

Back to Swim Parent Meeting

August 30, 2021





Agenda

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Code of Ethics / Code of Conduct



Introductions





Our Vision, Our Culture, Our Family

Elk Grove Aquatics Club develops character athletes.

- To be early, not just on time.
- To do more, not just enough.
- To be mentally tough, and not mentally lazy or intimidated.
- To think about solutions, and not worry about the problems.
- To concentrate on what to do, and not what may happen.
- To recognize that adversity is part of swimming—and life.
- To share with others, and not be selfish.
- To think and act positively, not negatively.
- To be energetic, not complacent.
- To take responsibility and not make excuses.

NEVER SETTLE. This is the Gator Family Way. Our Way.





Our Group Coaches

- Black Group: Chris Oshiro (Head Coach)
 - 40 swimmers
- Red Group: Troy Nissen (*WELCOME!!!*)
 - 24 swimmers
- Blue Group: Joey Dai
 - 24 swimmers
- White Group: Matt Frediani
 - 24 swimmers
- Green Group: Hillary Hong
 - 14 swimmers





Our Board

- President – Cindy Jones
- Vice President – Mirinda Collins
- Secretary – Jeff Medeiros
- Treasurers – Darrin & Kristen Chen
- Head Coach – Chris Oshiro
- LSC Representative – Debra Hill
- Volunteer Coordinator – Alicia Jessie
- Registrar – Dee Mai
- Parent Liaison - *VACANT*
- Parliamentarian – *VACANT*





Open Board Positions

- **Parent Liaison - *VACANT***
 - Act as liaison between club members and the board
 - Recruit a head parent for each age group
 - Come to board meetings
 - Non-voting position
- **Parliamentarian**
 - Be informed on Robert's Rule of Order
 - Advise the presiding officers on points of parliamentary law
 - Be a member of the Bylaws Committee
 - Non-voting position



Calendar





EGAC Practice Calendar

Aug 16 - Oct 31, 2021

- Monday-Thursday
 - BLACK - 3:45-5:30 9 LANES
 - RED - 5:30-7:00 - (5:30-6:30 5 LANES, 6:30-7:00 4 LANES)
 - WHITE - 5:30-6:30 - 4 LANES (off Thursdays)
 - BLUE - 6:30-8:00 (6:30-7:00 5 LANES, 7:00-8:00 UP TO 7 LANES)
 - GREEN - 7:00-7:45 (2 LANES)
- Friday
 - BLACK - 3:45-5:30 7 LANES
 - GREEN - 4:45-5:30 2 LANES (7:00-7:45 8/16-10/30)
 - RED - 5:30-7:00
 - BLUE - 5:30-7:00
 - WHITE - 7:00-8:00
- Saturday
 - BLACK - 7:00-8:45 (DL till 9:45)
 - RED - 7:00-8:45
 - WHITE - 7:30-8:30



Meet Schedule (Tentative)

- **OCTOBER 2021**
 - 02-03 - WCAB Senior Meet Open @Walnut Creek (Black)
 - 09-11 - CCA 'Spooktacular' @Roseville Aquatic Center (Red/Blue/White/Green)
 - 24 - 'Golden Buoy' (all)
- **NOVEMBER 2021**
 - 19-21 - SMST 'Gobbler Classic' or dual (TBA)
- **DECEMBER 2021**
 - 04-05 - EGAC 'Jump Into the Cold' @EGAC (All)
 - TBA - Sectionals (Qualifiers)
- **JANUARY 2022**
 - 13-16 - WASHINGTON OPEN @Federal Way, WA (Black)
 - 22-23 - OAPB Senior Open @Campolindo High School (Black)#
- **FEBRUARY 2022**
 - 04-06 - VJO C/B/A+ @Vallejo (Red/Blue/White/Green)
 - 25-27 - EGAC 'Last Chance Qualifier' @Elk Grove Aquatic Center (Red/Blue/White/Green)
- **MARCH 2022**
 - 05-06 - PLS Senior Open @Pleasanton Aquatic Center (Black)
 - 11-13 - 14 & Under SC Championships @EGAC (Qualifiers)
 - 25-27 - SWAGR @TBA (Qualifiers from Red/Blue/White)
- **APRIL 2022**
 - 22-24 - 'Summer Opening' (Ic) (All)
- **MAY 2022**
 - 5-7 - Sac.Joaquin Section HS Championships @Tokay HS (Black)
 - 8 - 'Post Shave' meet (usually @UCD) (Black)
 - 19-21 - Woodland BB+/-
- **JUNE 2022**
 - 10-12 - CCA 'Summer Sanders' Prelims/Finals @Roseville Aquatic Center (Black)
- **JULY 2022**
 - 14-17 - 'BILL ROSE CLASSIC' @DART
 - 14-17 - SECTIONALS @TBA
 - 27-30 - Senior Western Zones Championships @Clovis* (Qualifiers)
- **AUGUST 2022**
 - 02-06 - Age Group (14 & Under) Western Zones Championships @Elk Grove Aquatics Club (Qualifiers)





EGAC Hosted Swim Meets

- Jump into the Cold
 - December 3rd - 5th - 2.5 days
- 14 & Under SNS Championships
 - March 11th - 13th - 3 days
- Summer Opening (Long Course)
 - April 22nd - 24th - 2.5 days
- Western Zones A.G. Championships (must apply with qualifying times)
 - August 3rd - 6th - 4 days





EGAC Event Calendar

- Swim-A-Thon Fundraiser - October 16 @ 7-9am
- Team Picture Day - TBD
- Dinner Nights Out - TBD
- End of Year Awards Night - Sept 2022



Team Finances





Team Finances - Monthly

Revenues: \$22K

- \$22K - Monthly dues

Assets: \$40K

- \$40K - bank account

Expenses: \$25K

- \$11.5K - pool rental
 - \$10 per hour per lane
- \$11.5K - coach salaries
- \$ 2.0K - TeamSnap, insurance, workers comp, payroll taxes, misc. overhead, etc.



Team Finances - Other Revenues

- Annual Swim-A-Thon Fundraiser - \$30K
- Home Meets:
 - \$3-6K for regular meets
 - \$10-15K for championship meets
- Fundraisers:
 - Dinner Night Out Fundraisers - \$2K
 - Amazon Smile/SwimOutlet - \$0.3K
- Sponsors:
 - TBD



Family Requirements





Family Requirements

- Each EGAC family must complete the following as part of the EGAC team:
 - Register all swimmers for USA Swimming
 - Re-register with EGAC for 2021-22 swim season
 - Pay monthly dues
 - Participate in the EGAC Annual Swim-A-Thon Fundraiser
 - Complete the Quarterly Volunteer Requirement
 - Complete required shifts at EGAC Hosted Meets
 - Alternate option for last two requirements above:
Volunteer as a Stroke and Turn Official
 - Sign and adhere to the EGAC Code of Conduct (both swimmers and parents)





EGAC 2021-22 Season Registration

- All swimmers must re-register with TeamSnap
- Re-registration Sept 15-30
- Update contact and health information with team
- \$25/swimmer fee goes towards:
 - Team swim cap
 - 2021 Fall team shirt





EGAC Monthly Dues

- Black - \$210
 - Red - \$195
 - Blue - \$165
 - White - \$145
 - Green- \$135
- Dues are due by the 10th of the month.
 - A \$30 late fee will be assessed on the 11th if past due.
 - Swimmers cannot participate with the team after the 15th if dues are not paid.





EGAC Monthly Dues

- Payment options:
 - TeamSnap (credit card)
 - Venmo (@EGAC-GATORS)
 - IMPORTANT: Must include swimmers name(s) and month of invoice.
 - Check
 - Send to EGAC mailbox: PO BOX 580495, Elk Grove, CA 95758
 - Drop in EGAC lockbox in Meet Management room
 - CASH NOT ACCEPTED.





Gator Bites

- Gator Bites Pricing:
 - Big Bites - \$250 for 20 practices
 - Mini Bites - \$150 for 10 practices
- Gator Bites expire 2 months after purchase.
- Available to Red and Black Group swimmers only.
- All family requirements still apply.
- The Gator Bites program will be re-evaluated quarterly.
- Contact the Treasurer (treasurer@egacgators.com) to sign up.





EGAC Swim-A-Thon

- October 16, 2021 - 7:00 - 9:00 am
- Swim-A-Thon minimum fundraising requirement:
 - \$300 for single swimmer families
 - \$400 for multi-swimmer families
- The highest percentage of swimmers that show up to swim will win a pizza party for their group.
- More information to come out soon.





Quarterly Volunteer Requirement

- Each family is required to give 3 hours of their time to the team per quarter.
- Anything that promotes team unity/goodwill.
- Examples:
 - Head an EGAC committee
 - Volunteer in an EGAC committee
 - Bring prepackaged snacks for your child's practice group
 - Help keep the pool deck or coaches office clean
 - Set up a team outing for your child's practice group
 - Timing at an away meet





EGAC Parent Committees

- **Fundraiser Committee**
 - Will recruit parents to help in running fundraisers
 - Will organize “Dinner Night Outs”
 - Will generate ideas for new fundraisers
- **Social Committee**
 - Organize & execute special events
 - BBQ's / Potlucks
 - Senior send off
 - End of Year Party/Banquet
- **Sponsorship Committee**
 - Work closely with the board to identify parents to find businesses in our community willing to sponsor EGAC



EGAC Parent Committees (cont')

- **Apparel Committee**
 - Main point of contact for apparel
 - Order Clothing for meets and special events
 - Help run apparel at home meets
- **Graphics Team**
 - Design graphics for team
 - Design graphics for apparel
- **Team Photographers**
 - Team picture day
 - Photos at meets
 - Upload photos to our social media accounts
- **Hospitality Committee**
 - Be responsible for Hospitality at home meets
 - Provide meals, drinks and snacks to coaches, officials and timers at home meets
 - Working in conjunction with the board to order food
 - Stay within a budget



Home Meet Volunteer Requirement

- Must work at least one shift per meet day at all EGAC hosted swim meets.
- Assignments include:
 - Check-In
 - Apparel Sales
 - Hospitality
 - Parking/Deck Patrol
 - Awards
 - Setup/Take Down
- Fee for not completing will be \$100 per shift not worked
 - The fee will be incurred within 5 days of meet close and will be due 5 days after invoice



Stroke and Turn Officials

- Becoming an Official is great way to get involved and reduces volunteer requirements
- Attend the Stroke/Turn Clinic on October 2 (in-person and virtual options)
- Need 6 training sessions at meets to become a fully trained official
- Work 4 sessions as a fully trained official
- All quarterly volunteer requirements will be fulfilled, and fewer home meet shifts required if parent is actively working at meets as an official
- Fees to become registered as an official will be reimbursed once all 6 training session are completed
- If interested please contact one of these EGAC Officials:
 - Debra (lscrep@egacgators.com)
 - Irene (iyfujishima@comcast.net)
 - Mirinda (vicepresident@egacgators.com)



Code of Conduct





EGAC Code of Conduct

We've been dedicated to promoting swimming in the Sacramento area for over 25 years.

- The success of the team is not measured only by wins and losses, but more importantly, by the personal growth of each swimmer and the enjoyment provided for the entire family.
- The Team strives to provide an environment in which each swimmer can improve his/her performance and learn the importance of good sportsmanship.
- The team also demands a sports environment that is free from drugs, tobacco, and alcohol and their use at sporting events.
- To help achieve these goals, we ask that you and your swimmers understand and agree to the Swimmer/Parent Code of Conduct.





EGAC Code of Conduct

As an EGAC Swimmer, I will:

- Treat the Coaches and their assistants with respect and follow their directions.
- Treat swim meet workers and officials with respect.
- Treat other team swimmers and families with respect, regardless of race, sex, creed or ability.
- Treat the pool facilities with care and respect.
- Treat competitors with respect and congratulate them after each race, win or lose.
- Strive to always give your best, whether at practices or swim meets.





EGAC Code of Conduct

As an EGAC Parent, I will:

- Encourage good sportsmanship by demonstrating positive support for all swimmers, coaches, Board members, and officials during practices and swim meets.
- Place the emotional and physical well-being of my child ahead of my personal desire to win.
- Forgive individual actions by coaches with which I/we don't completely agree, while focusing on the overall objective of working to help my child(ren) grow up to be stronger, more self confident and better adjusted.
- Remember that the sport is for the youth, not the adults.
- Encourage my child(ren) to treat other swimmers, coaches, and families with respect regardless of race, sex, creed or ability and set an example by doing so myself.
- Encourage my child(ren) to routinely attend practices and attend swim meets.
- Bring my concerns to the coaches or board members directly, in a spirit of fundamental mutual interest, and refrain from fruitless discussions of such concerns with third parties.





EGAC Code of Conduct

As an EGAC Coach, I will:

- Make the best interests of the children in the program the priority in my heart and mind.
- Maintain the delicate state of balance between what is best for the individual (the swimmer) and the needs of the group (the team).
- Communicate honestly, openly, and in a mature manner and to be approachable and receptive to parents' and swimmers' reasonable concerns.
- Acknowledge my frailties, imperfections, and my humanity, and within those constraints, pledge to strive to be consistent and fair in my dealings with team members and to treat each swimmer according to his/her needs.



Q & A





Thank you
EGAC Families!

