want to get started  
today?**

**Contact Coach Kevin  
swimvalleysplash@gmail.com**



## Team Requirements

Every swimmer is required to attend Zone 1 South Championships in January and August and the Valley Splash Meet in February and August. Zone 1 South Championships is a team championship meets where every swimmer's participation counts toward team placement. The participation of relay teams in the meet are critical, and we would like every swimmer to stay for the end of the meet to swim or cheer. Our team's reputation and recognition is dependent on our level of participation and placement in these meets. If for some reason you need to miss one of these meets, you must inform your coach one month in advance.

## Parent Responsibilities

Parental support is a very important element for a successful swim program. Everyone has something to offer and we need every parent to take an active role in some way with the team. The following are "Must Do's" as a parent at Splash:

- Read all of the information that you receive and ask questions if you do not understand something.
- Arrive at practice and meets on time.
- Volunteer at meets in positions that the team is required to staff (5 hours requirement at all team hosted meets).
- Pay dues on time, on the first of every month.
- Support the coaches and team with a positive attitude.
- See that your swimmer gets the proper rest and nutrition.
- Support your swimmer with ongoing positive reinforcement and let the coaches reinforce performance issues.
- Let us know if you have a special skill that may help the team, i.e. clerical or graphic arts skills, computer skills, physical therapy background, and the like.

## Why Should You Volunteer to Help Your Swim Team?

(reprint from USA Swimming Website)

The simplest reason why you should help is also the most powerful. You should help because your child benefits greatly from the program. The second reason is that most clubs cannot function without substantial volunteer help. The economics are not there for a full professional staff to do all the things that need doing. Look at the finances of youth sports for a moment. Count up the hours that are available for your child to participate in your program. Divide your monthly fee by those hours, and you will come out with substantially less than you pay your baby sitter. Now imagine if you had to pay for all you get from your team. Teams can't do it without your help. Add to that the fact that few clubs have all full time coaches so you can recognize the need for parental involvement. In most volunteer organizations, including swim

teams a very few people do a tremendous amount of work that benefits everyone. This is a bad deal for everyone. That person sooner or later burns out, leaving a big hole to fill. Meanwhile, that individual holds a great deal of power in the club, perhaps too much power. If you find your lawn uncut, the dishes three days deep in the sink, your cat starving on the porch and you have just driven home from the team practice forgetting half of the carpool, you may be over committed. The club needs a little bit of time from everyone, a little more from some and on an occasion, a great deal from a few.

Adapted from "News for Swim Parent" Published by the ASCA

## **Parent Volunteer Requirements**

Valley Splash is very fortunate to have a wonderful group of parents who step up to volunteer at meets and events. It is crucial to the success of the team that our parents continue to volunteer on a regular basis. In order for the volunteer hours to be spread evenly among all of the families, we have instituted a mandatory volunteer policy. Parents will be required to volunteer 24 hours per family per season (September - August). Within the 24 hours, you will need to volunteer a minimum of 5 hours at the Splash major hosted meet. We host one meet this year in June. Please refer to the calendar for more info. If you cannot fulfill your required amount of hours with volunteer responsibilities, you can "buyout" your hours for \$25. This could add up to a \$600 bill at the end of the season.

The following are some of the volunteer positions that are available to you:

- Stroke and Turn Officials\* (Check out the Team Website to become an official)

We are very much in need of certified stroke and turn officials on our team. When our team attends a meet, we are required to provide a number of officials based on the total number of swimmers entered. The training is simple and you get all 24 volunteer hours if you are a certified and active official for the team. Email the Head Coach for more info.

- Travel Meet Chaperone (must complete background check, pac-reg, & others)
- Timers
- Social Activity Organizer
- Pool Set Up and Tear Down before and after practice
- Meet Jobs (marshal, runner, hospitality, etc.)

Each family's hours will be recorded and you can check your progress online at  
ValleySplash.com.

## **Supporting Your Swimmer**

It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parents' role to provide love, recognition, and encouragement necessary to help a young athlete feel positive about him/herself. Be the person that your swimmer can look to for constant, positive reinforcement.

Strive to provide your swimmer with the basic opportunities s/he needs to have a positive swimming experience. Make sure your swimmer regularly attends practice and swim meets.

A parent's attitude often dictates those of the swimmer. A swimmer might not be

consciously aware of what is taking place, while subconsciously absorbing powerful messages about a parent's desires and feelings. For example, be enthusiastic about taking your swimmer to practices, helping at swim meets, and participating in team activities. Please don't look at these functions as chores.

Every individual learns at a different rate and responds differently to the various methods of skill presentation. Some swimmers take more time to learn; this requires patience on the part of the coach and the parent, both of whom must remember that the swimmer's ultimate swimming potential may be as great or greater than that of a faster learner.

Avoid comparing the skill, courage, determination, attitude, performance, or improvement of your swimmer to other swimmers. Swimmers mature physiologically and psychologically at different ages; the weakest swimmer in a practice group this year could be leading practices in the future.

The etymology of the word "competition" goes back to the Latin words "com" and "petere," which mean "together to strive." It is important to teach young swimmers to compete with, not against others, and to use competition to help them strive to be their own best self.

## **Guidelines for Watching Practice**

Parents are encouraged to watch practice from time to time. Here are some important guidelines when observing practice:

First, young swimmers want parental approval more than anything in the world. For swimmers to learn as much as possible during practice, it is imperative that coaches have each swimmer's undivided attention. Please do not communicate with your swimmer during practice and do not compete with the coach for your swimmer's attention.

Second, we insist that parents do not interrupt the coaches on deck while they are coaching. If you need to communicate with a coach, please do so 10 minutes before or after practice (if they are not coaching another group). Scheduling an appointment with the coach during posted office hours is ideal.

Third, our coaches spend a considerable amount of time planning weekly training sessions for each of their practice groups. Every training set or instructional drill has a purpose. One practice and/or practice set often builds on another during each week. If you have not watched all of the practice sessions, you may not understand the purpose of what the swimmers are doing on any given day.

Finally, please do not try and coach or advise your swimmer based on what you see (or think you don't see) him/her do during practice. Many times when teaching stroke skills, coaches ask their swimmers to do things that may not look correct or actually might be illegal during competition. However, the drills have an important purpose in teaching skills. Swimming a one-arm butterfly stroke or using a flutter kick with breaststroke are examples of drills with a specific purpose.

To reiterate, please stay off the pool deck during practices, and do not attempt to coach your swimmer based on what you observe at practice.



## Registration Requirements

- There is an annual fee of \$120 per family. If you leave the team, reinstatement will require director approval, and the \$100 fee per swimmer will be reassessed.
- Every swimmer must be a member of USA Swimming. This is an annual fee of \$89 and is required of each swimmer every year. Registration will be done online in the fall.
- Valley Splash is a 12-Month program in order to maintain pool and facility costs,, and coaches salaries. Please pay your membership dues by the 1<sup>st</sup> of the month, or a \$25 late fee will be added to your account.
- Membership application and dues obligations may be found online or in the Splash office.

## Parent Participation Contract

- I understand that parental participation is a requirement at Valley Splash.
- I understand that there are many options for participation and can find most of these options in the handbook.
- I understand that our family is responsible for contributing at least 24 hours between September 1st and July 31. This is approximately 2 hours per month. **I understand I must also volunteer a minimum of 5 hours at each major Splash hosted meet.**
- I understand that hours due but not contributed will be billed to my account at the end of the season at the rate of \$25 per unfilled hour. This could accumulate to a total as high as \$600 if no hours are submitted.
- I understand that the hours that I work must be submitted via a Volunteer Hours Report, and all are tallied on the website. At the end of the season any un-worked hours will be added to my last invoice.
- I understand that this will require my family to attend an average of one swim meet per month in order to meet the amount of required volunteer hours. I understand that I can request additional job responsibilities from the Office Staff if I need additional hours.
- I understand that our team participates in an annual Lap-A-Thon to help support Valley Splash and our team has set a goal for each family to raise \$100.

## Swimmer Participation Contract

I understand that:

- Everyone on our team, and opposing teams, is to be treated with respect.
- I need to assist the coaches in setting up and putting away any equipment that is needed. Help is also needed with the lane lines and pool covers.
- I am responsible for beginning each workout at the scheduled time, not five or ten minutes late. Warm up is an essential part of the workout and tardiness can cause problems with lane cohesiveness.
- I must attend at least the minimum number of practices required for each group.
- I must wear team apparel to all swim meets, including VS caps and VS team suits.
- Speaking negatively of other swimmers on our or other teams is poor sportsmanship and is not allowed.
- Offering friendship to other swimmers makes our team stronger.
- My behavior reflects on our team and coaches.

# Meet Guidelines

## Entering a Meet

### Online Entries:

All meets offer you the option of entering the meet online. This allows you to receive immediate confirmation of your entry into the meet. Please note that online entry services ([www.fastswims.com](http://www.fastswims.com) and [ome.swimconnection.com](http://ome.swimconnection.com)) generally charge a processing fee for the use of their service that is in addition to the entry fee you are required to pay to enter the meet. Use of online entry services is voluntary and in no way required or expected of a swimmer. It's a good idea to keep a copy of any confirmation form or email you receive from the online entry service and bring it to the meet with you.

### Hand Entries:

Mail or hand deliver your entry, with the appropriate fee, to the address on the meet sheet by the deadline given. A consolidated entry card is available at the end of each meet sheet.

\*Enter only individual events for which you qualify (your coach will enter relays). For example, in a JO Minus meet you may not enter events in which you have equaled or bettered a JO time. Also as an example, in a C/B/A+ meet you may enter all events. Enter your best time for each event. If you qualify for the maximum number of events, sign up for all of them. Ask your coach any questions if you need help picking out your events. If you do not have a time, you can enter with NT (No Time), make sure to select the course (SCY or LCM) from the drop down menu. SCY is short for Short Course Yards (25 yards, most meets in the fall, winter, and spring) and LCM is short for Long Course Meter (50 meters, most meets in the summer).

## What to Bring to a Meet

1. 2 pairs of goggles/ 2 VS caps
2. 2 Swimsuits
3. Several towels
4. Chairs/blankets/cushions (something to relax on, it will be a long/cold/hot day)
5. EZ-Up for shade (talk to your teammates, everyone should sit together)
6. Water
7. Snacks/food/Light lunch (food offered at meets is high in fat/sodium/sugar)
8. Performance drinks (e.g. Gatorade)
9. Sunscreen
10. Confirmation of Events entered for the meet
11. USA SWIMMING ID (available on Deck Pass)
12. VS Team Apparel (must wear VS clothing at all meets!

## **Myths of Year Round Swimming**

### **You have to be “fast”.**

Over one third of VS swimmers are at the novice to intermediate level.

### **It is too hard.**

Our program is based on technique and “efficient” training for the long term, and not yardage. Our objective is to develop swimmers in a positive environment and not “burn them out”.

### **It is too serious/It is not fun.**

We want this to be a positive life experience. We try to position every aspect of the program with that in mind. However, discipline does breed positive byproducts and life skills. Most of our swimmers view their teammates as family, and greatly value being a part of a positive, high-character, athletic group.

### **The coaches only care about the “fast” swimmers.**

The coaches care about everyone that is sincere and that cares about the team and the integrity of the program.

### **I am a water polo player.**

Many VS swimmers play water polo. We encourage water polo players to consider themselves “aquatic athletes”.

### **I am not fast enough to swim in college.**

There is a college team for virtually every swimmer. From Division I to Division III, we have helped our graduating swimmers find great academic and swimming fits.

### **If you’re not a successful recreational swimmer, you cannot have a successful swimming career (speed vs. endurance, talent vs. training).**

We have had many “mid-level” recreational swimmers develop into very competitive high school and college swimmers. Some were not suited for the speed orientation of rec. swimming but adapted well to mid-distance races.

### **Year-round swimming is too time consuming/takes time away from academics.**

To the contrary, year-round swimming has proven to enhance academic performance through the self-discipline, time management, and collegiate focus that swimmers develop.

## **Important Websites to Know**

### **Team**

Valley Splash: [www.ValleySplash.com](http://www.ValleySplash.com)

Team Store: <https://elsmoreswim.com/collections/valley-splash>

USA Swimming: [www.usaswimming.org](http://www.usaswimming.org)

LSC Website - Pacific Swimming: [www.pacswim.org](http://www.pacswim.org)

### **Meet Entries**

Fast Swims: [www.fastswims.com](http://www.fastswims.com) (Majority of the Meet Entries will be here)

SwimConnection: [ome.swimconnection.com](http://ome.swimconnection.com) (old site that isn't used much anymore)

### **Time Standards**

<http://www.pacswim.org/swim-meet-times/standards>

### **Shopping**

SwimOutlet: [www.swimoutlet.com](http://www.swimoutlet.com)

### **Swimming News**

Swim Swam: [www.swimswam.com](http://www.swimswam.com)

Swimming World Magazine: [www.swimmingworldmagazine.com](http://www.swimmingworldmagazine.com)