



BULLDOG SWIM CLUB

2015 Parent-Athlete Handbook

Practice Schedule

Developmental Groups

Practice Times:

Pre Team

(9 practices to choose from)

Tues/Thurs 3:30 – 4:15pm
Mon. – Fri. 4:15 – 5:00pm
Mon. + Wed. 5:30-6:15pm

Fitness Swimming Monday – Thursday 5:00 – 6:00pm

Blue I Monday – Friday 5:00 – 6:00pm

Blue II Monday – Friday 5:00 – 6:30pm

Rec. Water Polo Monday-Thursday 6:30pm – 7:30pm

Competitive Groups

Practice Times:

Bronze

(9 practices to choose from)

Mon. – Fri. 4:00 – 5:00pm
Mon. – Thurs. 6:00 - 7:00pm

Silver

(9 practices to choose from)

Mon. – Fri. 4:00 – 5:00pm
Mon.-Thurs. 6:00 - 7:00pm

Silver Advanced

Mon. – Fri. 4:00 – 5:30pm

Gold

Mon/Wed/Fri 4:15 – 6:30pm
Tues/Thurs 4:00 - 6:00pm

Practice Group Skill-Ability Requirements:

In order to be accepted and retained in one of our practice groups the athlete must be able to meet and maintain the prerequisite levels of the group:

Developmental Groups

- No previous swim team experience is necessary.
- We recommend 2 practices per week. You are welcome to come more often but there are no practice requirements.
- With the exception of Pre Team, all of these groups are taught in our Olympic Pool. Pre Team is taught in our Instructional Pool.
- Fun, low-key intra-squad swim meets are offered bi-monthly. Participants in the developmental groups are encouraged to attend but not required.
- Practice groups are assigned at the beginning of each session. Swimmers must practice only with the group they are assigned. Promotions can occur mid-session with our Head Coach's approval only.

Pre Team (Ages 6 – 9)

The goal of this group is to prepare swimmers for participation on our swim team. Emphasis will be placed on developing stroke technique in freestyle, backstroke, breaststroke and butterfly. **Prerequisite:** participants must be able to swim 25 yards continuous freestyle with side breathing and must be able to swim 25 yards backstroke. ***You may attend any of the 9 practices offered throughout the week.***

Fitness Swimming (Ages 10 – 15)

The goal of this group is to improve stroke technique in freestyle, backstroke, breaststroke and butterfly. Additional emphasis will be placed on increasing endurance and physical fitness in the water. **Prerequisite:** participants must be able to swim 100 yards continuously (any stroke).

Blue I (Ages 7 – 10)

The goal of this group is to develop proper stroke technique in all four competitive strokes and to develop a love for swimming and physical fitness. **Prerequisite:** participants must be able to complete 50 yards freestyle with side breathing and 25 yards of breaststroke, backstroke and butterfly.

Blue II (Ages 11 – 18)

The goal of this group is to cultivate a love and appreciation for swimming while increasing endurance, health and general physical fitness levels. This group is perfect for those who love the water and want to get in shape while increasing their swimming ability but are not looking for a competitive environment. Stroke technique and endurance work will be accomplished through both fun and challenging sets. This is the ideal place to develop great training habits for life. **Prerequisite:** participants must be able to swim 100 yards freestyle and 50 yards of breaststroke, backstroke and butterfly.

Recreational Water Polo (Ages 8 – 14)

The goal of this group is to expose both boys and girls to the basics of water polo and friendly competition. All levels are welcome, no prior water polo experience is necessary. Swim development and fundamental water polo drills are the focus of every practice session. **Prerequisite:** participants must be able to swim 100 yards freestyle and be able to tread water for one minute.

Competitive Groups

- Previous swim team or Pre Team experience is recommended for these groups.
- We recommend 3 – 5 practices per week for all of these groups.
- All of these groups are taught in our Olympic Pool.
- Participation in our bi-monthly intra-squad meets is expected.
- All swimmers in these groups must be a member of USA Swimming. Participation in USA swim meets is recommended.

Bronze Group (Ages 7 – 11)

The goal of this group is to develop proper stroke in all four competitive strokes. Racing dives and turns will also be emphasized. This introductory level into USA swimming will also focus on building an aerobic base and learning racing techniques. **Prerequisite:** participants in this group must be able to swim a continuous 100 IM within USA Swimming Rules. ***You may attend any of the 9 practices offered throughout the week.***

Silver Group (Ages 8 – 12)

The goal of this group is to improve stroke technique as well as learn the fundamentals of training sets and racing techniques. Athletes will be introduced to using the pace clock, the rules of competition and will continue to increase their aerobic base. **Prerequisite:** participants must be able to complete 5 x 100 Freestyle on a 2:30 interval and be able to swim a 200 IM within USA Swimming Rules. ***You may attend any of the 9 practices offered throughout the week.***

Silver Advanced (Ages 9 – 14)

The goal of this group is improvement at USA swim meets. In order to achieve this goal we will work on refining stroke technique, improving aerobic endurance and developing speed. **Prerequisite:** participants must be able to complete 5 x 100 Freestyle on a 2:00 interval and 5 x 100 IM on a 2:20 interval.

Gold (Ages 11 – 18)

The goal of this group is improvement at USA swim meets and preparation for high school swimming. Athletes continue to enhance their stroke technique but now workouts are more focused on increasing each swimmer's aerobic capacity and developing speed in all four strokes. **Prerequisite:** participants must be willing to commit to attending a minimum of three practices per week and must be able to complete 8 x 100 Freestyle on a 1:45 interval and 8 x 100 IM on a 2:00 interval.

Pre-Team, Bulldog Swim Club - Team Rules

While in attendance at practices and at swim meets, members of the team are expected to adhere to the following list of rules. These have been established to ensure that all swimmers will have a quality workout in a safe and friendly atmosphere.

Kids 12 & under should be signed in and signed out at the swim team table adjacent to the pool deck by a parent or guardian before and after each practice. Parents should make sure their athletes know they are not to depart practice alone or with persons not pre-authorized by their parents.

Coach supervision: Your swimmer will be supervised by our coaching staff only during their practice times. Most injuries and discipline problems have occurred before or after practice when swimmers were unsupervised.

Being a member of our team gives you access to the pools during practice times only. Athletes are to remain on the pool deck until their coach says they can enter the water. No Diving, unless under the direct supervision and permission of a coach.

There will be no recreation swim before or after practice. Swim team kids will not have access to the Instructional pool after practice.

SMAC locker rooms are for adult members only. All kids should use our family changing rooms, outdoor showers and restroom located just off-deck under the Scoreboard.

It is very important to us that we communicate with each and every parent. We want your input and feedback. However, during swim practice, to ensure the safety of all our swimmers' please refrain from speaking with the coaches. Please talk to a coach after practices or make an appointment via Coach Jim or Coach Katie.

No Running: Athletes should always walk on the pool deck.

Appropriate Conduct is required of team members at all times. Swimmers are expected to conduct themselves in a mature, safe and responsible manner, including before and after practice. Uncooperative or disruptive swimmers will be removed from practice. Mobile phones are not permitted to be used during practice times. If a swimmer brings an electronic device or phone to practice it must stay in their swim bag. Swimmers are not allowed to take pictures, videos or voice recordings of their teammates while at our facility or in team tents-areas.

Swim Caps are required for all children with long hair. Practice will be stopped-cancelled in the event of lightning. The pool must be cleared for thirty minutes after the latest thunder or lightning. We will conduct practice during most other inclement weather including rain and cooler temperatures.

Communications:

Key team information will be made via a series of team parent meetings held at the beginning of each session. Regular updates, information and announcements are communicated through the team's email list manager service. Weekly team news is published Tuesday-Wednesday each week.

To join our email list you must have an account on our team's website on TeamUnify.

We will also communicate key information via the large white board near the check in table and double doors which lead from Building #5 onto the pool deck.

Contact Information:

Jim Stretch, Head Coach

email: stretchj@smccd.edu

Katie Elgaaen, Aquatics Director & Coach

Phone: 378-7381

email: elgaaenk@smccd.edu

Development and progress tracking:

Test set dates are scheduled during each session to measure each athlete's readiness to advance up to the next level. Athletes and/or parents interested in moving up are encouraged to interact with their coach about what is left for them to master.

Competition:

The coming months offer opportunity to compete in small, recreational intra team meets. We refer to these exhibition meets as our "intra-squad meets". All Bronze and higher level athlete levels will be taught about stroke/turn rules as well as basic meet protocols. Consequently athletes in Bronze+ levels are encouraged to participate in our candy meets, start learning their times and working to swim faster times in each candy meet. Athletes comfortable with candy meets will be encouraged to try Pacific Swimming sanctioned meets.

Athletes on Bronze+ levels have the opportunity to enter Pacific Swimming sanctioned USA Swimming meets. USA meets are for swimmers that have swum on a team for a minimum of a year or who have been approved by the coach as ready for the next level of competition.

In order to compete in Pacific Swimming sanctioned meets the athlete must be a member of USA swimming. Locally this is done by registering with Pacific Swimming and paying the annual \$73.00 athlete registration fee. Athletes who have not received their Pacific Swimming registration materials prior to the meet may be required to register at the meet and pay a \$10 surcharge.

Pacific Swimming meets are formal with stroke judges and have specific guidelines for how the meet is run and structured. The details of each meet including location, times for warm ups,

competition and other meet specific details are provided in the sanctioned meet information sheet. Generally these meets will be at various locations across the peninsula, however may extend to overall bay area and beyond. Parents are expected to be at the meet venue with their swimmers for the entire meet and will be responsible to get their swimmers to their starting blocks on time.

If you are planning to do USA meets for the first time and have questions please talk to Coach Jim before the time has arrived for entering your swimmer.

You will manage your athlete's entry into meets. Meets often fill to capacity quickly so be prepared to act upon announcement of a meet you are interested in being opened for accepting entries. Entries are usually done online through <http://ome.swimconnection.com> but may also be submitted via mail per the instructions in the meet information sheet. Entries are normally done several weeks in advance and there are entry fees (\$10.00 splash fee plus \$2.50 per event). Our club code is **BSC**. When entering an event an athlete has never previously competed in within Pacific Swimming the time to be entered in ome.swimconnection.com is NT.

What do terms like “B” times, “A” times and “J.O.’s” mean? These are age group time standards and how swim meets are organized in Pacific Swimming.

Pacific Swimming (PC) has established age group time standards for the following age groups: 8/under, 10/under, 11-12, 13-14, 15-16, 17-18. The time standards are described below roughly from slowest to fastest. Age group swimming is where virtually all swimmers begin, and the B and A standards are the basic developmental and meet entry time standards used in Pacific's age group program. B is the entry level standard (a C or Novice

time is any time slower than the B time standard), and an A time is everyone's first big goal.

JO meet standard: The **JO meet standard** is the qualifying time standard for the Junior Olympic meets that are offered in Pacific in March, July, and December. (There are no separate JO times for 8/unders -- they must qualify for JO meets at the 10/under standard.)

Far Western meet standard: Is the qualifying time standard for the two Far Western Championship meets that Pacific hosts each year in late March and late July. (Again, there are no separate Far Western meet standards for 8/unders -- they must qualify for these meets at the 10/under standard.) The Far Western meet standard is currently the fastest time standard in Pacific used for meet entry purposes.

Bulldog athletes who qualify for either the Junior Olympics or Far Westerns will receive an honorary silicone team cap for each Championship meet entered. (Note: 8/unders do not have these standards).

After age group swimming there are Junior (18/under) and Senior (no age restrictions) competitions which are sanctioned by Pacific swimming. These meets also have specific qualifying time standards.

All Pacific Swimming time standards are on the web:

<http://www.pacswim.org/swim-meet-times/standards>

Virtually anything a person needs to know with regard to Pacific Swimming's competitive structure and bylaws can be found at their website: www.pacswim.org

TRAVEL – Participation in meets is optional. The team does not travel as a group or formally organize travel to meets. The team will send a coach to JO and Far Western meets where BSC athletes have qualified and entered the meet.

Gear:

San Mateo Athletic Club will provide Bulldog athletes with access to kickboards and pull buoys used in practices. Gold group athletes will be expected to bring mesh bags containing hand paddles, center-mount snorkel (model with purge valve recommended) and training fins.

What do I need to bring to a swim meet? You will need: Team cap; swimsuit (we don't have a team suit); two pair goggles; several towels; waterproof footwear; sunscreen, extra clothes (i.e. dry); healthy snacks, water, books-games-activities for athletes and their adults. Be weather conscious and bring appropriate jackets, umbrellas, blankets, etc. At some venues it's nice to have a chair of your own if you can bring one along.

See coach gear recommendations at
www.swimoutlet.com/bulldogs

Where can Team Parka's be purchased? Our team wears black parkas. Parkas can be purchased at most swim stores. A local independent vendor has designed custom Bulldog parka's. These can be purchased through the Palo Alto Sport Shop & Toy World, Inc.; 526 Waverley Street Palo Alto, CA 94301, Telephone: (650) 328-8555, www.swimtowin.com

Bulldog Training Focus Schedule

Spring – FALL 2014

September Get back into shape, technique, lots of kicking

Week beginning:

2nd	Streamlines, body positioning, freestyle drills
8 th	Freestyle and Backstroke Drills, kicking
15 th	Breaststroke and Butterfly Drills, starts
22 nd	I.M., starts, turns
29 th	All strokes, racing techniques, finishes

October Technique work, endurance, start racing

Week beginning:

6 th	Freestyle and Backstroke Drills, sculling
13 th	Breaststroke Drills, turns
20 th	Butterfly Drills, starts
27 th	I.M. streamlines (second fall session begins)

November Technique work, more racing

Week beginning:

3 rd	Backstroke drills, turns
10 th	All strokes, racing techniques, starts
17 th	Freestyle drills, streamlines
24 th	All strokes, racing techniques, I.M.

December Technique work, swim fast

Week beginning:

1 st	Breaststroke and Butterfly drills, turns
8 th	Freestyle and Backstroke drills, streamlines
15 th	Distance + longer IM's (breathing, turns)

CALENDAR OF EVENTS:

See the full Bulldog Swim Club calendar including holidays, CSM game days, special practices and intra-squad meets online at:

www.teamunify.com/pcbsc and locate the schedule/calendar tab along the top menu bar, or;

<https://www.teamunify.com/Calendar.jsp?tabid=93831&team=pcbsc>