SUNOAKS SWIM TEAM

Our mascot is the Stingray! Our core values are,

"Kindness - Technique - FUN!!"

Welcome!
Thank you for registering for our swim team! We hope you find this email informative and helpful. Please email Swim Director, Angie Baker, angie@sunoaks.com with any questions.

Practice Schedule & Team Events/Swim Meets
See Summer Flyer, link below
https://sunoaks.com/wp-content/uploads/2023/06/Swim-Team-Summer-23.pdf
*Don't miss our first event!
-Friday, June 16th! Team Potluck and swim party at the Outdoor Pool, 5:30-6:30.
-First swim meet Saturday, June 17th at the Redding YMCA.

Gear Bags
Swim equipment is a great tool for kids at practice. Here are the suggested items your child will need for practice. Gear is not required, but it will be a great help to your swimmers.

-Mesh bags are a great way to store and transport your swim gear, but any bag will do!
https://www.swimoutlet.com/products/sporti-equipment-mesh-backpack-20451?ssa=y&color=royalblue

Otters - Finis brand flippers & pull buoy
https://www.swimoutlet.com/products/sporti-essential-floating-swim-fins-color-8201640?ssa=y
https://www.swimoutlet.com/products/sporti-pull-buoy-20602?color=bluewhiteblue&from=c

Dolphins & Stingrays - Finis brand flippers (link above), Pull buoy (link above) Finis brand jr. swim snorkel, Small paddles
https://www.swimoutlet.com/products/finis-jr-swimmers-swim-snorkel-4932?ssa=y
https://www.swimoutlet.com/products/sporti-power-swim-paddles-22381/?ssa=y&color=black&size=small

Parent Involvement
-Be supportive of coaches. We care about your kids! If you have questions or concerns, please wait until the end of practice to talk to the coach.
-Please give the coaches and your kids space during practice.
-Parents are expected to take turns timing at swim meets. We will brief you on how to "time." Swim meets are put on solely by volunteers and we can't do it without you!
-We are looking for 2 parents to train as swim meet "officials." If interested, please see Angie!

Team Suit & Swim Caps
-Our team colors are Navy Blue and Yellow. Tip - “polyester” material will last longest!
Team suits are not mandatory, but encouraged at meets.
Link to team suit (girls)
https://www.swimoutlet.com/products/sporti-hydrolast-piped-thin-strap-one-piece-swimsuit-youth-22-28-8125092/?ssa=y&color=navygold
Link to team suit jammer style (boys)
https://www.swimoutlet.com/products/sporti-hydrolast-splice-jammer-swimsuit-youth-22-28-8125104/?ssa=y&color=navygold
Link to team suit speedo style (boys)
https://www.swimoutlet.com/products/sporti-hydrolast-splice-brief-swimsuit-youth-22-28-8125100/?ssa=y&color=navygold

-Swimmers with long hair MUST wear a swim cap at practices. Team Caps are REQUIRED at swim meets for ALL swimmers. This helps us identify the kids on our team so we don’t miss any races. Team caps are sold poolside at practice and meets. See your coach!

Signing up for Meets (Optional)
Step 1 - Register with USA-Swimming. Go to https://omr.usaswimming.org/omr/welcome/FB771E7F734345 to register. Our team code is **SOST** (Sun Oaks Swim Team) *NOT SOAR.*
Step 2 - Create an account on ome.swimconnection.com
You cannot set an account up on swimconnection until you are USA Registered.

Costs for Meets - What to Expect
-Coaches Fee is $25/day ($10/day per additional child).
-Every meet has a “splash fee” to enter ($10-$14)
-Then, each event you sign up for is an additional $4-6. You can sign up for 1 event, or all the events offered at the meet. Before signing up, ask Coaches which events are best for your child.

Clinics
We host an instructional clinic the Friday before each swim meet, 4:00-5:30pm. If your child is attending, it is *highly encouraged* to attend. Coach will go over specifics of the meet as well as extra practice for your swimmer’s individual events. Cost is $10 members, $15 nonmember.

We’re here for you!
Please don’t hesitate to ask any questions! Let’s make this a great experience for our kids!

Tank Top/T-Shirt Order!
We are putting a shirt order in for Summer! All orders are due by Monday, June 5th. Options are racer back tank tops or t-shirts, youth and adult sizes. Email Angie to place an order!

Looking forward to another summer of fun in the pool! GO STINGRAYS!