



BULLDOG Swim & Water Polo Club

**2016-
2017**



**SAN MATEO
ATHLETIC CLUB
AQUATICS**

Bulldog Swim Club



USA Swim Team, Developmental Swim Club & Recreational Water Polo Club

The Bulldog Swim Club, established in 2010, is a year round USA swim team and water polo club that is designed to expose kids to friendly competition and the camaraderie of team events. Our team has grown tremendously over the years. We have a large number of practice groups tailored to help swimmers 6-18 years old reach their personal aquatics goals. Emphasis is placed on stroke technique and developing athletes who wish to improve their swimming, polo and competition skills. Our professional coaches are certified by USA Swimming and/or the American Red Cross.

Practice Times

Developmental Swim Groups:

Pre Team

(you can choose any of these 10 practice times)

Fitness Swimming

Blue I

Blue II/High School Prep

Competitive Swim Groups:

Bronze

Silver

Silver Advanced

Gold

Water Polo Groups:

Beginner

Advanced

Practice Times:

Mon/Wed/Fri

3:45 – 4:30pm

Monday – Friday

4:30 – 5:15pm

Tuesday/Thursday

5:15 – 6:00pm

Monday – Friday

6:30 – 7:30pm

Monday – Friday

5:00 – 6:00pm

Monday – Friday

4:30 – 6:00pm

Practice Times:

Monday – Friday

3:45 – 4:45pm or 6:30 – 7:30pm M/W

Monday – Friday

3:45 – 4:45pm or 6:30 – 7:30pm M/W

Monday – Friday

3:45 – 5:15pm

Monday - Friday

4:15 – 6:30pm

Saturday

10:30am – 12:30pm

Practice Times:

Monday – Thursday

6:30 – 7:30pm

Monday – Thursday

6:30 – 8:00pm

Bulldog Aquatics Practice Groups

Developmental Groups

- No previous swim team or water polo experience is necessary. All levels are welcome.
- Before joining, interested swimmers must be evaluated to ensure proper placement.
- 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.
- 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. Additionally participants must be able to complete 25 yards of breaststroke kick and 25 yards of dolphin kicks.

Fitness Swimming (Ages 10 – 16)

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.

Prerequisite: Participants must be able to swim 50 yards continuously (any stroke).

Blue I (Ages 7 – 11)

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/High School Prep (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 or those looking to join their high school swim team.

Prerequisite: participants must be able to swim 100 yards freestyle and 50 yards of breaststroke, backstroke and butterfly.

Recreational Water Polo (Ages 8 – 16)

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. If you are new to the program, please come to one of our tryout dates to determine whether your child is ready for the "Advanced" group. Current water polo athletes will be assessed during practices. Coaches will communicate to the child's guardian if they are ready to be in the advanced level.

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.
- Before joining, interested swimmers must be evaluated to ensure proper placement.
- We recommend 3 – 5 practices per week.
- 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 Pacific Swimming. The fee for this is approximately \$75 per year.
- Participation in USA swim meets is 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.

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.

Prerequisite: participants in this group must be able to swim a continuous 100 IM within USA Swimming Rules.

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.

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.

Silver Advanced (Ages 8 – 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.

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. Additionally these athletes are required to participate in at least one USA swim meet per session.

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 60% attendance at practices and participate in at least one USA swim meet per session. Swimmers must be able to complete 8 x 100 Freestyle on a 1:45 interval and 8 x 100 IM on a 2:00 interval. Must be able to read-understand pace clock and intervals. Athletes in this group must have 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.

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 are committed to helping you learn in a positive and supportive environment.

Try Out Days

Come visit us, swim in our amazing pools and meet our talented, 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.

Wednesday August 24

Swim Team (ages 6 – 9): 4:00pm
Swim Team ages (10 & older): 5:00pm
Water Polo (ages 8 – 16): 6:30pm

Thursday August 25

Swim Team (ages 6 – 9): 4:00pm
Swim Team ages (10 & older): 5:00pm
Water Polo (ages 8 – 16): 6:30pm

Sunday August 28

Swim Team (ages 6 – 9): 1:00pm
Swim Team ages (10 & older): 2:00pm



Bulldog Swim Club & Recreational Water Polo Fees

New swimmers please register for our team online at: www.teamunify.com/pcbcs

Once you are registered, print the invoice and bring it to the San Mateo Athletic Club's Courtesy Desk to make a payment.

<u>Developmental Groups</u>	SMAC Members:	Non Members:
— Pre Team	\$185	\$220
— Fitness Swim	\$185	\$220
— Blue I	\$220	\$260
— Blue II/High School Prep	\$240	\$275

<u>*Competitive Groups</u>	*SMAC Members:	*Non Members:
— Bronze	\$220	\$260
— Silver	\$240	\$275
— Silver Advanced	\$290	\$345
— Gold	\$300	\$360

<u>Water Polo Groups</u>	SMAC Members:	Non Members:
— Water Polo Beginner	\$205	\$245
— Water Polo Advanced	\$240	\$275

2016 - 2017 Session Dates

(All sessions are 8 weeks in length)

August 29 – October 21

October 24 – December 16

December 27 – February 17

February 20 – April 14

April 17 – June 9

June 12 – August 4

**All swimmers in the competitive groups must join Pacific Swimming. The fee is approximately \$75 per year. You pay this directly to Pacific Swimming.*