

Bulldog Swim Club

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2012-2013



Bulldog Swim Club



Competitive & Recreational Swim Team

Coached by Jane Martin & Katie Elgaaen, 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. We are a small team and our coaches give a lot of personal attention and technique advice. Competing in USA swim meets is encouraged but not required. See our complete descriptions of each group on reverse side.

2012 - 2013 SESSION DATES:

October 29 – December 20, 2012 (8 weeks)

January 3 – March 8, 2013 (10 weeks)

March 11 – May 23, 2013 (11 weeks)

May 28 – August 9, 2013 (11 weeks)

Practice Schedule

Groups:

Pre Team
Advanced Pre Team
Bronze
Silver
Gold I
Gold II
Xtreme Swim

Times:

Tuesday - Friday 3:30 – 4:15pm
Mon/Wed/Fri 4:15 – 5:15pm
Tuesday – Friday 4:30 – 5:15pm
Monday – Friday 4:00 – 5:00pm
Monday – Friday 5:00 – 6:30pm
Monday – Friday 4:00 – 6:00pm
Tuesday – Friday 5:00 – 6:30pm

Try us out for free!

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

Tuesday January 8th at 3:30pm

No commitment necessary – just try it out & see how much fun swimming can be!

For more information or to register contact
Head Coach Jane Martin martinj@smccd.edu

Bulldog Swim Club Groups & Coaches





Swim Groups

Pre Team (5 – 9 years)

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, introduce dives and turns. Graduates will be able to swim a continuous 100 IM. Advanced Pre Team requires coaches' recommendation. Coach: Mandy McDougal

USA Swim Team

Bronze Group (6-10 years)

This is an introductory level into USA swimming. Continuing to develop proper stroke technique is the main focus. Participants must be able to swim a continuous 100 IM. Swimmers will work on all four competitive strokes, racing turns and racing dives, pace clock usage while also improving their stamina in the water. Participation in swim meets is encouraged but not required. Coach: Mandy McDougal

Silver Group (7-10 years)

A minimum of one year of swim team experience is required as well as approval by the coach. Participants are committed to swimming year round and competing in USA meets. Swimmers will continue to improve stroke technique as well as learning the fundamentals of training sets and race technique. Coach: Richard Gonzalez

Gold (11 years & Up)

We have two different Gold groups for this age group. The first group, **Gold I**, emphasizes stroke technique and the basics of turns and racing dives. Endurance work is accomplished through both fun and challenging sets. Participation in swim meets is encouraged but not required. Coach: Richard Gonzalez

Our second group, **Gold II**, is coached by Jane Martin. This group of swimmers is focused on USA swim meet participation and improving their performance. Coach Jane continues to help the swimmers enhance their stroke technique but now workouts are more focused on increasing each swimmer's aerobic capacity and developing speed in all four strokes.

Xtreme Swim

Calling all sports fans! This class is for athletes who do not necessarily want to join a swim team. Focus will be on developing all 4 competitive strokes, improving endurance and having fun while combining swimming with water polo, Jr. Lifeguarding and challenging boot camp drills. Coach: Samantha Fallon

Katie Elgaaen, Aquatics Director & Co-Head Coach: Katie has been teaching and coaching swimming since 1990. Her passion for swimming and love of children can be seen in the quality of staff, programs and facilities she has developed for San Mateo Athletic Club & Aquatic Center. Katie is also proud to be a mother of three young children who love the water. Katie Elgaaen is a career swimmer, having swum competitively since 1980. Katie was a finalist in the 1988 US Olympic Trials and won Gold and Silver Medals in the 1987 Pan American Games. She was also an All American swimmer at the University of California Berkeley and was one of the top California women in open water swim competitions.

Jane Martin, Head Coach: Jane started her coaching career in 1991 with the Mid-Peninsula Mariners when her own two children became involved in swimming. She started as a volunteer coach in the evenings after her corporate job and loved it so much that she decided to dedicate herself to coaching and teaching swim lessons. Jane hopes that her swimmers will incorporate into their daily lives the life skills that they learn from swimming, such as discipline, goal setting, commitment, loyalty and time management skills. Jane swam competitively for ten years in Michigan and earned her BA in Education in Science and Health Education at the University of Michigan.

Samantha Fallon WaterPolo & Xtreme Swim Coach: Samantha recently graduated with a Communication degree from the University of California, Santa Barbara. Although she played a number of sports in high school (water polo, soccer, softball, and swimming), she has always been drawn to water sports. She started playing water polo at the age of 13 with the College of San Mateo's coach, Randy Wright, and has been in love with the sport ever since. Samantha has been lifeguarding and teaching swim lessons for the past 7 years, and is now a certified Lifeguard Instructor with the American Red Cross.

BULLDOG AQUATICS AT THE SAN MATEO ATHLETIC CLUB 2012-2013 REGISTRATION FORM

Please submit this form to the San Mateo Athletic Club's courtesy desk or fax: (650)378-7374 or scan to smac.aquatics@smccd.edu

Participant's Full Name	Age	Date of Birth Parents' Full
Name	Member of SMAC?	
Address	City	Zip Code
Home Phone #	Work Phone #	E-mail
Emergency Contact	Relationship	Emergency Phone #

Group Swim Lesson Fees

In addition: fill out a group lesson request form so that we know which days, times and levels you need.

	SMAC members:	Guests:
___ Once a Week (10 lessons)	\$160	\$200
___ Twice a Week (20 lessons)	\$360	\$400
___ Stroke Development (1 hour)	\$360	\$400

10 week session dates: Jan. 14 – March 24, 2013 & March 25 – June 2, 2013

Private Swim Lesson Fees

	SMAC Members	Guests
___ Single Private Lesson (30 min)	\$40	\$55
___ 5 Private Lessons (30 min)	\$185	\$210
___ 10 Private Lessons (30 min)	\$350	\$400

Semi Private Swim Lesson Fees

	SMAC Members	Guests
___ Single Semi - Private Lesson (30 min)	\$30	\$35
___ 5 Semi - Private Lessons (30 min)	\$135	\$160
___ 10 Semi - Private Lessons (30 min)	\$250	\$300

Swim Team Fees

	SMAC members:	Guests:
___ Pre Team & Bronze	\$160 session	\$180 session
___ Silver	\$200 session	\$220 session
___ Gold I & Xtreme Swim	\$225 session	\$240 session
___ Gold II	\$275 session	\$290 session

These prices are based on the 8 week session in the winter of 2012. Prices will be adjusted in 2013 to reflect 10 week & 11 week sessions.

Water Polo Fees

	SMAC members:	Guests:
___ Water Polo	\$160 session	\$190 session
___ Jr Water Polo	\$80 session	\$90 session

These prices are based on the 8 week session in the winter of 2012. Prices will be adjusted in 2013 to reflect 10 week & 11 week sessions.



SAN MATEO ATHLETIC CLUB KIDS AQUATICS PROGRAM WAIVER

Please read and sign the release below

I, _____, on behalf of myself and my child, _____, have voluntarily requested to participate in swim lessons 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 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.

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

MEDICAL QUESTIONNAIRE

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

MY SIGNATURE BELOW INDICATES THAT I HAVE CAREFULLY READ THE LANGUAGE ABOVE AND UNDERSTAND THE BULLDOG AQUATICS SWIM TEAM POLICIES STATED IN THIS PACKET. I UNDERSTAND THIS IS A COMPLETE RELEASE OF ALL LIABILITY, AS WELL AS A PROMISE NOT TO SUE OR MAKE A CLAIM.

Date: _____ Name of Participant _____ Parent's Signature _____