

Auburn Robalos

**Welcome to Back to
Swim Night!!!
2026 Season
69th year!**



- ▶ *Don't mess, don't mess, don't mess with the best cause the best don't mess.*
- ▶ *Don't fool, don't fool, don't fool with the cool cause the cool don't fool.*
- ▶ *From the east, to the west, Robalos pass the test.*
- ▶ *R-O-B-A-L-O-S*
- ▶ *Robalos are the very best!!!!*

Introductions

- ▶ Coaches

- ▶ Cory Nix - Head Coach
- ▶ Megan Towne - Assistant Coach
- ▶ Caleb Soloman - Assitant Coach



Practice

- ▶ Practice starts April 27th
- ▶ Age Groups
 - ▶ 9yrs & under
 - ▶ 10-12yrs
 - ▶ 13yrs and up
- ▶ Afternoon practice
April 27 - June 4
- ▶ Morning Practice
June 8 - July 16th
- ▶ Two practices per week
for meet participation

Practice Schedule - April 27 to June 4

| Age Group | Monday - Thursday |
|--------------|-------------------|
| 9 and under* | 3:30 pm - 4:15 pm |
| 10-12 years | 4:15 pm - 5:15 pm |
| 13 and up | 5:15 pm - 6:30 pm |

Practice Schedule - June 8 to July 16

| Age Group | Monday - Thursday |
|--------------|--------------------|
| 13 and up | 7:00 am - 8:30 am |
| 10-12 years | 8:30 am - 9:30 am |
| 9 and under* | 9:30 am - 10:15 am |

NO PRACTICE MAY -25th - Memorial Day
May 26th - Picture Day

What to wear/bring: Swim Practice



- ▶ Your best effort
- ▶ Any non-team suit is ok for practice
 - ▶ Single piece - girls
 - ▶ Jammers or Speedo - boys
- ▶ Swim cap
- ▶ Goggles (and a spare pair)
 - ▶ Speedo Vanquishers
- ▶ Sunscreen
- ▶ Towel x2
- ▶ Sandals or Flip Flops

Team Expectations and Goals for 2026

▶ GOAL(S)

▶ Champs Placement

- ▶ 1 Rank higher than 2025 - 3rd Place in 2026!
- ▶ Please prioritize the Championship Meet and try to attend - numbers help!

▶ EXPECTATIONS

▶ Meets

- ▶ Swimmers on the team have intent of committing to the team and swimming in the weekly meets
- ▶ If your swimmer does not wish to participate in any meets - speak with Mark Brunner

Swim Meets

▶ Saturdays

- ▶ Set up 6:15AM - 7:00AM
- ▶ Check in 6:45AM
 - ▶ Swimmer
 - ▶ Volunteer
- ▶ Swimmer warmups
 - ▶ 7:00 am - home team
 - ▶ 7:30 am - away team
- ▶ Meet start 8:00 am
- ▶ Finish
 - ▶ Typically around 1:00PM

▶ Schedule

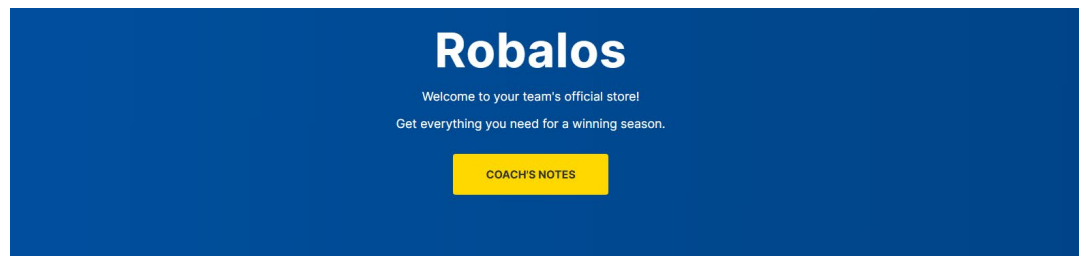
- ▶ May 16 - @ Home Time Trials
- ▶ May 30 - Away v Placerville
- ▶ June 6 - Home v Orangevale
- ▶ June 13 - Away v Lincoln
- ▶ June 20 - Home v Cordova
- ▶ June 27 - @ Home v Arden
- ▶ July 4 - NO MEET
- ▶ July 11 - Away v Rio Linda
- ▶ July 18 - VFCAL Championships in Woodland

Meet Volunteers

- ▶ Volunteering at the meet is required
 - ▶ If you have a child swimming in a meet, one adult per family (parent, grandparent, best friend, etc) must volunteer at the meet
- ▶ Volunteer Positions
 - ▶ Set Up
 - ▶ Tent Parent
 - ▶ Ready Bench
 - ▶ Timer
 - ▶ Stroke and Turn Judge
 - ▶ Take down
 - ▶ Ribbons
 - ▶ Snack Bar/Hospitality (home)
 - ▶ PR Board and Prizes*

What to wear & bring: Swim Meet

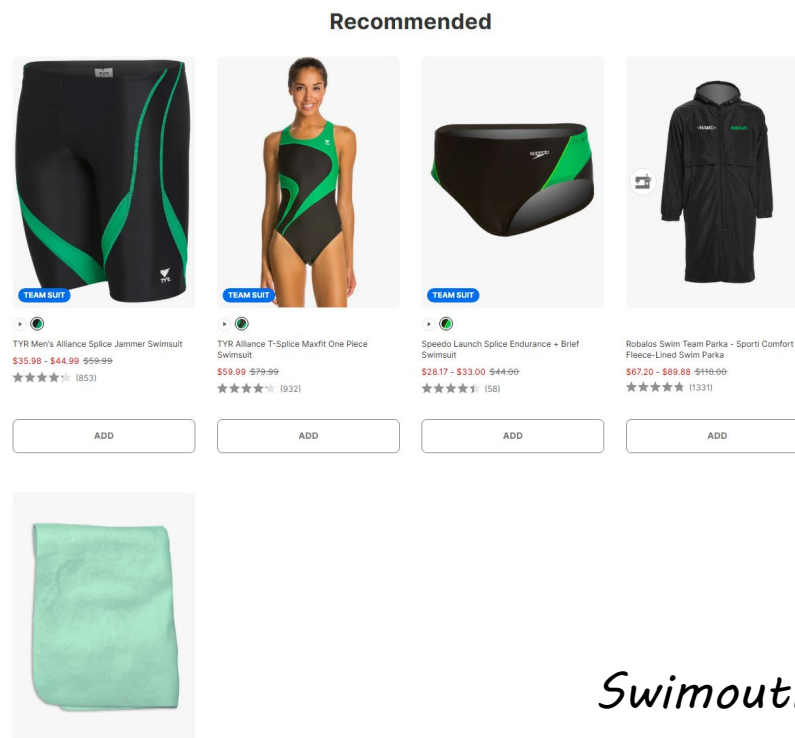
- ▶ Your best effort
- ▶ Team Suit
- ▶ Team Cap
- ▶ Goggles (and a spare pair)
- ▶ Sunscreen
- ▶ Towel x 2
- ▶ Entertainment (no screens)
- ▶ Snacks
- ▶ Water



Robalos
Welcome to your team's official store!
Get everything you need for a winning season.

COACH'S NOTES

Recommended



Four recommended swimwear items are displayed in a grid. Each item has a product image, a 'TEAM SUIT' label, a description, price, and an 'ADD' button.

- TYR Men's Alliance Splice Jammer Swimsuit**
\$35.98 - \$44.99 ~~\$59.99~~
★★★★☆ (853)
- TYR Alliance T-Splice Maxfit One Piece Swimsuit**
\$59.99 ~~\$79.99~~
★★★★☆ (932)
- Speedo Launch Splice Endurance - Brief Swimsuit**
\$28.17 - \$33.00 ~~\$44.00~~
★★★★☆ (58)
- Robalos Swim Team Parka - Sport Comfort Fleece-Lined Swim Parka**
\$67.20 - \$89.88 ~~\$116.00~~
★★★★☆ (1331)

Below the grid is a single image of a light green towel.

Swimoutlet.com

Suit Sizing

YOUTH SWIM SUIT SIZING CHART

| GIRLS | | | | | |
|------------------|-------------|---------|-------------|-----------|----------|
| SIZE | - | 22 | 24 | 26 | 28 |
| | XS | S | M | L | XL |
| | 4/5 | 6/6X | 7/8 | 10/12 | 14/16 |
| HEIGHT* (inches) | 39 - 43 | 44 - 48 | 49 - 53 | 54 - 58 | 59 - 63 |
| WEIGHT* (pounds) | 35 - 45 | 45 - 55 | 55 - 70 | 70 - 95 | 95 - 125 |
| WAIST* (inches) | 20.5 - 21.5 | 22 - 23 | 23.5 - 24.5 | 25 - 26.5 | 27 - 29 |

*This chart is intended for children's sizing only

*Height and Waist are in inches

*Weight is in pounds



TYR[®]

| BOYS | | | | | |
|------------------|-------------|---------|-----------|-----------|-----------|
| SIZE | - | 22 | 24 | 26 | 28 |
| | XS | S | M | L | XL |
| | 4/5 | 6/7 | 8/10 | 12/14 | 16/18 |
| HEIGHT* (inches) | 39 - 44 | 45 - 50 | 51 - 56 | 57 - 62 | 63 - 68 |
| WEIGHT* (pounds) | 35 - 45 | 45 - 55 | 55 - 80 | 80 - 120 | 120 - 160 |
| WAIST* (inches) | 20.5 - 21.5 | 22 - 23 | 23.5 - 25 | 25.5 - 27 | 27.5 - 29 |

*This chart is intended for children's sizing only

*Height and Waist are in inches

*Weight is in pounds

Important Dates



Registration Deadline - **May 29th**



Team Photos - **May 26th**



Ice Cream Social - **May 26th**



Championships - **July 18th**



End of Season Pool Party - **July 20th**



Parent Board Meetings - **TBD**

Fundraising

- Last Years Efforts
 - New Canopies!!!!
 - New Computer and Printer!
- Every Year
 - Team Expenses
 - Team Gear/Clothing
 - End of Year Party
- And more!

Fundraising and Ways to Help

- Business Sponsorship
- Direct Donation
- Fundraising Events
- Swim Outlet
- Team Gear
- Special Talents or Connections - catering, music, screen printing, etc.

Volunteers, Committees & Board Members

- Committees will make this happen for our kids
 - Team Gear and Merch
 - T-shirt design, ordering and distribution
 - Fundraising
 - Ice Cream Social
 - Swim-a-Thon
 - Hospitality
 - Snack Shack Shopping, Stocking and Selling
 - Awards
 - Meet Ribbons
 - PR Prizes
 - End-of-Season Party
 - Setup, Food (order and pickup), Music and Games

Parent To-Do List

- Register with ARD
- Register on Active.com
- Swim Portal Meet Attendance
- Download Time Drops Live APP
- Order Team Suit and Cap
- Sign up for Volunteer position
- Join Board or Committee

Active.com

- ❑ Use Web Browser NOT a mobile App
- ❑ Step 1 - Follow **Registration** Link to register your swimmer
- Questions or Problems with Active.com?
 - Contact: Sara Scofield - slapdive@gmail.com, 530-537-9040

Junior Coaches

- ▶ For any swimmers aged 13 and up interested in doing some coaching - please reach out to Mark B. - he will be present at swim practices the first week of practice.

THANK YOU!!!

Robalosswimteam.com

- Links to Active.com, Swimoutlet.com
- Dates - Practices, Meets, Other events
 - Announcements
 - FAQ