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Bulldog Swim Club



FALL 2013

**JOIN
TODAY**



Bulldog Swim Club



Competitive & Recreational Swim Team

The Bulldog swim club is a newly formed year round USA swim team that is designed to expose kids to friendly competition and the camaraderie of team meets. All levels are welcome, no prior swim team experience is necessary. Emphasis is placed on stroke technique and developing children and teens who wish to improve their swimming and racing skills. Practices are offered 5 days a week so that families can have a flexible practice schedule. Competing in swim meets is encouraged but not required. See our complete descriptions of each group on reverse side.

FALL 2013 SESSION DATES:

SEPTEMBER 3rd – OCTOBER 25TH

OCTOBER 28TH – DECEMBER 19th

Practice Schedule

Groups:

Pre Team (5 – 9 yrs)

(10 practices to choose from)

Pre Team (9 – 13 yrs)

Bronze I

Bronze II

Silver I

Silver Competition

Gold Fitness

Gold Advanced

Times:

Monday - Friday 3:30 – 4:15pm

Mon/Wed/Fri 4:15 – 5:00pm

Tues/Thurs 5:30 – 6:15pm

Monday – Friday 5:30 – 6:30pm

Monday – Friday 4:30 – 5:15pm

Monday – Friday 5:15 – 6:00pm

Monday – Friday 4:00 – 5:00pm

Monday – Friday 4:00 – 5:30pm

Monday – Friday 5:00 – 6:30pm

Monday – Friday 4:00 – 6:00pm

Try us out for free!

Come meet our coaches, show us your swimming skills and find out which group would be best for you

August 21, August 26 or August 28

Ages 6 - 8: 4:00pm

Ages 9 – 10: 4:30pm

Ages 11 & older: 5:00pm



Advanced registration for the tryouts is required.
Reserve your spot now at smac.aquatics@smccd.edu

Bulldog Swim Club Groups & Coaches

Practice groups are assigned at the beginning of each season.
Swimmers must practice only with the group they are assigned.
Promotions can occur mid-season with our Head Coach's approval only.

Pre Team (5 – 9 years) and (9 – 13 yrs)

The goal of this group is to prepare swimmers for participation on our swim team. Emphasis will be placed on refining technique in all 4 competitive strokes, introducing dives and turns. Graduates will be able to swim a continuous 100 IM. The younger group swims in our Instructional Pool, the older group swims in our Olympic Pool.

Bronze Group (7-11 years)

This is an introductory level into USA swimming taught in our Olympic Pool. Continuing to develop proper stroke technique is the main focus. Swimmers will work on all four competitive strokes, racing turns and racing dives, while also building an aerobic base. Participation in swim meets is encouraged but not required. Bronze II is a slightly more advanced group of swimmers. Participants in this group must be able to swim a continuous 100 IM.

Silver Group (7-12 years)

Swimmers will continue to improve stroke technique as well as learning the fundamentals of training sets and race technique. They will be introduced to pace clocks and will continue to build an aerobic base. Swimmers are committed to swimming year round and encouraged to compete in USA meets.

Silver Competition

This group of swimmers is focused on USA swim meet participation and improving their performance. Swimmers in this group must attend 6 - 8 USA swim meets per year and have consistent practice attendance.

Gold Advanced (11 years & Up)

Swimmers 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. The goal of this group is to develop and sustain intense training habits. Minimum requirement is that the swimmers in this group can easily complete 10 x 100's on 2 minutes.

Gold Fitness (11 years & Up)

The goal of this group is to cultivate a love and appreciation for swimming while increasing endurance, health and general physical fitness levels. The Gold Fitness group is perfect for those who love the water and want to get in shape while increasing their swimming ability but maybe 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.

Fall Team Registration Day!
Sunday August 25th
Stop by between 12pm & 2pm

- ***Register in person & receive \$10 off tuition fees per child***
 - ***Get all your questions answered***
 - ***Reserve a spot for your child***
- ***Coaches will supervise free play in the pool for your swimmer while you register***

Bulldog Swim Club Policies

Payments: All payments must be made on or before the first day of the session. Payments may be made by cash, check or credit card. We do not pro rate for missed practices or vacations. If the session dues payment is not received in full by the first day of the session, a late fee of \$25 will be assessed to the family's dues account.

Mid-Session: You are welcome to join our team at any time. Mid-session group placement depends on availability. Registration is at a pro-rated fee

Cancellation: A swimmer is not considered withdrawn from the team until written notice of the withdrawal is received by the club.

Refunds: There are no refunds for program fees paid after the first two weeks of the season. In the event that a refund is requested during such a time, \$60 of the total program fee is non-refundable. Refunds requested later than three weeks into the season cannot be granted. In the event that an athlete must be out of the pool for four consecutive weeks or longer due to medical reasons, a credit for time lost may be given toward future dues.

Sign In/Sign Out: Each day you will need to sign your child In and Out.

Safety: For the safety of your child, no one is allowed in the pool before team begins without an instructor. When practice is over, the swimmers must exit the pool. The coaching staff cannot supervise athletes on deck outside of workout times. If you bring your children to the pool early, please remain with them until their practice begins to help maintain a safe environment. In addition, please pick up your swimmer(s) within 15 minutes after practices ends so as to minimize the chances of an accident or unsafe situation occurring. SMAC cannot be held responsible for any accidents or incidents that may occur outside of the designated practice times.

Cell Phones: Cell phones are not permitted to be used during practice times. If a swimmer brings one 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.

Parking: If you are not a member of the San Mateo Athletic Club you will be given one parking pass per swimmer. This is valid for the Beethoven and Hillsdale parking lots.

Holidays: We do not practice on the following holidays: Easter, Memorial Day, Independence Day and Labor Day.

Weather: We do not cancel swim team practices for inclement weather with the exception of electrical storms.

Photography: Unless otherwise specified in writing by the parent or guardian, San Mateo Athletic Club has permission to photograph your child for future use without compensation.

SMAC Locker Rooms: Please take advantage of our family changing rooms and restroom located under the scoreboard. The SMAC locker rooms are for adult members of the athletic club only.

Communication: The club communicates with its membership primarily through emails. If you do not receive any club emails a few weeks after your family has joined our team, please contact the staff to make sure we have the correct address listed for your swimmer(s).