

Bulldog Swim Club- Fall 2013



Athlete-Parent Information:

Coached by Jim Stretch, Katie Elgaen and a staff of experienced aquatics athletes the Bulldog Swim Club is a recently formed year round swim team that is designed to expose kids to the sport of swimming through learning technique, building fitness and the pursuit of competition in the camaraderie of a team environment. All swimming ability 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 USA swim meets is encouraged after reaching Bronze but is not required. Descriptions of each level are included in our registration brochure.

FALL 2013 SESSION DATES:
SEPTEMBER 6TH – OCTOBER 26TH
OCTOBER 29TH – DECEMBER 19TH

Practice Schedule

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|-------------------------------|-------------------------------|
| Pre Team (5-9yrs) | Monday - Friday 3:30 – 4:15pm |
| (10 practices to choose from) | Mon/Wed/Fri 4:15 – 5:00pm |
| | Tues/Thurs 5:30-6:15pm |
| Pre Team (9-13 yrs) | Monday – Friday 5:30 – 6:30pm |
| Bronze I | Monday-Friday 4:30-5:15pm |
| Bronze II | Monday-Friday 5:15-6:00pm |
| Silver I | Monday – Friday 4:00 – 5:00pm |
| Silver Competition | Monday-Friday 4:00-5:30pm |
| Gold Competition | Monday – Friday 4:00 – 6:00pm |
| Gold Fitness | Monday – Friday 5:00 – 6:30pm |

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.

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. Please remain on the pool deck until your coach says you can get in the water. 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.

After practice athletes should be picked up only by persons authorized by that athlete's parents. Parents should make sure their athletes know they are not to depart practice alone or with any persons not pre-authorized by their parents.

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: 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.

No Diving, unless under the direct supervision of a coach.

Swim Caps are required for all children with long hair.

Contact Information:

Jim Stretch, Year Round Team Head Coach

email: stretchj@smccd.edu

Katie Elgaaen, Aquatics Director & Coach

Phone: 378-7381

email: elgaaenk@smccd.edu

Communications:

Team communications will be made primarily via the team's email list manager service. We will also communicate via the large white board near the check in table and double doors which lead from Building #5 onto the pool deck.

For our email list manager service the name of our list is: csm_swim_club

- Users can subscribe themselves to our list by sending a blank email to csm_swim_club-subscribe@lyris.smccd.edu If enrollment is successful they will receive a return e-mail asking them to click a link confirming they want to complete enrollment with the list.
- Users can unsubscribe themselves by sending a blank email to csm_swim_club-unsubscribe@lyris.smccd.edu

Competition, Pacific Swimming, Gear, Goal Setting:

This Fall opportunity to compete in swimming meets will come from 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 \$65.00 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 please talk to Coach Jim before entering your swimmer.

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?

How are age group time standards and swim meets organized in Pacific Swimming?

On the web, go to: <http://www.pacswim.org/swim-meet-times/standards>

Then scroll down, locate “Age Group Time Standards”, then click on the age and gender of the standard(s) you are interested in.

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.

C, B, A, AA, AAA, and AAAA?? 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. A times are at roughly the 80 to 90th percentile for kids in the age group. AA, AAA, and AAAA times are higher-level motivational standards (Note: 8/unders do not have all of these standards).

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.

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

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.

Where can Team Parka's be purchased? Our team wears black parkas. Parkas can be purchased at most swim stores. An independent vendor has designed custom Bulldogs 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

Goal Setting: Athletes in our competitive groups will be introduced to goal setting and will be encouraged to document their goals and to share them with their coach(es).

Bulldog Swim Team Fall/Winter 2013 Calendar of Events

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|---------------------|---|
| Tues., 9/3 | First Day of Fall Practices |
| Tues, 9/10 | Parents Meeting(s) for parents-families 5:00pm and 6:30pm (will be approx 20 minutes) |
| Wed., 9/11 | Parents Meeting(s) for parents-families 5:00pm and 6:30pm (will be approx 20 minutes) |
| Fri, 9/13 | All Fall Registration forms and payments due |
| Mon., 9/16 | Parents Meeting for families new to the team 5:00pm and 6:30pm (will be approx 20 minutes) |
| Tues., 9/17 | <i>CSM Water Polo 4pm – CSM game day alternate schedule*</i> |
| Sat/Sun, 10/5-6 | <i>USA Meet (C/B/A+) - DeAnza College</i> |
| Fri, 10/11 | <i>CSM Water Polo 3:30 pm - Practices cancelled for all groups</i> |
| Sat. 10/12 | <i>Special Saturday practice all silver+ gold groups 9-10:30am</i> |
| Wed, 10/16 | <i>CSM Water Polo 3:30 pm – CSM game day alternate schedule*</i> |
| Wed, 10/23 | <i>CSM Water Polo 3:30 pm – CSM game day alternate schedule*</i> |
| Thurs., 10/25 | <i>Candy Meet Time Trials + Final Day of Sept 3-Oct 25 session.</i> |
| Sat/Sun, 10/26-27 | <i>USA Meet (C/B/A+) Dual Venue @ Burlingame or Sunnyvale</i> |
| Mon, 10/28 | <i>Fall Session #2 Starts</i> |
| Wed, 10/31 | <i>Happy Halloween – No Practices</i> |
| Fri, 11/1 | <i>CSM Water Polo 3:30 pm - NO BSC practice today</i> |
| Sat/Sun, 11/16-17 | <i>USA Meet (C/B/A+) Dual Venue @ SOLO or DACA</i> |
| Wed, 11/27 | <i>Turkey Relay day during regular practice times</i> |
| Thurs, Fri 11/28-29 | <i>Thanksgiving Weekend – NO PRACTICES</i> |
| Fri-Sun 12/06-12/08 | <i>USA Meet – Junior Olympics (14 & under) – Must Qualify – Morgan Hill</i> |
| Tues, 12/14-15 | <i>USA Meet – Daly City Dolphins (indoor, JO minus) (Collect Toy for Tots)</i> |
| Fri, 12/20 | <i>Winter Break –NO PRACTICES until Jan. 2014</i> |

- See bottom of next page for GAME DAY alternate schedule

Bulldogs Fall/Winter Training Focus Schedule 2013

September Get back into shape, technique work, lots of kicking

Week of:

| | |
|------------------|---|
| 3 rd | Freestyle drills, streamlines, body positioning |
| 10 th | Freestyle and Backstroke Drills, turns |
| 17 th | Breaststroke and Butterfly Drills, starts |
| 24 th | I.M., starts, turns |

October Technique work, endurance, start racing

Week of:

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|------------------|---|
| 1 st | All strokes, racing techniques, finishes |
| 8 th | Freestyle and Backstroke Drills, sculling |
| 15 th | Breaststroke Drills, turns |
| 22 nd | Butterfly Drills, starts |
| 29 th | I.M. streamlines |

November Technique work, more racing

Week of:

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| 5 th | Backstroke drills, turns |
| 12 th | All strokes, racing techniques, starts |
| 19 th | Freestyle drills, streamlines |
| 26 th | All strokes, racing techniques, I.M. |

December Technique work, swim fast

Week of:

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|------------------|--|
| 3 rd | Breaststroke and Butterfly drills, turns |
| 10 th | Freestyle and Backstroke drills, streamlines |
| 17 th | Distance I.M. |

CSM Water Polo Game Day(s)
Special Alternate Schedule (Sept 17, Oct. 16, Oct. 23)

5-9 year olds Pre-team: 3:30-4:00pm or 5:30-6:15pm only

All other levels will practice 5:15-6:30pm

