

EL DORADO HILLS SWIM TEAM HANDBOOK

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Welcome!

Welcome to the El Dorado Hills Tasmanian Devils (Taz) Swim Team - a community tradition for more than 60 years!

We hope that this Handbook will answer questions that you might have regarding the team's procedures and expectations.

Please feel free to contact Board members anytime for more specific information.

Taz Vision Statement

The El Dorado Hills Tasmanian Devils swim team believes that competitive youth swimming is an exciting, formative, and rewarding experience for swimmers and their families. Taz's team philosophy is as simple as ABC:

- **Ability:** Taz prides itself in providing a safe, supportive, and fun learning environment in which each swimmer can strive to reach their full potential by developing and refining their skills (in and out of the pool). Success will look different for every swimmer, and we expect all Taz swimmers to succeed!
- **Belonging:** Taz is a family affair, and our #1 goal is to make all swimmers and their families feel welcome and supported. There are many things that make Taz special – but they all start with our amazing Taz family!
- **Competition:** Taz swimmers compete against other teams in our league, and we will always strive to win each race. But more than that, Taz swimmers compete against themselves – to improve their stroke, to beat their fastest time, to overcome challenges, and to become more confident. And it's the latter competition we value most!

2026 Taz Swim Coaches

Head Coach
Eddie Akbary

Swim Programs Manager
Alec Abrams

Assistant Coaches
Josh Depew
Katie Tadayeski

Swimmer Coaches
Dakota Alfaqih*
Whitney Anderson*
Annie DeLeon
June Dickson*
Kaitlin Fuller*
Payton Gassaway*
Jackson Geddes*
Jaden Gonzales*
Kallie Hall*
Giuliana Martino*
Anne Meyers*
Jacob Novak*
Jessi Pyle*
Katie Ratcliffe*
Sami Thakur*
Lucas Zvereff

Swimclusion® Head Coach
Katie Tadayeski

Junior Taz Head Coach

Junior Coaches (Volunteers)
Addison Biggs
Nora Glickman

* The coaches marked with an * are available for private lessons. Please inquire directly with the coach or email coach@edhtaz.org for more information.

Taz Board of Directors

Ben Glickman, President, president@edhtaz.org
Allison Novak, Vice President, vp@edhtaz.org
Jennifer Gonzales, Treasurer, treasurer@edhtaz.org
Lacy Whitworth, Secretary
Steve Frith, SSL Rep, SSLRep@edhtaz.org
Nicole Smith, Registrar, registrar@edhtaz.org
Hanna Calleri, Volunteer Coordinator, info@edhtaz.org
Hanna Calleri, Fundraising/Sponsorships/ Concessions, sponsors@edhtaz.org
Katy Holloman, Public Relations, communications@edhtaz.org
Megan Palmitier, Events, events@edhtaz.org
Regina Biggs, Brand Management, Spirit Wear
Markus Roehr, Member at Large
Nicole Pruess, Human Resources, hr@edhtaz.org

Lead Volunteers

Troy Gassaway, Meet Referee
Jon & Hillary Garrett, Jamie Anderson, Computer Operations
Brian Drever, Head Timer
Justin Gill & Jenna Konkel, Clerk of the Course
Jason Christian, Ready Bench Lead
Stacie Roberts, Ribbons & Family Folders
Leah Slattery-Davis, Stroke & Turn Lead
Nick Lourenco, Snack Bar Lead
Jacob Anderson, Set-Up
Anna Watterson, Swag Lead
Alyssa Leon, Champs Rally
Bill Weaver, Team Photographer

Important Dates

Quiet Period *(no more than 12 hours of coached swimming)*	February 15 - April 19
Taz Spring Clinic	February 22 - April 19
Swimmer Assessments (all new swimmers)	March 22, 3:00-6:00 pm
Drop Deadline for Full Refund	April 12
Taz Orientation (mandatory)	April 15, 7:00 pm (via Zoom)
2026 Season Starts (first practice)	April 20
Drop Deadline for 50% Refund (**no** refunds after this date)	April 26
Laps for Taz Fundraiser	May 1
Practice Time Change (4:00-7:30)	May 11
Time Trials (Mock Meet)	May 9
Team Pictures	May 12, 4:00 pm
Meet vs. Broadstone Barracudas (Home)	May 16
Meet @ Loomis Basin Dolphins (Away)	May 30 - **afternoon start**
Practice Time Change (AM/PM practice schedules)	June 1
Junior Taz Practices Begin	June 1
Meet @ College Greens Gators (Away)	June 6
Meet vs. Granite Bay Gators (Home)	June 13
Meet @ Sierra Sharks (Away)	June 20
Meet vs. Folsom Sea Otters (Home)	June 27
Meet vs. Park Terrace Penguins (Home)	July 11
Junior Taz Showcase (during meet)	July 11
Senior Send-Off (during meet)	July 11
Champs Rally	July 16, 5:00 pm
SSL Champs	July 17-19
Taz Awards Night	July 23
Meet of Champions (MOC)	August 1-2
Fall Clinic	September 13 - November 1
Monster Splash Meet (Home)	October 17

Team Communications

Scratch Phone Number

The Scratch Phone Number is **(916) 534-2611**. For last minute absences or changes to your availability for meets and events, you must contact the scratch phone number as described in the Taz Scratch Policy.

Taz Emails

The Taz Board sends all team related information and news by email frequently so expect multiple emails a week! We understand the flow can be overwhelming at times but trust us, email is the best, and easiest, way for us to communicate with the entire team quickly. Please double check your email address by logging in to your account at edhtaz.org to confirm we have the correct one on file.

Taz Times

Taz Times is our team newsletter that is sent to all members via email each week and contains upcoming news, events, swimmer highlights and Board communications. The newsletter will also be posted on the website.

Family Folders

Each family will have a folder that will be used for certain communications and to deliver swimmer ribbons/awards after meets. The family folders will be available on deck during practices and meets (look for the plastic bins, or ask a board member). Please check your family folder regularly, as they can fill quickly.

Facebook

Facebook is a great place to grab quick bites of information while on the go. We post all team events -- meets, socials and fundraisers -- on our Facebook page along with timely news, important announcements, spotlights, swimming articles and photos. You can also ask questions or send the Board private messages, which we respond to within 24-hours. If you have information or photos to share, please DM or send to

Instagram

Follow Taz on Instagram! We have a blast sharing our best, funniest, weirdest and encouraging moments on Instagram. If you have photos to share, please send to
Don’t forget to tag us at @edhtaz

Photos

Stay tuned for more info regarding access to meet photos taken by our team photographer.

Swim Practice Overview & Expectations

Practices will use a group model based primarily on experience and skill level, rather than strictly by age. This approach allows swimmers to train with others at a similar level and helps coaches provide more effective instruction. It also allows the team to maximize its available pool time

Group assignments are determined by the head coach based on a variety of factors including skill level, age, group sizes, pool availability, and overall team needs. Because swimmers develop at different rates, **placements may change during the season**, and swimmers may be moved up or down to ensure they are in the group that best supports their progress. The minimum ages listed below are a baseline; final placements will be determined by the head coach.

Group 1 (Min. Age: 5)

- New to swimming or has limited experience in a structured swim environment.
- Water safe: Must be able to to swim 25 yards unassisted of freestyle

Group 2 (Min. Age: 7)

- Has prior swim team experience.
- Proficient in backstroke and freestyle and understands the fundamentals of breast and fly.

Group 3 (Min. Age: 9)

- Has prior swim team and racing experience
- Proficient in backstroke and freestyle, with proper turns
- Proficient in either breast or fly, but understands the fundamentals of both

Group 4 (Min. Age: 11)

- Has prior swim team and racing experience
- Proficient in all four strokes (Fly, Back, Breast, Free) with proper turns
- Understands most racing rules in accordance with USA Swimming

Group 5 (Min. Age: 13)

- Has prior swim team and racing experience
- High proficiency in all four strokes (Fly, Back, Breast, Free) with proper turns
- Understands all racing rules in accordance with USA Swimming

How do I find out my group? Returning swimmers will receive their initial group assignments by email. New swimmers will be assigned groups following a mandatory swim assessment. Coaches will continue to assess swimmers during the first two weeks of practice and may adjust the group assignments, as needed.

Practice Information

Practices will be held rain or shine. In the event of lightning, thunder, poor air quality, practice will be canceled. In those circumstances you will be contacted via email as soon as the decision is made to cancel practice. Communications will also be posted on the Taz social media sites.

Dryland: Swimming is a full-body sport. Except where noted, all practices will begin with "dryland" exercises and other team-building components on deck. Swimmers should bring appropriate clothing and footwear to every practice.

Please Let the Coaches Coach

It is critical for the coaches' attention to be focused on swimmer instruction and safety during practice. Parents and siblings must remain away from the coaching area on deck to minimize distractions. Please relay this information to any other caregivers who may bring or pick up your children. Children who are not in practice must remain with their parents.

Swimmer Behavior

With so many swimmers in each age group, discipline issues will be dealt with fairly but swiftly, to keep the focus on the swimmers who are at practice to work hard and have fun safely. Swimmers who are misbehaving, inattentive, rude, etc. will be warned and/or placed on the side of the pool to watch the other swimmers until the behavior improves. If such behavior persists or is excessive that swimmer may be excused from practice. More serious discipline problems may result in a parent-coach meeting. The coaching staff will communicate any concerns with parents and welcome parents to do the same.

Importance of Being Punctual and Prepared

Parent support is greatly appreciated to get your swimmers to the pool on time… or early! Practice begins promptly at the scheduled time. All workouts are designed to use the full time allotted, and swimmers will benefit from being prepared and being at the pool on time for each practice. "Being prepared" means having a cap and goggles for each swimmer.

Practice Best Practices:

- Be on time for practice (5 MIN early). Wait for instruction from the coaches.
- Leave valuables at home. Taz is not responsible for lost or stolen items.
- Avoid eating 30 minutes before practice. Bring a water bottle.
- Wear proper swim attire to practice (Jammer or racer type swim suits for boys. No swim shirts or board shorts.) Bring proper footwear/attire for dryland work.
- Avoid wearing the team suit for practices to preserve it for meets.
- Swim goggles are required for all practices and meets.
- Swim caps are required for practices and highly recommended for meets.
- Fins are required for all practices. (Fins may be purchased from the Team Store.)

2026 Practice Schedules

Taz shares the CSD pool with Oak Ridge High School and CSD. In order to maximize our time in the pool and ensure productive practices, our schedule changes based on pool availability. Beginning in June, we offer morning and afternoon sessions. Please make a note of the schedules below (and subscribe to the practice schedule calendar via edhtaz.org). **Note: Swimmers should aim to attend at least 3 practices per week, and should bring a cap, goggles, and swim fins to every practice.**

APRIL & MAY

April 20 - May 8, 2026 (10 Lanes)	
Monday - Friday 5:15 PM - 9:00 PM	
Practice Group	Time
Swimclusion	5:15 - 6:00 PM
Group 1	5:15 - 6:00 PM
Group 2	5:45 - 6:45 PM
Group 3	6:30 - 7:30 PM
Group 4	7:10 - 8:15 PM
Group 5	7:55 - 9:00 PM
** All groups start with dryland exercise ** ** No practice on May 1 (Laps 4 Taz) **	

May 11 - May 29, 2026 (10 Lanes)	
Monday - Friday 4:00 PM - 7:30 PM	
Practice Group	Time
Swimclusion	4:00 - 4:30 PM
Group 1	4:00 - 4:30 PM
Group 2	4:15 - 5:15 PM
Group 3	5:00 - 6:00 PM
Group 4	5:40 - 6:45 PM
Group 5	6:25 - 7:30 PM
** Groups 2-5 start with dryland exercise ** ** Limited practice on May 12 (Picture Day) ** ** No practice on May 25 **	

JUNE & JULY

June 1 - July 16, 2026 (Morning) (10 Lanes) - **No AM practices on Fridays**	
Monday - Thursday 6:40 AM - 10:15 AM	
Practice Group	Time
Group 5	6:40 - 8:15 AM
Group 4	6:40 - 8:15 AM
Group 3	8:00 - 9:00 AM
Group 2	8:00 - 9:00 AM
Group 1	8:45 - 9:30 AM
Junior Taz	9:00 - 9:30 AM
Swimclusion (6 lanes)	9:15 - 10:15 AM
** All groups except Jr. Taz start with dryland exercise **	

Early Bird Rewards

Swimming is a morning sport! To encourage attendance at morning practices (when we have the full pool), we offer an "Early Bird" rewards program. For every **four** morning practices attended, swimmers will earn a **free** donut, drink, or snack item at the next home meet!

June 1 - July 15, 2026 (Afternoon) (6 Lanes Monday-Thursday; 10 Lanes Friday)			
	Mon/Wed	*Tue/Thur*	*Fri*
Practice Group	Time	Time	Time
Junior Taz	*No practice*	*No practice*	4:00 - 4:30 PM
Swimclusion	3:45 - 4:30 PM	*No practice*	3:45 - 4:30 PM
Group 1	3:45 - 4:30 PM	3:45 - 4:30 PM	3:45 - 4:30 PM
Group 2	4:15 - 5:15 PM	4:15 - 5:15 PM	4:15 - 5:15 PM
Group 3	5:00 - 6:00 PM	5:00 - 6:00 PM	5:00 - 6:00 PM
Group 4	5:40 - 7:00 PM	5:40 - 7:00 PM	5:40 - 7:00 PM
Group 5	*No practice*	6:40 - 8:00 PM	5:40 - 7:00 PM
** All groups except Jr. Taz start with dryland exercise ** ** No practices on July 3; no afternoon practices on July 16 (Champs Rally) **			

Swimmer Eligibility

To be eligible to swim in the Suburban Swim League, a swimmer must be no more than 18 years old as of June 15, 2026.

- **Registration**
  Returning Taz families will receive priority registration (beginning February 1, 2026) as long as all volunteer requirements were fulfilled and a minimum of three dual meets were attended during the prior season. It is a Board decision to terminate a returning family's priority registration. Registration for new members will be on a first-come, first-served, basis. New family registration for the 2026 season opens on Sunday, February 15, 2026, at 12:00 pm. Please click the registration tab on the website for details.
- **Quiet Period**
  Swimmers generally are limited to 12 hours of in-water, coached training time between February 15 and the start of Taz practices on April 20. Participation in high school swim, diving, and water polo, or Red Cross lifesaving programs does not count towards this limit. Swimmers may not be active members of a USA Swimming team (e.g., AquaSol, Sierra Marlins) between February 15 and the end of the SSL season.
- **Swimmer Assessments / Safety Test**
  Swimmer assessments are mandatory for ALL NEW swimmers. The assessments are scheduled for Sunday, March 22. Sign-ups links will be emailed.

To pass the swim safety check, each swimmer MUST successfully demonstrate:

1. Ability to jump in the water, touch the bottom of the pool and return to the wall.
2. Jumping into the water feet first and begin swimming.
3. Freestyle while swimming across the entire length of the pool with minimal stopping (no hanging) on the lane lines.
4. Swimming with their face in the water.
5. Deep water safety (able to swim in the deep end).

Coaching staff will be assessing from both ends of the pool and a coach will be in the water swimming along the side should your child need assistance.

You will be notified within 24 hours by the Registrar if your child has passed the swim safety check. If your child does not pass the safety check, Taz will refund your registration fees within 10 days. Encourage your child to continue practicing and we'll hopefully see you next year! **Swimmers who do not pass may also be eligible to participate in our Junior Taz program described further below.**

Meet Information

2026 Meet Schedule

Time Trials (Mock Meet)	May 9
Team Pictures	May 12, 4:00 pm
Broadstone Barracudas (Home)	May 16
Loomis Basin Dolphins (Away)	May 30 - **Night Meet**
College Greens Gators (Away)	June 6
Granite Bay Gators (Home)	June 13
Sierra Sharks (Away)	June 20
Folsom Sea Otters (Home)	June 27
Park Terrace Penguins (Home)	July 11
SSL Championships (Del Oro High School)	July 17-19
Meet of Champions (MOC)* (Elk Grove)	August 1-2

MOC is open only to swimmers who meet eligibility criteria

~ Dual Meet Information and Directions to each pool can be found on the Taz website. ~

- **Declaration of Meet Attendance**
  Once the season starts, you can "edit your commitment" for each meet via the team website. Each meet is listed under the "Meets/Events" tab. Committing to a meet lets the coaches know which swimmers are available to swim. The coaches use this list of committed swimmers to set entries and relays for each meet. **Please commit to or decline meet attendance at least one week in advance** in order to allow for correct seeding of each meet.

- **Event Selection**
  Once you've committed your swimmer(s) to a specific meet, you will then need to select the events your swimmer will swim. Each swimmer may swim up to three individual events except for 6-Unders. Please see below for eligible events by age group.

  Please select up to three events. Final event placement is at the discretion of the coach. If there is a specific event your swimmer(s) does not want to swim, please leave a note in the comments section.

  - 6-Unders - eligible to swim 25yd (Short) Freestyle, Backstroke and Free Relay
  - 7-8 - Eligible to swim Short or 50yd (Long) Freestyle, Backstroke, Breaststroke, Backstroke, Medley Relay and Free Relay.
  - 9-10 and Up - Eligible to swim Individual Medley, Short or Long Freestyle, Backstroke, Breaststroke, Backstroke, Medley Relay and Free Relay.
  - As further described below, relay teams are determined by the coaching staff.

- **Swimmer Check-In**
  On the day of a meet, with hundreds of swimmers to account for, it is very difficult to find missing swimmers. There's nothing quite as frustrating as trying to assemble a relay team, only to find out that one member has left the meet, and then frantically looking for an alternate swimmer. **In the event of a last-minute illness or emergency on the day of the meet, please contact (916) 534-2611 immediately. Please see Taz Scratch Policy below.**

- **Check-In Procedure**
  Check-in will take place early on the morning of each Saturday dual meet and each day of Champs. Check-in is **extremely important!** There will be a table with check-in sheets and parent volunteers available to help. **If you do not check-in before meets, your swimmer will be scratched, meaning that they will not be able to swim in the meet that day (see Taz Scratch Policy below).** Check-in times may vary depending upon the start time and location of the meet. **For home meets, check-in is 6:15-6:45 am.** Please be sure to check your email for information regarding the check-in time for away meets. **IMPORTANT: Please do not check-in any swimmer that is not physically present at the meet – it is extremely disruptive to the meet if swimmers are checked in but fail to show. Planning to attend is not the same as being at the pool.**

- **Relays**
  Relays are determined by the coaching staff and are typically based on fastest times, as well as practice and meet attendance. The Head Coach has the final say on all relays.

  Relays are forever changing as swimmers develop throughout the season. Each relay event at a meet will typically have 2-3 relay teams per age group. The "A" relay will consist of the four swimmers with the fastest times within the age group. If your swimmer is scheduled for a relay and is unable to swim, please inform the coach immediately. A fifth swimmer will also be assigned to each relay team as an alternate. Alternates are expected to remain at the meet to be available to swim the relay if needed.

  Please note: All swimmers 10 & Under will be required to meet at the ready bench with their relay team. Swimmers 11 & Older will meet their relay team behind the block. In the event that a relay swimmer is late, that swimmer will be pulled from the relay and the alternate will swim for that particular race. This means the coaches will NOT pull alternate swimmers from the block if the original relay swimmer comes running up to swim.

- **Disqualifications or "DQs":**
  The four strokes in competition are freestyle, backstroke, breaststroke, and butterfly. Each of the four strokes has rules governing the proper way that the stroke is to be done. These rules include the start, stroke technique, turns at each wall, and the final touch. Coaches will instruct swimmers on the proper techniques. A swimmer may be "DQ'd" by meet officials for

infractions. The “DQ” process is to be handled in a constructive and instructive manner. It is not a punishment! It is simply a tool used to help teach proper technique. Any concerns you have about a disqualification should be directed to the coaching staff, not to a meet official.

- **Meet Etiquette**
  Taz swimmers and their families are expected to use proper etiquette at home meets and when visiting another team’s facility. Proper etiquette includes (but is not limited to): following rules, respecting other clubs’ aquatic facilities (no swimming in wading pools or hot tubs), staying in the team area, and cleaning up the team area at the meet’s conclusion.

- **Scratch**
  If you sign up to attend a swim meet and are a “no-show”, you force team officials into a last-minute process known as a scratch session, requiring each event in which that swimmer was scheduled to swim to be re-arranged. If these events include a relay, it is possible that the other three swimmers scheduled to swim in the relay will not be able to swim. Missing a meet without following the scratch policy below is a very serious infraction with significant consequences. **Failure to follow the scratch policy may result in a swimmer being ineligible to participate in future relays or the next swim meet.**

TAZ Scratch Policy

- Swimmers that are not checked in by the posted check-in time (6:45 a.m. for home meets) will be scratched from the meet, and cannot be added back. **This means they cannot swim in the meet**, resulting in a long ride home with a sad swimmer and frustrated parents. **For home meets, check-in is 6:15 - 6:45 am. For away meets, check-in times vary – check the meet information email you will receive for details.**

- **I signed up for a meet, but can’t attend – what do I do?**
  - If you sign up for a meet but are unable to attend, you must do the following:
    - If it is before the SportsEngine sign-up deadline for the meet (typically the Sunday before the meet), log on to the website and change your swimmer's commitment to “no.”
    - If it is after the SportsEngine sign-up deadline for the meet, please call or text **(916) 534-2611** and leave a message with (1) your swimmer’s name(s), (2) age group(s), and (3) date of the meet that they will not be able to attend.
  - Even if your swimmer wakes up sick the morning of the meet you still MUST notify a team official during the check-in period that your swimmer will not be swimming.

- **I’m running late for a meet – what do I do?**
  - If you are running late on the day of the meet, you must call or text **(916) 534-2611** to inform team officials. *Please note this should only be used in rare instances; repeated tardiness may result in a swimmer being ineligible for the next swim meet.*

- **I need to leave a meet early – what do I do?**

- Signing up to participate in a swim meet means agreeing to remain for the entire swim meet. (6U may leave after the backstroke event).
- If you know ahead of time that you will need to leave a swim meet early, you must obtain approval from the head coaches no later than the Monday prior to Saturday's meet. The reason for this rule is that sometimes a swimmer's early departure from a meet can affect relay teams and other races.
- If while at the meet, an unexpected, last minute need arises, you must notify a coach of your need to leave or scratch from an event. This should be avoided as it may result in relay teams being unable to swim.

- **Failure to follow the above instructions may result in your swimmer being ineligible to participate in future relays or the next swim meet.**

NOTE FOR VOLUNTEERS

Volunteer no-shows are also very disruptive to a meet, and in extreme cases, may result in the meet being canceled. If you have signed up for a volunteer shift, but are running late or are unable to attend, it is your responsibility to find a replacement. In addition, please call or text (916) 534-2611 to inform team officials.

League Championships & Meet of Champions (MOC)

The 2026 SSL Championship swim meet (Champs) will be held July 17-19 at Del Oro High School in Loomis. We WANT. We ENCOURAGE. We NEED ALL our swimmers to join us for this incredible three-day league event. We want to take home that Championship trophy!

The championship swim meet is when all teams in the league gather together to compete for the #1 spot in the Suburban Swim League. Like all other team sports -- Little League, Soccer, Lacrosse, Softball and many others – participating in Champs is essential to winning. Champs is like no other swim meet you've been to. Not only will you enjoy some incredible swimming and tight races, but the excitement, camaraderie and spirit that the kids and families bring is infectious. The opening ceremony and team parade is a work of art, and every year we come up with an incredible and creative theme!

- **Attending Champs**
  Swim team is a commitment just like any other seasonal sport. Each swimmer must participate in 3 dual meets to be eligible for Champs. The coaching staff will tailor all workouts, drills, exercises, and tapering to Championship weekend. It is the weekend where Taz looks to achieve our team and individual goals. After all, you wouldn't miss your soccer team's Championship Game… would you?

- **Declaring for Champs**
  We do not want anyone to miss this weekend! **You must commit to Champs as communicated.** In order to sign-up, families must first sign up for the required volunteer shift(s) (4 hours).

- **Champs Taper**
  The team will have a two-week taper prior to Champs weekend. This is an important time for swimmers to decrease yardage and to focus hard on starts, turns and race day preparation.

Meet of Champions (MOC)
Swimmers have the chance to qualify for the Meet of Champions at which all of the swim leagues in the greater Sacramento region come together for their fastest swimmers to race. It is a very exciting weekend and quite the honor to qualify to represent the Taz Swim Team. MOC will be held August 1-2 in Elk Grove.

Junior Taz Swim Team

The Junior Taz program is for swimmers who are water safe, but are not yet ready for a full swim team experience.

Junior Taz is specifically designed as a program for swimmers ages 4-7 (age on June 15, 2026) who have the ability to swim but are not capable of swimming a full lap without stopping or using assistance, or who did not pass the Water Safety Check but were able to swim at least 12.5 yards with a breath before needing to either use the wall, the lane line, or any other method of assistance.

The Junior Taz program is <u>not</u> swim lessons. If your child is not yet able to swim, the CSD, Steve Wallen Swim School, and SwimLabs all offer lessons during the summer.

This program takes place over *five weeks* from June 1st through July 10th. Practices will be held 5 days a week from 9:00-9:30 a.m. Monday-Thursday, and 4:00-4:30 p.m. on Friday. Junior Taz swimmers should aim to attend 2-3 practices per week (but may attend more). Junior Taz will focus primarily on freestyle technique. Diving and backstroke will be introduced throughout the program, and participants will have the opportunity to swim in exhibition races at the last Taz home swim meet on July 11th. This is always a special event as the team cheers on our Junior Taz swimmers!

The Junior Taz program limits enrollment to provide a high coach/swimmer ratio. Practice will take place at the CSD pool, which is heated and supervised by CSD lifeguards. Parents will need to stay at the pool for the duration of practice.

The expectation is that Junior Taz swimmers will be ready to join the main team the following season.

Swimclusion® Adaptive Swim Program

Swimclusion is Taz's first of its kind, adaptive swim program for kids with support needs. Swimclusion is designed for kids who have faced obstacles to success in a traditional swim team setting because they require additional support in the pool. **Swimclusion** is not swim lessons – it's a part of Taz, and Swimclusion swimmers will have the option to swim at our meets. We anticipate the program will include swimmers with autism, sensory processing challenges, ADHD, and physical disabilities. Through grant funding, we have invested in adaptive swim training for our coaches, and we are excited to see where this program goes! If this sounds right for you or anyone you know, please register on our website or contact swimclusion@edhtaz.org for more info.

Junior Coaching Program

This is a volunteer program designed to engage our teen athletes (13+) and prepare them for lead coaching opportunities in the future. Junior Coaches will assist with:

- Junior Taz
- Practices
- Meet Support (ready bench, relays, blocks)
- Spirit

If you are interested in being a Junior Coach, please email us at coach@edhtaz.org and include a short (1-4 sentences) explanation of your interest.

Family Participation

To effectively run a recreational swim team, lots of help is required from coaches, swimmers, and families. There are many jobs that need to be filled for a meet to run successfully and efficiently. YOUR help is essential.

Volunteer Hours Policy

Policy Purpose
The El Dorado Hills Swim Team relies entirely on volunteer support to successfully operate swim meets and team events. Volunteer participation is essential; without filled volunteer positions, swim meets cannot be adequately conducted.

Volunteer Hour Requirement
Each family is required to complete a minimum of **twelve (12) volunteer hours per swim season**. This requirement represents a minimum obligation, not a maximum. The team acknowledges and sincerely appreciates families who volunteer beyond the required hours.

Volunteer Sign-Up and Participation
Volunteer opportunities will be posted through the team's designated online system and everyone will have opportunity to sign up. The only roles that will not be posted are for lead, board positions, volunteer coaches, and roles that require pre-training (computer operations & stroke & turn). If you have an interest in supporting those roles, please contact info@edhtaz.org. Families are responsible for signing up for, completing, and fulfilling all assigned volunteer roles in a timely and satisfactory manner. Families who anticipate difficulty fulfilling the volunteer requirement must contact the Volunteer Coordinator as early as possible to discuss available options.

Volunteer Commitment & Reliability Policy
To ensure our events and programs run smoothly and to be fair to all families who volunteer their time, we ask that volunteers honor the shifts they sign up for. A "no-show" occurs when a volunteer does not attend a scheduled shift and does not cancel or arrange a replacement at least 24 hours in advance. We recognize that emergencies occur and encourage families to communicate with the volunteer coordinator when unexpected circumstances arise. Canceled volunteer shifts must email info@edhtaz.org or call the Taz phone (916-534-2611).

Tracking and Verification of Hours
Volunteer hour reports will be made available weekly, no later than each Monday following a swim meet, to allow families to review credited hours and monitor progress toward the seasonal requirement. Families are responsible for reviewing their reported hours and promptly reporting any discrepancies to the Volunteer Coordinator. All potential discrepancies must be proactively communicated to the Volunteer Coordinator (within 7 days of being posted on the public tracking file)

to the Volunteer Coordinator at info@edhtaz.org and three (3) calendar days after the conclusion of the Championship swim meet.

League Championship (Champs) Requirement
Families with swimmers participating in League Championships ("Champs") are required to complete any additional volunteer hours (generally 4 hours) mandated by the Suburban Swim League for that meet. These hours are in addition to the team's standard seasonal volunteer requirement.

Non-Completion and Penalties
By registering for the team, families acknowledge and agree to comply with this Volunteer Service Requirement Policy. Families that do not complete the required twelve (12) volunteer hours by the conclusion of the swim season will be assessed a charge of $30 per unfulfilled hour. This charge will automatically be assessed using the credit card on file seven calendar (7) days after the completion of the Championship meet. All fees must be paid in full before registration for the following year can occur.

Exceptions:

- Families that exclusively have the following swimmers:
  - Jr. TAZ
  - Ages 15 and up
- If your swimmer(s) cannot participate in three (3) or more swim meets due to injury/ extenuating circumstances, or deciding to end their season with TAZ, the associated charges are waived, however, priority registration will not be granted for the following season.

In addition to the fees, families who fail to meet the volunteer hour requirement will not be eligible for priority registration for returning families in the subsequent season.

Last updated: January 25, 2026

What jobs are available? Critical jobs – e.g., timers, clerks, ready bench, leads – will be posted on our website for the entire season by 5pm on May 3. All other jobs will be posted at 5pm the Sunday before a swim meet. In addition, some jobs requiring training – stroke & turn judges, computer ops, set-up/take-down – are filled directly by the team leads. If you are interested in joining one of those teams, please contact info@edhtaz.org ASAP. Other non-meet jobs like Picture Day, Buddy Night, Ribbons, the Champs Rally, and Awards Night, jobs will be released on an as needed basis. Be sure to read your emails for news on other possible volunteer hours available throughout the swim season.

I'm a single parent with young children and really can't volunteer during meets – what should I do?
Contact info@edhtaz.org! There are lots of volunteer opportunities outside of meets, and we're happy to work with families to ensure you can fulfill your hours. Families can also enlist the help of friends or other family members – grandparents, aunts, uncles, siblings over 16 – to fill the shifts!

Help! Our family is short on hours – what do we do? Contact info@edhtaz.org! There is always help needed, and we're happy to work with families to ensure you can fulfill your hours.

How do I sign up for jobs?
Parents must sign up for jobs on the team website, www.edhtaz.org.

1. Log into the team website.
2. Look for events with the Job Signup button. Click "Job Sign Up" for any open event for which you wish to volunteer.
3. Follow the system prompts.

The website also tracks the number of hours for which you have signed up, the events for which you are on a waiting list, and the events for which you have volunteered to work. Because the team needs your great ideas and talents, you can even suggest a new volunteer opportunity.

- **Checking Completed Volunteer Hours**
  You are able to track the number of volunteer hours your family has completed as the season progresses. Updates are made on a regular basis. Please make sure to identify any discrepancies and report them to the committee chair in charge of the job for which you volunteered.

  You should see the jobs and the number of hours you have worked. If you have any questions regarding volunteering for a meet or volunteer hours in general, please contact Chandra Kramer (info@edhtaz.org).

  1. Log on to the team website www.edhtaz.org
  2. Select "My Account" on the left sidebar
  3. Select "Account Info"
  4. Go to "Service Hours" tab

What should I do if I sign up for a job but can't make it? Volunteer no-shows are very disruptive to a meet, and in extreme cases, may result in the meet being canceled. If you have signed up for a volunteer shift, but are running late or are unable to attend, it is your responsibility to find a replacement. In addition, please call or text (916) 534-2611 and email info@edhtaz.org to inform team officials.

Family Volunteer Job Descriptions

Jobs at Swim Meets

- **Starter** – Start the races. Training will be provided!
- **Stroke & Turn Judge** – Observe technical aspects of each entrant's strokes. Judge turns, strokes, and starts. Attendance at a pre-season clinic is required.
- **Timer** – One of a three-person team assigned to a specific lane to clock each swimmer using a stopwatch or computer timing system.
- **Computer Ops** - Operate computer timing system. Operate "meet manager" system, removing "scratched" swimmers, adding relay teams, entering disqualifications, etc. Training will be provided!
- **Info Table** – Assist team families with any questions during the first two weeks of practice, Fridays and during meets, distribute and collect parent identification lanyards at meets. (Required: minimum of two years of TAZ swim team experience).
- **Clerk** – Assist Clerk of the Course and Meet Ref to ensure swimmers are placed in the correct heat/lane.
- **Ready Bench** – Organize under-10 swimmers in proper heats and lanes before their events, and then assist swimmers get to the proper lane on time.
- **Check-In** – Check in swimmers before the meet and report any absences to the coaches.
- **Hospitality** – Serve iced tea, lemonade, water, and snacks to all volunteers working at the meet.
- **Snack Bar** – Instructions will be provided (but basically you sell food in a safe manner).
- **Set-Up/Take-Down** - Set up home meets on Friday evening; take-down/clean-up at end of meet. Assist with Champs set-up and take-down.

Jobs at Fundraising & Team Events

- **Picture Day:** Line up swimmers for the photographer and help with crowd control.
- **Spirit:** Organize special events to promote "TEAM SPIRIT." This could include organizing swimmers to paint signs and banners for swim meets or organizing a main event such as "Buddy Night", the "Champs Rally," the "Champs Parade," "Awards Night" or other spirit activities.
- **Laps for Taz:** The team's major fundraiser includes a swim-a-thon, dinner and usually a silent auction. Parents are needed for registration, organizing the auction, counting laps, cooking and serving dinner, creating raffle baskets, etc.
- **Breakfast Bonanza:** Every Tuesday morning, families can bring **healthy** breakfast items to share. The parent volunteers set up a table on the grass and manage the breakfast table. The kids dry off after practice and are allowed one plate. This has been a very popular day for the kids!
- **Champs Rally:** The Rally takes place the Thursday before Champs. The team and families come together for dinner, poster making, painting nails, buzzing Taz in the boys' hair and much more. Plenty of opportunities to help out.

- **Awards Night:** The Awards Night will take place July 22 at _____. Swimmers are recognized for their accomplishments and given awards. Volunteers help to manage the event as well as to order and organize swimmers' awards.

And if you have ideas for other ways to contribute to the team and make an even better experience for our kids, we'd love to hear from you! Please find a board member on deck or contact info@edhtaz.org with your great ideas!

Responsibilities & Expectations

Swimmers' Responsibilities

1. Attend 3-5 practices a week.
2. Arrive on time and be prepared for practice daily.
3. Have a positive attitude.
4. Set and work toward individual goals.
5. Encourage your teammates.
6. Be a part of the team by getting involved in practice, meets and social events.
7. Wear practice suit to practice and team suit to all meets.
8. Wear a Taz swim cap to every meet.
9. Attend dual meets.
10. Show good sportsmanship at all times. Shake your opponents' hands after each race.
11. Attend Champs.
12. Have fun and SWIM FAST!

Family Responsibilities

The positive and supportive involvement of families is crucial for a successful season.

1. New families attend the annual Family Info Meeting.
2. Read all Taz Times and Coach's emails.
3. Make arrangements to get children to and from meets and practices on time.
4. Make arrangements to attend swim meets.
5. Commit to or decline meet attendance on the Taz website at least one week in advance.
6. Volunteer to fill necessary positions.
7. Clean up your space after practices and meets.
8. Check family folder on a regular basis.
9. Be your kid's biggest fan! Leave the critiquing to the coaches. Always be positive!
10. Support the coaches and team with a positive attitude.
11. Participate in team social activities.
12. Have fun being involved in our great swim program.

Coaches' Responsibilities

The Taz coaches are employees of the Taz Swim Team and are under the direction of the Taz Board of Directors. The Taz coaches, along with the board, are responsible for the planning, organizing and directing of all activities for the swim team. Specific responsibilities are as follows:

1. Develop season training plan for the team and age groups.
2. Organize and direct team practices.
3. Supervise the safe and effective operation of facilities during team functions.

4. Manage the discipline and control of team members during all functions.
5. Supervise the proper use of all training equipment.
6. Coach and instruct swimmers on all facets of swimming.
7. Attend team social activities and work to instill a sense of team unity.
8. Develop positive attitudes and motivate team towards competition.

Board's Responsibilities

The Taz Board of Directors is a volunteer committee of parents responsible for coordinating all necessary tasks associated with the running of a recreational swim team. Their job is to work all year, in conjunction with the coaches, to ensure the long-term success and operation of the Taz Swim Team.

1. Answer questions from parents.
2. Maintain financial responsibilities for the team operations.
3. Work with CSD on all things related to the pool and other CSD facilities/services.
4. Run all swim meets.
5. Coordinate the parent volunteer jobs associated with running a team.
6. Post and maintain accurate records of meet results.
7. Communicate information to the team and their families.
8. Be advocates for the swimmers.
9. Pursue policy changes that are necessary for team functionality.
10. Plan social activities.
11. Support the coaching staff in directing the team and enforcing policy.
12. Represent the El Dorado Hills Taz to the SSL League.
13. Seek financial support for the team through fundraising and community grants to keep family costs as low as possible.

Team Suits & Caps

The team suit and the cap is our team uniform. Taz swim caps are highly recommended and are to be worn during swim practice and swim meets. Team suits and caps, along with swim fins and other essential gear, may be purchased from our team store. **The deadline for purchasing personalized caps is April 2.** Suits should fit tightly and not be baggy or loose. Boys may choose jammer or racer style suits. All swimmers should have a separate practice suit for practices. The team suit is for meets ONLY!

Frequently Asked Questions

- **Where do I find practice times, schedules and the latest updated team news?**
  The Taz website (edhtaz.org). Check it for practice times, meet schedules, upcoming events, and general team news. This is also where you will sign up for meets and volunteer jobs. We also try to post important news on social media. If you don't find your answer on the website, email info@edhtaz.org, or ask a board member or any other "veteran" Team parent.

- **What is the Meet Check-in procedure?**
  Check-in time for away and home meets is generally between 6:30 a.m. and 7:00 a.m. Times will be posted at the pool and online. For away meets please refer to the map and driving directions online or at the end of this handbook and plan accordingly. As soon as you arrive at the pool, your swimmer MUST first check-in at the check-in table (usually located near the entrance to the pool or for away meets in the visiting team's setup area). Once you are checked in, find the Taz team area. Set-up your tent, tarp,etc. and wait until your age group is called for warm-ups. Unless otherwise stated, our warm-up period is from 7:05 - 7:25 a.m. for home meets and from 7:30 - 7:50 for away meets.

  If you have not checked in by the end of the scheduled check-in period (usually 7:00 a.m.), YOU WILL BE SCRATCHED FROM THE ENTIRE SWIM MEET!

- **What does it mean to be scratched from the swim meet?**
  If you sign up to attend a swim meet and are a "no-show", you force team officials into a last-minute process known as a scratch session in order to remove you from the meet. Missing a meet without following the scratch policy below is a very serious infraction with significant consequences. Every effort should be made to avoid having this happen to your swimmer. When a swimmer does not show up for a meet in which they have signed up for, each event in which that swimmer was scheduled to swim in must be re-arranged. If these events include a relay, it is possible that the other three swimmers scheduled to swim in the relay will not be able to swim.

  Failure to follow the scratch policy & notify team officials of a no-show before the end of check-in may result in the swimmer being ineligible to participate in the next swim meet.

- **What do I do if we have vacation planned during swim season?**
  We understand that summertime is vacation time. If your child is missing more than a week of practice, please inform the head coaches. If your family will be missing a meet, you must **declare that you will not attend the meet** via the website www.edhtaz.org. Each meet is listed under the "Meets/Events" tab on the website. Once the season starts, you can "edit your commitment" for each meet. Swim team is a commitment. The coaching staff gears all workouts, drills, exercises, and tapering to Championship weekend. Attendance at practices and meets is important in achieving team and individual goals.

- **What is swimmer's ear?**
  Swimmer's ear is an infection of the outer ear canal that runs from the eardrum to the outside of the head. It's often caused by water remaining in the ear after swimming. Several swimmers miss practice each year because of ear problems. A few drops of distilled white vinegar and rubbing alcohol (a 50/50 mixture) in each ear will help drain the water out and prevent infections.

- **What can prevent my swimmer's hair from turning green?**
  Wetting the hair with tap water before swimming can largely prevent "swimmer's hair." Shampoo immediately after swimming with a shampoo specially formulated to neutralize chlorine. Conditioners also help protect the hair for the next time in the water.

- **What if my swimmer is sick?**
  If your swimmer is sick, please keep them home. It is unfair to other swimmers to have them exposed to illness in a close environment. The body needs rest to recover quickly. If your swimmer is going to miss practice for any length of time due to illness, please email the Head Coach so the coaching staff knows where your swimmer is. If swimmers get sick and will miss a meet, as much prior notice as possible is appreciated. Be sure to get in touch with the Head Coach so your swimmer can be scratched from the meet. Take the proper steps to make sure your swimmer remains healthy! Get sleep at night, eat healthy foods, drink lots of water, and take a multivitamin. Avoid dangerous activities that might cause injury. These steps will help to ensure that we have a great, safe, and fun summer!

- **How many dual meets does my swimmer have to participate in?**
  Swimmers must compete in a minimum of 3 dual meets to be eligible to swim at Champs. If your swimmer is unable to make it to 3 dual meets during the season, please contact info@edhtaz.org as soon as possible so we can request a waiver on your swimmer's behalf for participation at Champs.

Refund Policy

Due to limited availability at the CSD Pool, Taz must limit our team size in order to provide safe and effective instruction. As a result, Taz is unable to accommodate all swimmers in our community. Each year, there are many kids on the waitlist to join – particularly in the younger age groups. In order to accommodate as many swimmers as possible, we have implemented the following refund policy:

- A $25 processing charge and credit card fees are non-refundable.
- Withdrawal requests must be submitted by email to info@edhtaz.org.
- New swimmers who do not pass the water safety test will receive a full refund (minus the nonrefundable $25 processing charge and credit card fees). Water safety tests will be administered prior to the start of season, and if necessary, during the first week of practice.
- Withdrawal requests received on or before April 12, 2026 will receive a full refund (minus the nonrefundable $25 processing charge and credit card fees).
- Withdrawal requests received between April 13, 2026 and April 26, 2026 will receive a 50% refund (minus the nonrefundable $25 processing charge and credit card fees).
- **NO REFUNDS WILL BE PROVIDED FOR WITHDRAWAL REQUESTS RECEIVED AFTER APRIL 26, 2026**.

New Family Information

What You Need to Know about a Swim Meet

Taz Swim Team is affiliated with the Suburban Swim League which has 8 teams from the Sacramento area: Broadstone Barracudas, College Green Gators, Folsom Sea Otters, Park Terrace Penguins, Sierra Sharks, Granite Bay Gators and Loomis Dolphins. League meets are generally held on Saturday mornings. In addition, the league championship (Champs) is held in late July (July 17-19 this year). As Taz is part of a recreational swim league, we compete with other clubs to foster the development of good sportsmanship and to allow swimmers to measure their efforts against other swimmers.

For dual meets, Taz competes as a team in the following events: Freestyle (short and long), Backstroke, Breaststroke, Butterfly and Individual Medley. There are also two relays, a Freestyle Relay and a Medley Relay. At a dual meet, 6 & Under swimmers will compete in two individual events and may compete in one relay. All other swimmers are limited to competing in up to three individual events and two relays. In order to field the most competitive team, the coaches may select particular events for swimmers.

Age groups are determined by a swimmer's age on June 15th of the season in which he or she is swimming. Swimmers compete in dual meets based on age groups: 6 & Under, 7-8, 9-10, 11-12, 13-14, and 15-18. At Champs, swimmers in the 15-18 age group will be broken into two groups, 15-16 and 17-18, to compete.

Meets begin early in the morning, generally a 6:45 am check-in and an 8:00 am start, and end by 2pm. If you have a 6 & Under swimmer, their day will end by 11am as 6 & Under swimmers only compete in the Freestyle and Backstroke events.

Please check in on time. If your swimmers do not check in on time, they will be "scratched" from the meet and unable to swim. Last-minute scratches are extremely disruptive – **if you are unable to attend a meet, please contact info@edhtaz.org no later than 9pm the night before.**

We have both home and away meets, so some travel to other pools is required. The team that earns the most points at the end of the meet will win. Swimmers may be disqualified for mistakes in their starts, turns, finishes and strokes. If swimmers are disqualified, the coaches will follow up with them at the next week's practice.

Meets will be scored, and the winner of the most dual meets throughout the season will be awarded the Dual Meet Championship at Championships. Meets are a great opportunity to demonstrate and utilize the skills learned in practice and are a way to measure improvement and accomplishment throughout the season.

What to Bring to a Swim Meet

1. Team suit
2. Cap (and a back-up)
3. Goggles (and a back-up)
4. 2-3 towels
5. Sleeping bag or blanket
6. Sweats for the morning
7. Shorts for when the temperature heats up
8. Water
9. Healthy snacks
10. Sunscreen
11. Folding Chairs (recommended)
12. Small Shade Structure (recommended)
13. Books, blocks, or small games for entertainment between races (recommended)
14. Sharpies to label your kid (left shoulder) and all of your gear!

There is limited space available on the deck, so families are strongly encouraged to share tent space. What makes Taz so great is our community – and that community is built in shared tents between races!

Please be sure to label all items and leave valuables at home. Taz is not responsible for lost or stolen items.

CSD Pool Rules

We are guests in CSD's pool, and it's essential that all Taz swimmers, families, and coaches follow CSD's pool rules and policies. **This includes cleaning up after our practices and meets!** In addition, we should always treat CSD lifeguards and other staff with courtesy and respect. If any concerns arise while at the pool, please inform a coach or board member immediately.

El Dorado Hills Community Services District - Community Pool Rules 2026

The following rules have been established for the benefit and protection of all pool users. The rules are to ensure safe and sanitary enjoyment of the pool and facility by all patrons. Parents are responsible for ensuring their children observe all rules and obey lifeguard and other District employee's instructions. Failure to comply with these rules may result in expulsion from the premises, and/or suspension of pool privileges for a period determined by District Staff.

1. Admission will be granted upon daily fee payment or use of a current season pass. Family passes are restricted to members of one's immediate family only and residing at the same address. All persons entering the pool facility, whether swimming or not, are required to pay the daily admission fee or purchase/use a season pass. Children 12 months and younger are free.
2. Admission will be refused to anyone with open cuts and sores, infections, contagious diseases, or wearing bandages. Band aids should be removed before entering the water.
3. Only swimsuits will be allowed in the pool. No cut-off jeans or street clothes are permitted.
4. Children in swim diapers must wear a swimsuit over the swim diaper. Regular diapers are not permitted in the main swimming pool or mushroom pool.
5. No chewing gum in the pool or on the pool deck.
6. Hairpins/clips must be removed before entering the water.
7. Do not leave valuables in the dressing room or visible on the pool deck. THE DISTRICT IS NOT RESPONSBLE FOR LOST OR STOLEN ITEMS.
8. Children 9 years and under must be accompanied by a paying adult; children under 7 years old must be within arm's reach of an adult at all times. The mushroom pool is restricted to children under 7 years old and under and MUST be supervised by an adult.
9. The following are NOT permitted in the pool: face masks, fins, snorkel masks, balls, floatation devices (including water wings and noodles), or kickboards. Kickboards are only permitted in designated lap swim lanes by patrons swimming laps.
10. One lap lane is reserved for adults (ages 16 and older) during recreation swim. Circle swimming is required if more than two people are in the lane.
11. Coast Guard approved lifejackets are highly recommended and encouraged for less experienced swimmers. A lifejacket does NOT replace the requirement for parents being within arm's reach of their children.
12. NO RUNNING ANYWHERE IN THE POOL AREA.
13. No pushing and rough housing will be permitted within the pool area. Yelling, dunking, wrestling, repeated splashing of other swimmers, or any other types of rough play will not be tolerated.
14. One diver at a time on the diving board. Dive or jump straight out from board. Swim directly to the ladder closest to you. Do not jump/dive off board until swimmers have cleared the dive area. No hanging or sitting on board. No back dives, inwards dives, reverses, or excessive bouncing.
15. No bicycles, rollerblades, skateboards, or scooters are permitted within the facility.
16. All swimmers should shower before entering the pool. Excessive time in the showers is not permitted.
17. In cases of unsafe water, weather conditions such as lighting or power outages, the pool area will be cleared until conditions are deemed safe to return to activities by District staff.
18. If the facility reached maximum capacity, access to the facility will be discontinued until other patrons leave the facility for the day.
19. The facility is subject to early closure due to low attendance.
20. Emergency access and exit areas must remain clear at all times.
21. Pets are not allowed in the facility. Service animals are welcome.
22. No glass containers or bottles allowed within the facility.
23. NO ALCOHOLIC BEVERAGES, SMOKING, OR VAPING ON DISTRICT GROUNDS.
24. We strongly recommend the use of sun block.

Be Cool, Follow the Rules!