

Bulldog Swim Club & Water Polo



2015



Bulldog Swim Club



USA Swim Team, Developmental Swimming & Recreational Water Polo

The Bulldog Swim Club, established in 2010, is a year round USA swim team that is designed to expose kids to friendly competition and the camaraderie of team meets. Our team has grown tremendously over the years. We offer groups for all levels of swimmers ages 6 – 18. Emphasis is placed on stroke technique and developing children and teens who wish to improve their swimming and racing skills. Our professional coaches are certified by the American Red Cross and by USA Swimming.

2015 SESSION DATES

December 29, 2014 – February 20, 2015

February 23 – April 17

April 20 – June 12

June 15 – August 7

Developmental Groups:

Pre Team (9 practices to choose from)

Fitness Swimming

Blue I

Blue II

Recreational Water Polo

Practice Times:

Tues/Thurs 3:30 – 4:15pm

Monday - Friday 4:15 – 5:00pm

Monday/Wednesday 5:30 – 6:15pm

Monday – Thursday 5:00 – 6:00pm

Monday – Friday 5:00 – 6:00pm

Monday – Friday 5:00 – 6:30pm

Monday-Thursday 6:30pm – 7:30pm

Competitive Groups:

Bronze (9 practices to choose from)

Silver (9 practices to choose from)

Silver Advanced

Gold

Monday – Friday 4:00 – 5:00pm

Monday – Thursday 6:00-7:00

Monday – Friday 4:00 – 5:00pm

Monday – Thursday 6:00-7:00

Monday – Friday 4:00 – 5:30pm

Mon/Wed/Fri 4:15 – 6:30pm

Tues/Thurs 4:00 – 6:00pm

Bulldog Aquatics Practice Groups

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.

Bulldog Swim Club Practice Groups

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.
- 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.

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.

Bulldog Swim Club

Is BSC right for you?

Many of our athletes start out nervous about competition. As they learn more about swimming and gain more confidence they discover swim meets are fun, challenging and a great way to meet lifelong friends. We have many different training groups, from beginner to advanced, to meet your goals. Whether you are swimming for fitness or swimming for peak performance we have a group for you.

Our coaches will help you learn in a positive and supportive environment.

Try Out Days

Come visit us, swim in our amazing pools and meet our talented and professional coaches. All your questions will be answered timely and efficiently. **Evaluations are by appointment only.**

Contact us at smac.aquatics@smccd.edu or (650) 378-7383 to schedule an individual assessment or to reserve your spot for one of the dates listed below.

Monday February 16

Swim Team ages (6 – 9): 2:30pm

Swim Team ages (10 & older): 3:15pm

Water Polo ages 8 – 14: 3:45pm

Sunday February 22 or Sunday April 12

Swim Team (ages 6 – 9): 1:00pm

Swim Team ages (10 & older): 2:00pm

Water Polo ages 8 – 14: 2:30pm

Sunday May 17 or Sunday June 7

Swim Team (ages 6 – 9): 1:00pm

Swim Team ages (10 & older): 2:00pm

Water Polo ages 8 – 14: 2:30pm



Bulldog Swim Club

Fees & Registration

Please register for our team online at: <http://teamunify.com/pcbcs>

Once you are registered, print the invoice and bring it to the San Mateo Athletic Club's courtesy desk for payment.

SMAC Members:

(8 week sessions)

Non Members:

(8 week sessions)

Developmental Groups:

— Pre Team	\$185	\$210
— Fitness Swim	\$185	\$210
— Blue I	\$205	\$230
— Blue II	\$230	\$255
— Water Polo	\$205	\$230

Competitive Groups:

— Bronze	\$230	\$255
— Silver	\$230	\$255
— Silver Advanced	\$290	\$305
— Gold	\$290	\$305