



# BULLDOG Swim & Water Polo Club

**2017**



# 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 13 practice times)

##### **Fitness Swimming**

##### **Blue I/Summer Swim Team**

##### **Blue II/Summer Swim Team**

#### Practice Times:

Monday - Friday 3:15 – 4:00pm

Monday – Friday 4:15 – 5:00pm

Tues/Thurs/Fri 5:15 – 6:00pm

Monday – Friday 6:30 – 7:30pm

Monday – Friday 5:00 – 6:00pm

Monday – Friday 4:30 – 6:00pm

#### Competitive Swim Groups:

##### **Bronze**

##### **Silver**

##### **Silver Advanced**

##### **Gold**

#### 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 – 12:30p

#### Water Polo Groups:

##### **Beginner**

##### **Advanced**

#### Practice Times:

Monday – Thursday 6:30 – 7:30pm

Monday – Thursday 6:30 – 8:00pm

## Swim Team Assessments

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 and are available at the following times:

**Monday – Thursday at 3pm, 3:30pm or 6pm**

Contact us at [smac.aquatics@smccd.edu](mailto:smac.aquatics@smccd.edu) or (650) 378-7383 to reserve your spot.

# Bulldog Aquatics Roster 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. Swimmers 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.
- **For a detailed list of requirements for each roster group please refer to our website:**  
[WWW.TEAMUNIFY.COM/PCBSC](http://WWW.TEAMUNIFY.COM/PCBSC) BSC ROSTER GROUPS: SKILLS NEEDED TO JOIN.

### **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 50 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 kick.

### **Fitness Swimming (Ages 10 & Older)**

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 of any stroke.

### **Blue I & Summer Swim Team (Ages 7 - 13)**

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 100 yards freestyle with side breathing and 25 yards of breaststroke, backstroke and butterfly.

### **Blue II & Summer Swim Team (Ages 11 & Older)**

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 200 yards freestyle and 50 yards of breaststroke, backstroke and butterfly.

### **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. 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 200 yards of freestyle and be able to tread water for two minutes with ease.

# Bulldog Swim Club Roster 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. Each swimmer must attend one swim meet per session or they will be asked to move to Blue I or Blue II roster groups.
- Fins, swim cap and goggles are brought to 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.
- 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.
- **For a detailed list of requirements for each roster group please refer to our website:**  
[WWW.TEAMUNIFY.COM/PCBSC](http://WWW.TEAMUNIFY.COM/PCBSC) BSC ROSTER GROUPS: SKILLS NEEDED TO JOIN.

### **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 within USA Swimming Rules and 6 x 25 freestyle kick on :45 seconds with ease.

### **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 fins 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 – 13)**

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 fins 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 per session. 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 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 & Recreational Water Polo Fees



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

## Developmental Groups

	SMAC Members:	Non Members:
— Pre Team	\$185	\$220
— Fitness Swim	\$185	\$220
— Blue I & Summer Swim Team at 5pm	\$220	\$260
— Blue II & Summer Swim Team at 4:30pm	\$240	\$275

## \*Competitive Groups

	*SMAC Members:	*Non Members:
— Bronze	\$220	\$260
— Silver	\$240	\$275
— Silver Advanced	\$290	\$345
— Gold	\$300	\$360

## Water Polo Groups

	SMAC Members:	Non Members:
— Water Polo Beginner	\$205	\$245
— Water Polo Advanced	\$240	\$275

## 2017 Session Dates

*(All sessions are 8 weeks in length)*

February 21 – April 14

April 17 – June 9

June 12 – August 4

August 22 – October 13\*\*

October 16 – December 8\*\*

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

*\*\*Practice times might change beginning August 22<sup>nd</sup>. Final times will be posted by August 1, 2017.*