



**SAN MATEO
ATHLETIC CLUB
AQUATICS**

2018-2019

**Developmental & competitive programs
for all ages & skill levels**

San Mateo Athletic Club
1700 west Hillsdale Blvd. • Bldg. 5 • San Mateo • CA • 94402

Bulldog Aquatics

Developmental Swim & Water Polo.

USA Swimming Club.

Bulldog Aquatics offers a wide range of programs that include developmental, recreational and competitive options. Our programs are designed to expose kids to friendly competition and the camaraderie of team events. As our programs have grown tremendously, so has the need to take the next steps in offering a true year-round, competitive option for our age group swimmers. We will offer a nine month developmental track that is designed with an emphasis on stroke technique and developing athletes who wish to improve their swimming, but not quite ready for the next level of competition. The 11 month competitive track offers the next level coaching and an emphasis on stroke proficiency, competition skills & improving personal swim times. We have practice groups tailored to help any & all swimmers ages 6-18 reach their personal aquatics goals. Our coaches are certified by USA Swimming and/or the American Red Cross.

Developmental Groups

- No previous swim team or water polo experience is necessary. All levels are welcome.
- We recommend 2-3 practices per week. No minimum attendance requirements.
- Pre Team practices are normally held in the Instructional Pool.
- Blue I, Blue II & Fitness group practices are normally held in the Olympic Pool.
- Swimmers are encouraged to participate in our fun, low-key intra-squad swim meets that are offered every other month. This is a great way to learn about swim meets.
- Before joining, interested swimmers must be evaluated to ensure proper placement.
- Swimmers are assigned to the proper group after their placement evaluation. Swimmers must practice with the group assigned. Promotions up to the next level or into the competitive group are approved by the Head Coach.

Pre Team (Ages 6 - 10) The goal of this group is to prepare swimmers for participation on our BSC swim team. Emphasis will be placed on developing stroke technique in freestyle, backstroke, breaststroke and butterfly. Improving swimming endurance will also be a focus of this group.

Prerequisite: Participants should be able to swim 25 yards continuous freestyle with side breathing and 25 yards backstroke. Additionally participants should have a good understanding of the breaststroke and dolphin kick; as well as understand basic swim terminology such as streamline and body position.

Fitness Swimming (Ages 10 - 18) The goal of this group is to introduce swimmers to our swim team. Emphasis is placed on developing excellent technique in freestyle, backstroke, breaststroke and butterfly. This is a great option for swimmers who might be fearful of competing on swim team.

Prerequisite: Participants should be able to swim 50 yards continuously using any stroke.

Little Blue I (Ages 7 – 9) and Big Blue I (Ages 10 – 12) The goal of these groups is to develop proper stroke technique in all four competitive strokes. Continuous emphasis is placed on preparing swimmers for the next level. A focus is placed on developing a love for swimming and physical fitness.

Prerequisite: Participants must be able to complete 50 yards of 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. 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. This is also a perfect place for those looking to join their high school swim team.

Prerequisite: Participants must be able to swim 200 yards freestyle and 50 yards of breaststroke, backstroke and butterfly.

Developmental Groups Practice Times

Developmental Groups Schedule: September 4, 2018 thru May 24, 2019

One time, annual registration fee + first months dues + 8 monthly auto-draft payments

No practices November 21 - 23, 2018 and December 21, 2018 thru January 4, 2019

Pre-Team	Monday thru Friday	4pm-4:45pm OR 5:30pm-6:15pm	Instructional Pool
Fitness Swimming	Monday thru Thurs	6pm-7pm	50 Meter Olympic Pool
Little & Big Blue I	Monday thru Friday	5pm – 6pm	50 Meter Olympic Pool
Blue II	Monday thru Friday	4:45pm – 6pm	50 Meter Olympic Pool

BSC Competitive Groups

- Previous swim team or pre team experience is recommended for these groups.
- We recommend 3 – 5 practices per week.
- All competitive group practices are held in the Olympic Pool.
- Participation in our intra-squad meets is expected.
- Participation in USA swim meets is required. Each swimmer must attend at minimum, one swim meet every other month or they will be asked to move to Blue I or Blue II roster groups.
- All swimmers in competitive groups must be a member of Pacific Swimming. The fee for USA Swimming registration is approximately \$75 per year and is paid separately.
- Fins and goggles are required at every practice.
- Swimmers must wear a practice suit that is in compliance with USA Swimming rules. No rash guards, board shorts or two piece suits.
- Before joining, interested swimmers must be evaluated to ensure proper placement.
- Swimmers are assigned to a group after their placement evaluation. Swimmers must practice with the group assigned. Promotions up to the next level or into the Gold or Senior group are approved by the Head Coach.

Bronze (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. Each swimmer must bring their training fins to practice each day.

Prerequisite: Participants in this group must be able to swim a continuous 100 IM, a continuous 100 free with flip turns and circle swimming. Also required is swimming 6 x 25 freestyle kick on :45 second.

Silver (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 consistently using the pace clock and will continue to increase their aerobic base. Each swimmer must bring their training equipment to practice each day.

Prerequisite: Participants must be able to complete 5 x 100 Freestyle on a 2:30 interval, 6 x 25 freestyle kick on :40 seconds with ease and be able to swim a 200 IM within USA Swimming Rules.

Silver Advanced (Ages 9 – 12) 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. Each swimmer must bring their training equipment to practice each day.

Prerequisite: Swimmers must be able to complete 5 x 100 Freestyle on a 2:00 interval, 5 x 100 legal IMs on a 2:15 interval and 8 x 25 freestyle kick on :35 seconds. 60% attendance at practices is expected.

Gold (Ages 11 – 18) The goal of this group is improvement at USA swim meets. 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 70% attendance at practices and participate in at least one USA swim meet every other month. Swimmers must be able to complete 8 x 100 Freestyle on a 1:45 interval, 8 x 100 IMs on a 2:00 interval and 8 x 50 freestyle kick on a 1:00 interval. Must be able to read & understand pace clock and intervals. Athletes in this group must show maturity and work ethic which will be complimentary to the group. Athletes in this group are expected to provide their own center mount snorkel, training fins and hand paddles.

* For a detailed list of requirements for each roster group please refer to our website:

WWW.TeamUnify.com/PCBSC then go to BSC Roster Groups: Skills Needed to Join

BSC Competitive Groups Practice Times

Developmental Groups Schedule: September 4, 2018 thru August 2, 2019

One time, annual registration fee + first months dues + 10 monthly auto-draft payments

No practices November 21 - 23, 2018 and December 21, 2018 thru January 4, 2019

Bronze	Monday thru Friday	3:45pm – 4:45pm	50 Meter Olympic Pool
Silver	Monday thru Friday	3:45pm - 5pm	50 Meter Olympic Pool
Silver Advanced	Monday thru Friday	3:45pm – 5:15pm	50 Meter Olympic Pool
Bronze/Silver Mix	M/W	6:30pm-7:30pm	50 Meter Olympic Pool
Gold	Monday thru Friday	4:15pm - 6:30pm	50 Meter Olympic Pool
	Saturday	10:30am-12:30pm	50 Meter - Long Course
Senior Group	By invitation only	TBA	50 Meter Olympic Pool

Bulldog Aquatics - Water Polo

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. Swim development and fundamental water polo drills are the focus of every practice session.

All swimmers/polo players new to Water Polo are encouraged to attend one of our evaluations dates to determine proper placement in the Recreational or Advanced group

Evaluations for Water Polo: August 27 & 28 from 5:30pm-6:30pm.

Advanced Water Polo (Ages 10-16) This group is ideal for those current water polo athletes that understand the fundamentals of the game. Coaches will have the final say if a player is ready to be in the advanced level.

Prerequisite: Participants must be able to swim 200 yards of freestyle and be able to tread water for two minutes with ease.

Water Polo Practice Times

Schedule: September 4, 2018 thru May 24, 2019

One time, annual registration fee + first months dues + 8 monthly auto-draft payments

No practices November 21 - 23, 2018 and December 21, 2018 thru January 4, 2019

Recreational Water Polo	Monday thru Thursday	6:30pm - 7:30pm
Advanced Water Polo	Monday thru Thursday	6:30pm - 8pm

We do not have regular practices on major holidays, BSC special event day(s), or when CSM Athletic events take precedence. This applies to both swimming & water polo practices.

Bulldog Aquatics

Swimming & Water Polo Fees

- Family Discount: First (highest group) participants pay full rate. Each additional swimmer in the immediate family receives a 10% discount. The discount will be applied to the lowest price swim group. This discount does NOT apply to the one-time registration fee, but to the overall season fee.
- An additional one month's' payment discount is available for parents who are USA Swimming certified officials AND volunteer their time at swim meets. It is your responsibility to notify us of certification.
- An additional one month's discount is available when registering the same swimmer for a swim group AND a water polo group at the same time.
- The one time, non-refundable fee + the first month payment is due upon registration.
- Registration fees do NOT include required USA Swimming dues.
- Registration includes team T-shirt, swim cap & BSC bag tag.

SMAC Member Rates

Training Group	Total Season Billing with Registration Fee	Amount Due at Registration One Time, Non-refundable Registration fee + first month	Monthly payment X Auto Drafts start 10/1
Pre Team	\$957	$\$120 + \$93 = \$213$	$\$93 \times 8$
Fitness Swimming	\$957	$\$120 + \$93 = \$213$	$\$93 \times 8$
Blue I	\$1110	$\$120 + \$110 = \$230$	$\$110 \times 8$
Blue II	\$1200	$\$120 + \$120 = \$240$	$\$120 \times 8$
Bronze	\$1425	$\$160 + \$115 = \$275$	$\$115 \times 10$
Silver	\$1535	$\$160 + \$125 = \$285$	$\$125 \times 10$
Silver Advances	\$1832	$\$160 + \$152 = \$312$	$\$152 \times 10$
Gold	\$1887	$\$160 + \$157 = \$317$	$\$157 \times 10$
Senior Group	TBA	TBA	TBA
Water Polo - Beg	\$1110	$\$120 + \$110 = \$230$	$\$110 \times 8$
Water Polo - Adv	\$1200	$\$120 + \$120 = \$240$	$\$120 \times 8$

Non Member Rates

Training Group	Total Season Billing with Registration Fee	Amount Due at Registration One Time, Non-refundable Registration fee + first month	Monthly payment X Auto Drafts start 10/1
Pre Team	\$1194	\$150 + \$116 = \$266	\$116 x 8
Fitness Swimming	\$1194	\$150 + \$116 = \$266	\$116 x 8
Blue I	\$1392	\$150 + \$138 = \$288	\$138 x 8
Blue II	\$1500	\$150 + \$150 = \$300	\$150 x 8
Bronze	\$1779	\$195 + \$144 = \$339	\$144 x 10
Silver	\$1922	\$195 + \$157 = \$352	\$157 x 10
Silver Advances	\$2274	\$195 + \$189 = \$384	\$189 x 10
Gold	\$2351	\$195 + \$196 = \$391	\$196 x 10
Senior Group	TBA	TBA	TBA
Water Polo - Beg	\$1392	\$150 + \$138 = \$288	\$138 x 8
Water Polo - Adv	\$1500	\$150 + \$150 = \$300	\$150 x 8

Bulldog Swim Club Evaluations & Parent Meeting Information

Swimmer evaluations are being held throughout the month of August 2018 by appointment only. For an evaluation appointment please contact the Aquatics Desk.

Or - Scheduled group evaluations are being held Monday, August 27th & Tuesday, August 28th from 4:30pm-5:30pm for ages 10 & under and 5:30pm-6:30pm for ages 11 & older.

Come join us for an informational parent meeting, as well as a Coaches Meet & Greet.

Developmental Group Parent Meeting - Tuesday, August 28th at 5:30pm

Competitive Group Parent Meeting - Wednesday, August 29th at 6:30pm

Water Polo Parent Meeting – Thursday, August 30th at 6:30pm

Registrations will open Wednesday, August 15, 2018.

2018/2019 Bulldog Aquatics Registration

Please submit completed form to the Aquatics Desk or scan & Email: SMAC.Aquatics@smccd.edu

Participant's Full Name _____ Age _____

Date of Birth _____ Member of SMAC Yes _____ No _____

Parent's Full Name _____ Email _____

Primary Phone # _____

Emergency Contact _____ Phone # _____

Pre Team

Monthly + Registration fee

\$93 + \$120

\$116 + \$150

Due at registration

\$ 213

\$266

Fitness Swimming

Monthly + Registration fee

\$93 + \$120

\$116 + \$150

Due at registration

\$ 213

\$266

Blue I

Monthly + Registration fee

\$110 + \$120

\$138 + \$150

Due at registration

\$ 230

\$288

Blue II

Monthly + Registration fee

\$120 + \$120

\$150 + \$150

Due at registration

\$ 240

\$300

Bronze

Monthly + Registration fee

\$115 + \$160

\$144 + \$195

Due at registration

\$275

\$339

Silver

Monthly + Registration fee

\$125 + \$160

\$157 + \$195

Due at registration

\$285

\$352

Silver Advanced

Monthly + Registration fee

\$152 + \$160

\$189+ \$195

Due at registration

\$312

\$384

Gold

Monthly + Registration fee

\$157 + \$160

\$196+ \$195

Due at registration

\$317

\$391

Water Polo – Beginner

Monthly + Registration fee

\$110 + \$120

\$138 + \$150

Due at registration

\$230

\$288

Water Polo – Advanced

Monthly + Registration fee

\$120 + \$120

\$150 + \$150

Due at registration

\$240

\$300

San Mateo Athletic Club YOUTH Aquatics Program Waiver

Please read and sign the release below

I, _____, on behalf of myself and my child, _____, have voluntarily requested to participate in Bulldog Aquatics offered by the San Mateo Athletic Club. I am aware that attending or participating in these activities involves risk of injury to person and property. I voluntarily accept and assume all risk from attending and participating in these activities. In consideration of being permitted to participate in these activities, I agree, on behalf of myself and my child, our heirs, personal representatives and assignees, not to make any claim against or sue the City of San Mateo, College of San Mateo, San Mateo Athletic Club, EXOS, or any of their employees, officers, directors, agents, contractors, members or board members (collectively referred to as the "RELEASED PARTIES") for any injury or damage to my child, myself, anyone else, or any property arising from the negligence, or other acts, however caused, of any of the Released Parties. In addition, I release and discharge the Released Parties from any and all actions, liabilities, losses, claims or demands that I, my child, our respective heirs, personal representatives or assignees, have or may hereafter have for personal injuries to my child, myself, anyone else, or property damage resulting from my, or my child's, attendance at or participation in swim lessons offered by the San Mateo Athletic Club.

PHOTO RELEASE

I grant to San Mateo Athletic Club, its representatives and employees the right to take photographs of participants in connection with marketing materials. I authorize the San Mateo Athletic Club, its assigns and transferees to copyright, use and publish the same in print and/or electronically. I grant San Mateo Athletic Club the unrestricted right and permission to copyright and use, re-use, publish and re-publish photographic portraits or pictures of participants. I hereby relinquish any right that I may have to examine or approve the completed product(s) or the advertising copy or printed matter that may be used in conjunction therewith or the use to which it may be applied.

I HAVE CAREFULLY READ THE LANGUAGE ABOVE. I UNDERSTAND THIS IS A COMPLETE RELEASE OF ALL LIABILITY, AS WELL AS A PROMISE NOT TO SUE OR MAKE A CLAIM.

Date: _____ **Time:** _____

Name of Participant: _____ **D.O.B** _____

Name of Parent: _____

Parent's Signature: _____

MEDICAL QUESTIONNAIRE

Please list any physical disabilities, mental disabilities, allergies, illnesses, medications, or injuries we should know about. .
