

# **SUNRISE RECREATION & PARK DISTRICT**

## **Sunrise Sharks 2024 Tryout Information Packet**

### **Welcome**

The Sunrise Recreation & Park District would like to welcome you and your family to one of the finest recreational swimming programs in the Sacramento region. We are pleased you have chosen our program to tryout for your family's summer recreational swim team experience. The District is very proud of its recreational aquatics programs and our ability to maintain quality programs. Together with the Coaching Staff and Sharks Parent Board, we strive to provide swimmers with an exceptional program.

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. Many of our coaches return each season to work with the swim team and the entire coaching staff continuously maintains a special rapport with the children and parents alike. In addition to a quality coaching staff, our success is attributed to a dedicated volunteer Parent Board. The Board has been instrumental in providing support to the District's program by organizing team and age group social events and fund-raisers, motivating team parents to get involved, and aiding coaches and other District staff in conducting swim meets. Due to the 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 916-725-1585 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 Sunrise Sharks and the swim team tryout process and what to expect. This packet includes:

- Sunrise Sharks History
- SRPD 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

### **History of the Sunrise Sharks Swim Team**

The swim team began in 1970 as the Citrus Heights Recreation and Park District "Charpy's". During this time the team competed in the Sacramento County Swimming League. Against some local park districts and cabana clubs. Following 1971, the team joined the Valley

Foothill Competitive Aquatic League. The league was comprised of other recreation and park agencies that had similar philosophies regarding competition, sportsmanship, and athletics. In 1972, the Citrus Heights District became the Sunrise Recreation and Park District. At this time, the swim team changed its name to the Sunrise “Sharks” and adopted the team colors of blue and gold. In the early years of competition, the Sunrise Sharks did not have winning seasons. The new team had to grow and develop in ability and depth. Due to efforts of the coaches, swimmers and parents, the team improved significantly each year. The Sharks had their first winning season in 1975. In 1976, 1977 and 1978, the Sharks won both the Dual Meet Championship and the League Championship meets.

In the 1980’s, the Sunrise Sharks continued to grow in numbers and strength, consistently being ranked in the top three of seven teams in the League. Due to the dwindling size of the Valley Foothill Competitive Aquatic League, in 1995 the Sunrise Sharks Swim Team chose to join the Northern California Swim League. NCSL continues to be a growing league that enables our swimmers to swim in more events and more meets.

**SRPD Priority Policy**

The following is a list outlining the tryout and registration priorities developed by the Sunrise Recreation & Park District:

**Returning Participants**

Priority 1      2023 Returning swimmers to the Sunrise Sharks

**Tryouts for New Participants** (see page 3 for minimum skill requirements)

Priority 2      Siblings of current team members who meet the minimum requirements  
Priority 3      Open tryouts: participants who meet the minimum requirements

**Tryout Dates and Times**

Tryouts are subject to available openings in each age group. Tryouts are held at the Rusch Park Community Pool at 7801 Auburn Blvd. The participant tryouts themselves will last no longer than 15 to 20 minutes in the water. However, we will also have a parent meeting for all parents during the tryout process. Please plan accordingly as your attendance at the tryouts may last the entire time depending upon the number of participants trying out for the Sunrise Sharks.

Saturday, March 16 at 12:00pm  
or  
March 18 at 6:30pm (for spots not filled on March 16)

**What to bring to Tryouts?**

The following items may help your swimmer at tryouts:

- Each swimmer will be required to wear a swimsuit to tryout.
- Be sure to bring 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 District Staff person and/or Sunrise Sharks Parent Board Member. You will be given a tryout card to be completed and returned upon checking in for tryouts. We will introduce the District Aquatics 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.** The children will be divided into groups and enter the pool with a Staff member. The tryout will resemble a swim lesson for the younger age groups. The children will warm up, watch demonstrations of skills or strokes and, with the instructor's 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 dry off and change into warmer clothes. Depending upon time and number of participants at the tryouts, notification of your swimmer being accepted to the team may happen at the conclusion of the tryout session or notification will occur by mail within a week.

### **Skill Requirements**

<b><u>Age Group</u></b>	<b><u>Minimum</u></b>	<b><u>Ability to Demonstrate</u></b>
6 & Under	Enters water freely Comfortable in water (including deep water) Freestyle/Beginner Stroke – 10 to 15 yds. Able to float & propel on back Able to listen and follow directions	Freestyle - 25 yds. Backstroke Breaststroke Butterfly Able to dive
7-8 years	Freestyle or Beginner Stroke Able to float and propel on back Able to dive Able to listen and follow directions	Freestyle – 25 yds. Backstroke – 25 yds. Breaststroke Butterfly
9-10 years	Freestyle – 25 yds. Propel on back - 25 yds. Able to dive Knowledge of Breast & Fly	Freestyle - 50 yds. Backstroke - 25 yds. Breaststroke Butterfly Flip Turns
11-18 years	Freestyle - 25 yds. Backstroke - 50 yds. Able to dive Knowledge of Breast & Fly	Breaststroke Butterfly Flip Turns

### **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). Once tryouts have been completed, notification maybe done on the pool deck prior to leaving or letters and/or e-mails will be sent to each tryout participant informing parents whether their child has been accepted on the team.

## **Joining the Team**

If your child makes the team, you will receive a registration packet along with your acceptance letter and/or e-mail. The registration form and waiver will need to be complete and returned immediately, with full payment. The letter and/or e-mail will also include information on your child's practice time and important information to aid you through your first season. Children who do not make the team are encouraged to participate in the Sunrise Recreation & Park District's swim lessons program. Many children have improved skills through swimming lessons and have later come back to join the team.

## **Fees**

The participant registration fees for the 2024 swim season for the Sunrise Sharks are based upon the direct and indirect costs of operating the competitive aquatics program. These costs include coaching salaries, pool usage, equipment, and supplies. The 2022 fees do not include the mandatory \$15 NorCal League Registration fee. As a convenience to families with multiple swimmers, the District is offering a multiple swimmer family discount. The District's registration fee breaks down to around \$15 per week for each swimmer.

Individual Swimmer Fee:	\$265
Additional Sibling Fee:	\$225
HS Swimmer Fee (starts May 6 <sup>th</sup> )	\$190

## **Team Philosophy and Goals**

The goal of the recreational swim 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. District Staff 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**

Spring practices will begin on Monday, April 11. Practices are held Monday through Thursday in the Spring and the Sharks will practice in the evening through the end of the traditional school year. Beginning Tuesday, May 31, the Sharks will move to their Summer practice schedule. The Sharks will also have optional Summer morning practice sessions available to swimmers on Tuesday and Thursday mornings from 10:00 to 10:45AM or 10:45 to 11:30AM.

## **2024 Practice Schedule:**

(4/1-7/25)

8&Un | Mon-Thur | 6:30-7:15pm

9-10/11-12 | Mon-Thur | 7:15-8:15pm

13-14/15-18 | Mon-Thur | 8:15-9:15pm

Summer Optional Morning Practice starts 6/11  
All Ages | Tue/Thur | 10:00am - 10:45am OR  
All Ages | Tue/Thur | 10:45 - 11:30am

\* No Practice 5/30 or 7/4

### **Meets**

The Sunrise Sharks compete in the NorCal Swim League against other recreational swim teams from the Sacramento region in dual swim meets nearly every Saturday, beginning in mid-May, through the end of July. Check in for swim meets is usually 6:45AM and the meet is usually completed by 2:00PM. Swimmers are required to stay at a meet until he/she races in all his/her events. The season culminates with a two-day, league-wide championship meet at the end of July. Swimmers from all the Conference teams in the NorCal League compete to see which team will be league champions.

### **Parent Volunteer Requirements**

The swim team requires that each family works ½ of each dual meet (approximately 3 hours) in which your child competes. All families are required to work Championships. The team cannot operate without the support of all parents.

### **Website**

The Sunrise Sharks operate a website that contains a lot of important team information. Please look over this website if you have any specific Sharks questions. The website address is [www.sunrisesharks.com](http://www.sunrisesharks.com)

Once again, 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 our District Office at 725-1585 and we will be happy to help you. We look forward to seeing you at tryouts. Good luck!

**THANK YOU!**