SAN MATEO
ATHLETIC CLUB
AQUATICS

# Summer 2019

## Swim Team & Water Polo

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 in both swimming and water polo. Our programs are designed to expose kids to friendly competition and the camaraderie of team events. As our programs have grown, so has the need to take the next steps in offering a true year-round, competitive option for our age group swimmers. As well as being committed to continuing to offer a great, summer recreational program.

The summer programs offer an opportunity to start fresh or join into an already existing group. The Summer program is eight (8) weeks long, beginning June 3rd and ending August 2nd.

Swimmers & Polo Players are encouraged to register for the entire summer, however there is an option to register for only one, four week option at a slightly higher rate.

We have practice groups tailored to help any & all swimmers and water polo players 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.
- Water Polo, Blue I, Blue II & Fitness practices are normally held in the Olympic Pool.
- Polo players & swimmers are encouraged to participate in our fun, low-key intra-squad swim meets & polo matches that are offered monthly during the summer.
- Before joining, interested players & swimmers should be evaluated to ensure proper placement. Players & Swimmers are assigned to the proper group after their placement evaluation.
- Swimmers & Players are required to practice with their assigned group until promoted to the next level. Promotions are approved by the Head Coach.

# 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

**Advanced Water Polo (Ages 10-16)** This group is ideal for those current water polo athletes (girls & boys) 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: June 3, 2019 thru August 2, 2019**

**No practices: June 21st, July 4th & July 5th**

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

## Bulldog Water Polo Evaluations

### Drop in schedule

**May 27, 28 & 30, 2019 6pm – 7pm**

### Or, Schedule an individual evaluation throughout the month of May

Please call or stop by the Aquatics Desk to schedule your evaluation.

**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.**

**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 better 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, while looking for a less competitive environment. Stroke technique and endurance work will be accomplished through both fun and challenging sets. This is also a great 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: June 3, 2019 – August 2, 2019**

**No practices: June 21st, July 4th & July 5th**

| | | | |
|---|---|---|---|
| **Pre-Team** | **Monday thru Thursday**<br>***Mondays & Wednesdays***<br>**NO 5:15PM-6:00PM** | **3:45pm-4:30pm OR**<br>**4:30pm-5:15pm OR**<br>**5:15pm-6pm T/TH only** | **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 encouraged.
•All swimmers in competitive groups must be a member of Pacific Swimming. The fee for USA Swimming registration is approximately $75 per year, for a full year and is paid separately. There is also a "summer" registration available with restrictions. Please inquire before paying.
•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 USA swim meets when held. 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

**Competitive Groups Year Round Schedule: September 4, 2018 thru August 2, 2019**

**Competitive Groups Summer Schedule: June 3, 2019 thru August 2, 2019**

**No practices: June 21st, July 4th & July 5th**

| | | | |
|---|---|---|---|
| **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** |

# Bulldog Swim Evaluations

Swimmer & player evaluations are being held throughout the month of May 2019 by appointment only. For an evaluation appointment please contact the Aquatics Desk.

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

# 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.
•A 10% 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. This discount cannot be combined with other discounts.
•An additional 10% discount is available when registering the same swimmer for a swim group AND a water polo group at the same time.
•Registration fees do NOT include required USA Swimming dues.
•Registration includes team T-shirt & swim cap.

## Summer Rates

| Training Group | Member Rates for all 8 weeks June 3 – Aug 2 | Non-Member Rates for al 8 weeks June 3 – Aug 2 | Rates for June 3 – June 28 OR July 1 – Aug 2 Member / Non-Member |
|---|---|---|---|
| Pre Team | $196 | $242 | $108 / $135 |
| Fitness Swimming | $196 | $242 | $108 / $135 |
| Blue I | $230 | $286 | $127 / $158 |
| Blue II | $250 | $310 | $138 / $171 |
| Bronze | $240 | $298 | $132 / $164 |
| Silver | $260 | $324 | $143 / $178 |
| Silver Advances | $304 | $388 | $168 / $213 |
| Gold | $324 | $402 | $178 / $211 |
| Water Polo - Beg | $230 | $286 | $127 / $158 |
| Water Polo - Adv | $250 | $310 | $138 / $171 |

# Bulldog Aquatics Policies

**Payments:** All payments must be made prior to participation. Payments may be made by cash, check or credit card. There are no refunds. We do not pro-rate for missed practices**.**

**Child Supervision:** All children must be under direct adult supervision at all times. Please be on time dropping off and picking up your child for their practice. Coaches are NOT responsible for your child other than when they are participating in dryland or in the water for scheduled practice.

**SMAC Locker Rooms:** Please take advantage of our family changing rooms and restroom located under the scoreboard. The CSM locker rooms are also available for use before and after practices. The SMAC locker rooms are for adult members of the athletic club only. Children & non-members are not permitted in the SMAC locker rooms. No exceptions.

**Deck Changing** is absolutely prohibited. Please do NOT change your child's clothes or remove their swim suits on the pool deck.

**Showers:** Outdoor, warm showers are available near the pool entrance and under the scoreboard. There are also warm showers in the CSM locker rooms. Please limit showering to a few minutes and do not allow your swimmer or player to use the showers for extended periods of time.

**Weather:** We normally do not cancel any swim programs for weather with the exception of electrical storms. On occasion, the wind or rain may be a safety concern and practices could be cancelled for those reasons. Every attempt will be made to give an advance notice of any cancellations.

**Photography:** Unless otherwise specified, in writing by the parent or guardian, San Mateo Athletic Club has permission to photograph your child for future use without compensation.

**Our Location:** Since we are located on a college campus, we share our pools with the College of San Mateo. Our swim programs may be rescheduled due to pool availability.

**Parking:** If you are not a member of the San Mateo Athletic Club you will be given one parking pass per swimmer for the summer session that they are registered for. All summer parking passes will expire on August 4, 2019, unless otherwise marked.

**Scheduling:** To schedule your individual assessment, please contact the Aquatics Desk.

**Safety:** Your child's safety is very important to us. No one is allowed in the pool without a coach present. Children can not enter the pool before practice or stay after their scheduled practice time ends. When practice is over, the swimmers or players must exit the pool. Once practice is over, your child becomes your responsibility. Please ensure that they are aware of your location and/or where to meet you for pick up.

**Coaches:** The Bulldog Aquatics leadership makes every effort to place coaches with groups that will be with that group throughout the summer. However, there is no guarantee that the group will have the same coach. Sometimes it becomes necessary to change your swimmer's or player's coach mid season. A coaching change is not cause for a refund if a swimmer/player leaves the program.

**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** | **SMAC Member** | **Non-Member** |
|---|---|---|
| All 8 weeks | ❑ $196 | ❑ $242 |
| June OR July (circle one) | ❑ $108 | ❑ $135 |
| **Fitness Swimming** | **SMAC Member** | **Non-Member** |
| All 8 weeks | ❑ $196 | ❑ $242 |
| June OR July (circle one) | ❑ $108 | ❑ $135 |
| **Blue I** | **SMAC Member** | **Non-Member** |
| All 8 weeks | ❑ $230 | ❑ $286 |
| June OR July (circle one) | ❑ $127 | ❑ $158 |
| **Blue II** | **SMAC Member** | **Non-Member** |
| All 8 weeks | ❑ $250 | ❑ $310 |
| June OR July (circle one) | ❑ $138 | ❑ $171 |
| **Bronze** | **SMAC Member** | **Non-Member** |
| All 8 weeks | ❑ $240 | ❑ $298 |
| June OR July (circle one) | ❑ $132 | ❑ $164 |
| **Silver** | **SMAC Member** | **Non-Member** |
| All 8 weeks | ❑ $260 | ❑ $324 |
| June OR July (circle one) | ❑ $143 | ❑ $178 |
| **Silver Advanced** | **SMAC Member** | **Non-Member** |
| All 8 weeks | ❑ $304 | ❑ $388 |
| June OR July (circle one) | ❑ $168 | ❑ $213 |
| **Gold** | **SMAC Member** | **Non-Member** |
| All 8 weeks | ❑ $324 | ❑ $402 |
| June OR July (circle one) | ❑ $178 | ❑ $211 |
| **Water Polo – Beginner** | **SMAC Member** | **Non-Member** |
| All 8 weeks | ❑ $230 | ❑ $286 |
| June OR July (circle one) | ❑ $127 | ❑ $158 |
| **Water Polo – Advanced** | **SMAC Member** | **Non-Member** |
| All 8 weeks | ❑ $250 | ❑ $310 |
| June OR July (circle one) | ❑ $138 | ❑ $171 |

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, it's 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. .

_____

_____