

Placer Valley Tourism



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Alex Ongaco

California Capital Aquatics Swimming Meet Director Who's Dedication Shines Through

California Capital Aquatics (CCA) is a premier, year-round USA Swimming Olympic development swim team that has been active in Roseville since 1983 and has continued to uphold an incredible reputation through their highly trained and experienced coaching staff, exceptional youth swimmers and of course, the dedicated swim families who support and strengthen the team with their amazing commitment. Alex Ongaco falls in the latter category as a father of a CCA youth swimmer who was instantly impressed with the team's philosophies and knew he wanted to be a part of the organization.



Alex Ongaco and his daughter Alissa at the Roseville Aquatics Complex.

Ongaco's daughter, Alissa, joined CCA three years ago when she was 11 and that year he stepped up to serve as a runners chair which is not a board

position but rather a chair position for CCA hosted meets. This allowed him the opportunity to learn about the sport of swimming and how the meets were run as he was in charge of the crew that handles all the paperwork created during a meet.

Currently he is in his second year as Meet Director, which is a Board of Directors position, and entails coordinating what is required when CCA is hosting a meet down to the timing equipment, vendor planning and service providers as well as coordinating with Sierra Nevada Swimming's volunteer officials.

"For me, the most rewarding part of the job is to hear comments from the swimmers and their families about how much they enjoyed attending our meet and how they felt the meet was run at a high caliber in all aspects," explained Ongaco. "Even more gratifying is to hear these same people say they will return next year and to see them again; it lets me and the team know that our efforts are being appreciated and we must be doing something right!"

CCA hosts at least three to four meets every year, with their signature meets being the Summer Sanders Invitational in June and the Spook-tacular Swim Meet in October. Oncago's personal favorite is the Summer Sanders Invitational and his reason why is heartwarming.

"Since joining the team, I have been a part of three of these invitationals and every single one, Summer Sanders has taken the time out of her busy schedule to drop by during one day of the meet to sign autographs and to talk to the swimmers; this makes me feel so proud to be part of this team and this wonderful sport as it is an honor to have one of Roseville's beloved come back and show support for her sport and hometown," stated Oncago.

Next up for Oncago and CCA is the Sierra Nevada Swimming Short Course Championships, which they will be hosting on March 4-6 at the Roseville Aquatics Complex. They are expecting more than 650 youth swimmers who are 14 and under from the Local Swim Committee (LSC), Sierra Nevada Swimming. Oncago explained that this meet is similar to what a league championship meet would be in high school and the competition is really top-notch.

Volunteers like Alex Oncago are why CCA continues to stand-out as a leader in youth swimming organizations and here at PVT we would like to give a big thank you to Alex for his time and commitment!

[Click here to learn more about the CCA.](#)

[Click here for more information about the Sierra Nevada Short Course Championships.](#)

Granite Bay Grinder

**High School Mountain Bikers to Race the Trails
at Folsom Lake March 19-20**



Gears will be shifting, mud will be flying and the trails around Folsom Lake in Granite Bay will be packed with high school mountain bikers on March 19-20 as more than a thousand student athletes will be competing in their second official race of the season - the Granite Bay Grinder.

Placer Valley Tourism is thrilled to be teaming up with NorCal High School Cycling League again to bring this incredible race back to Placer Valley. Vanessa Hauswald, Executive Director for the league, explained they have been racing out at Granite Bay for about 12 years now and love it because the terrain is perfect for all skill levels plus it's a great venue for spectators.

"The Granite Bay course has a few technical sections that make it really fun, but not too challenging or dangerous, and the flowy, rolling profile of the trail is really perfect as there is enough space for riders to safely pass one another, and yet there is some tight single-track that keeps it fun," commented

Hauswald. "An added bonus is the course is gorgeous... if you have enough energy to lift your head up and take in the scenery when you are racing."

There will be 11 categories of competition which include freshman girls, sophomore girls, JV girls, varsity girls, freshman D1 and D2 boys, sophomore D1 and D2 boys, JV D1 and D2 boys and varsity boys. Medals are awarded five-deep in each category and team trophies are given to the top three D1 and D2 teams.

With approximately 1,200 teenagers riding over the course of this two-day event, teams from as far south as Fresno and as far north as Arcata will be attending. The race days start around 6:30 a.m. when the teams arrive to set up their tents and staging area, then the course opens at 7 a.m. for a morning pre-ride and the girls teams kick off the day at 9 a.m.

Mark your calendars, come on down to Folsom Lake at Granite Bay and see what these student athletes are capable of - you are sure to be impressed! Local Woodcreek High School has an incredible team and is expect to have several athletes place well in their local race. Admission is free for spectators and refreshments are available on-site at the race.

[Click here to learn more about the Granite Bay Grinder.](#)

[Click here to learn more about the NorCal High School Cycling League.](#)

Total Body Fitness Turns 25

Placer Valley's Experts on Outdoor Activity Celebrate Their Silver Anniversary



**TBF's Mark Shaw and Bill Driskill with new triathletes
after a race.**

More than 25 years ago Bill Driskill, founder of Total Body Fitness (TBF), had a vision of helping change lives by teaching people not just how to do exercise but how to enjoy it and incorporate it into their lifestyles forever. That vision became a reality and developed into so much more as TBF recently celebrated their silver anniversary with 25 years in business.

It was 1991 when Driskill open Sacramento's Premier Personal Training Company with the focus of helping individuals get in shape, lose weight and discover the joys of fitness which quickly grew to the point that in 1993 they joined the Leukemia Society of America to develop and grow their Team in Training program for marathon runners. By 1995 they had switched from training marathon runners to training triathletes and started offering a multi-week triathlon classes.

"In 1998 we decided to offer a local triathlon for the athletes we were training since there were very few in the Sacramento area, so we put on the Granite Bay Triathlon at Folsom Lake," stated Driskill. "We took over the Fleet Feet TRI for FUN Triathlon Series in 2001 and a few years later added the Golden State Triathlon to our list of growing events."

Fast forward a few more years to 2005 when Driskill and his business partner Mark Shaw noticed mountain biking participation was really picking

up steam so they began adding cross country mountain bike races in the spring and fall to their rapidly growing scheduled events. Then by 2010 they expanded their triathlon offerings to include a kid's series for boys and girls ages 5 to 14 years old.

Currently TBF has more than 75 races a year in Placer Valley and the greater Sacramento Area. They offer complete fitness training in running, swimming, cycling and triathlon training for both adults and kids.

When asked about reaching the milestone of 25 years in business Driskill explained, "The number of years is not as important to me as the number of people we have helped over the years to discover health and fitness; we change lives one at a time with our support, coaching and motivation to set and reach fitness goals." He added that he is most proud of maintaining such a strong and positive business partnership and friendship with Mark Shaw, who has been his partner in TBF all these years.

Both Driskill and Shaw should be extremely proud of the success their business has had over these past 25 years and it is due to their passion for fitness, love of the outdoors and commitment to teaching people that has made it all possible. Driskill summed it up best, "We love what we do and hope to continue teaching and spreading the joys of health and fitness to all ages of individuals for another 25 years!"

[Click here to learn more about Total Body Fitness.](#)

PVT News

Placer Valley Hotels Record-Breaking 2015 All-Time High in Occupancy and Average Daily Rate

2015 proved to be a record breaking year for Placer Valley hotels as the occupancy rate and the Average Daily Rate (ADR) rose above pre-recession numbers and the highest since the formation of Placer Valley Tourism.

The occupancy rate rose to 71.1 percent and the ADR recorded at an impressive \$99.69 which surpassed all previous years. This is particularly significant because in 2006 before there were any signs of a recession and at the peak of the hotel industry the ADR was at \$99.02.

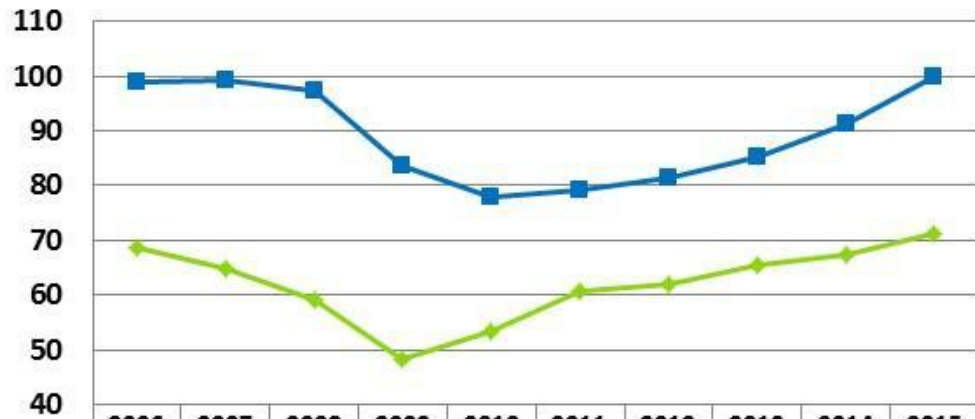
The true health indicator of the hotel industry is the RevPAR (revenue per available room) which for Placer Valley is also at an all-time high of \$70.92 and it is a notable 8 percent higher than the any other Sacramento suburban market.

"When we went into the recession in 2008 and then added additional hotels to our area it felt like we were never going to recover; during that time we were happy to get any business we could at any rate," explained Senior Director of Sales for Larkspur Landing and PVT Board of Directors Treasurer, Heather Hilton.

"In 2015 we have overcome the occupancy struggle and we can now really focus on increasing our ADR and overall RevPAR which has had a significant increase because of the hard work that the PVT staff has put into bringing high quality, high volume events to our area and in turn filling our rooms on weekends," added Hilton.

PVT is invested and committed to the economic health of the region by generating hotel room nights within the cities of Roseville, Rocklin and Lincoln. PVT's focused strategy on sports tourism helped maintain the area hotels double whammy of recession and dynamic expansion of capacity.

Average Daily Rate & Occupancy 2006 - 2015

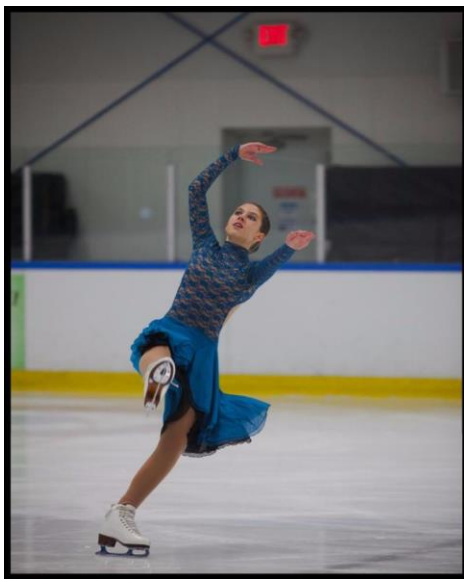


Occupancy %	68.7	64.8	59.2	48.3	53.4	60.8	62.1	65.6	67.4	71.1
ADR \$	99.02	99.13	97.37	83.55	77.74	79.25	81.26	85.16	91.25	99.69

*Data is provided by Smith Travel Research (STR), a comprehensive global tracking system that is used throughout the hotel industry.

PVT by Numbers

March Events



Gold Rush Showcase on Ice will be at Skatetown in Roseville this March 18-19.

Room Nights Sold

January 2015: 46,104

January 2014: 44,021

Occupancy

January 2015: 65.0%

January 2014: 62.1%

Sport Events

William Jessup Softball: March 4, 5, 8, 23, 31, Rocklin

Sierra College Baseball: March 4, 12, 19, 24, 26, 31, Rocklin

CCA Shortcourse Junior Championships: March 4-6, Roseville

Rocklin Pony Baseball Opening Ceremonies: March 4, Rocklin

USA BMX Races: March 5-6, 12-13, 19-20, 26-27, Roseville

BasketballTournaments: March 5-6, 12-13, 19-20, 26, Rocklin

[St. Patrick's Amateur Disc Golf Championships:](#) March 11-13, Orangevale
[Woodcreek High School Swim Invitational:](#) March 11-12, Roseville
[Jackson Sports Academy Volleyball:](#) March 12-13, 26, McClellan
[USSSA Softball:](#) March 12-13, Lincoln
[TBF Racing Happy Kids Duathlon Series:](#) March 12, Granite Bay
[TOC Norcal Championship:](#) March 12, Loomis
[NorCal Junior Elite Bowling Tour:](#) March 13, Rocklin
[TBF Racing Mountain Bike Series:](#) March 13, Granite Bay
[Shamrock Shootout Pickleball Tournament:](#) March 17-20, Rocklin
[Rocklin Pony Spring Invitational:](#) March 18-20, Rocklin
[St. Patricks Pro Disc Golf Championships:](#) March 18-20, Organevale
[Gold Rush Showcase on Ice:](#) March 18-19, Roseville
[Granite Bay Grinder:](#) March 19-20, Granite Bay
[Pepsi Youth Bowling District Finals:](#) March 19-20, Citrus Heights
[ASA Softball Tournaments:](#) March 19-20, Lincoln
[Sierra College Softball:](#) March 19. 24. 26. 29, Rocklin
[Byers NorCal State Championship:](#) March 19-20, McClellan

Community Events

[Mes Amis Vintage Antique Show:](#) March 4-5, Roseville
[Rocklin Chamber State of the City:](#) March 4, Rocklin
[Fire Department Open House:](#) March 5, Roseville
[Stem Expo:](#) March 5, Rocklin
[Food Truck Mania:](#) March 10, Roseville
[Thrive Women's Conference:](#) March 11-12, Roseville
[Youth Bowlers Crab Feed & Auction:](#) March 12, Roseville
[Family Game Night at Maidu Museum:](#) March 18, Roseville
[Friday Flicks:](#) March 18, Roseville
[Night Out at the Museum:](#) March 19, Roseville
[Roseville Rock Rollers 54th Annual Gem Show:](#) March 19-20, Roseville
[Dog Days at Denio's:](#) March 26, Roseville



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