



COLLEGE OF SAN MATEO
ATHLETIC CENTER

Your community connection to education and fitness.



**BULLDOG
SWIMCLUB**

**SWIM TEAM
INFORMATION & WELCOME PACKET**

College of San Mateo, Building 5
1700 W. Hillsdale Blvd
San Mateo, California 94402

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Head Coach Igor Marchenko marchenkoi@smccd.edu

DEVELOPMENTAL SWIM GROUPS

These are our preparatory classes, consisting Blue 2, and SwimFit. The intention of this series of classes is to prepare students for participation on a swim team and to develop in students a love for swimming that will last a lifetime.

BLUE 2

Prerequisites: Completion of Blue 1 OR

- Somersault - smooth motion, knees tucked tight
- Underwater streamline glide, from the ready position
- 50yd freestyle with side breathing from a correct seated dive
- 50yd backstroke from underwater streamline push-off
- 25yd breaststroke from a seated dive
- 25yd butterfly from a seated dive
- All strokes must be competition-ready, according to USA Swimming rules, for the entire 25 yards. An underwater streamline must follow the seated dive.

Focal points: Students will practice in the big pool. Instructors of this group will focus on preparing students for participation on the swim team by teaching the racing dive progression, the basics of flip turns and open turns, circle swimming, and how to use the pace clock for interval training. Instructors will also introduce conditioning to strengthen students' legs and core, and will teach the Individual Medley.

Equipment: Fins, kick board

SWIMFIT

Prerequisites: Successful completion of the following tryout set, and graduate of Blue 1/2, age 10-17

Endurance: 200 continuous freestyle with side breathing, no breaks, and streamline push off every wall

Strokes: 100 IM... 100% LEGAL strokes and turns

Kick: 4 x 25 streamline flutter kick @ 1:00... on front or back, can't break streamline arms!

Skills: Freestyle flip turn, and racing dive from the side of the pool

The goal of this group is to cultivate a love and appreciation for swimming while increasing endurance, health and general physical fitness levels. This is the ideal place to develop great training habits for life or to prepare for upcoming high school swim or water polo seasons. Stroke technique and endurance work will be accomplished through both fun and challenging sets.

This level will refine stroke mechanics for all four of the competitive swim strokes. Endurance will be a key focus of this class and students will also be taught about the competitive world of swimming including competitive starts, turns, and specific stroke techniques.

Equipment: Fins, kick board

COMPETITION GROUPS

These are our competitive swim groups, consisting of Bronze, Silver, Silver Advanced, and Gold training groups. Participation requires an annual USA Swimming membership, which will be paid separately. Details provided later in the packet.

BRONZE

Prerequisites:	Successful completion of the following tryout set.
Endurance:	200 continuous freestyle with side breathing, no breaks, and streamline push off every wall
Strokes:	100 IM... 100% LEGAL strokes and turns
Kick:	4 x 25 streamline flutter kick @ 1:00... on front or back, can't break streamline arms!
Skills:	Freestyle flip turn, and racing dive from the side of the pool

Focal points: Coaches will rely on drill exercises to refine athletes' strokes and will provide feedback during practice. Coaches will introduce the underwater dolphin kick and breaststroke pulldown, and will teach athletes how to dive from the blocks. Athletes will use interval training to build endurance in all four strokes. Flipturns will be used for freestyle and backstroke unless otherwise noted. The aim is for athletes to be able to compete in a 50-yard race in each stroke while being able to maintain correct (legal) form. Athletes will be expected to compete in all Intrasquad Meets and at least 1 USA Swimming meet every 3 months.

Equipment: Fins, kick board

SILVER

Prerequisites:	Successful completion of the following tryout set.
Endurance:	8 x 50 FR @ 1:00... holding :50 or faster... flipturns on all 50's
Strokes:	100 IM (legal!) from a racing dive... finish in 1:45 or faster
Kick:	8 x 25 streamline flutter kick @ :40... on front or back, can't break streamline arms!
Skills:	Underwater dolphin kick in streamline off the walls, pulldown for breaststroke

Focal points: Coaches will rely on drill exercises to refine athletes' strokes and will provide feedback during practice. Coaches will introduce the concepts of "distance per stroke", "reducing drag," and breathing patterns to improve athletes' efficiency. Athletes will use interval training and will swim more laps per practice than Bronze, to build endurance in all four strokes. Flipturns, underwater dolphin kick, and pulldowns will always be used unless otherwise specified by the coaches. The aim is for athletes to be able to compete in a 100-yard race in each stroke, 200-yard freestyle and 200 IM, while being able to maintain correct (legal) form. Athletes will be expected to compete in all Intrasquad Meets and at least 1 USA Swimming meet every 3 months. Athletes will begin tracking their best times from practice and swim meets to follow their progress.

Equipment: Fins, kick board, snorkel

SILVER ADVANCED

Prerequisites:	Successful completion of the following tryout set.
Endurance:	8 x 100 FR @ 1:40... holding 1:30 or faster
Strokes:	4 x 100 IM @ 1:50... holding faster than 1:40
Kick:	6 x 50 streamline flutter kick @ 1:10...holding faster than 1:00
Dive:	Race Dive from block

Focal points: Coaches will dedicate one practice per week to teaching drills and providing feedback on stroke technique. Athletes will take responsibility for using drills and applying coaches' advice to improve their strokes. The aim is for athletes to be able to compete in a 200-yard race in each stroke, 500-yard freestyle and 400 IM, while being able to maintain correct (legal) form. Athletes will be expected to compete in all Intrasquad Meets and 1 USA Swimming meet every month. Athletes will track their pace from practice, track their best times from swim meets, and set goals for the season.

Equipment: Fins, kick board, snorkel, pull buoy, paddles

GOLD

Prerequisites:	Successful completion of the following tryout set.
Endurance:	16 x 100 FR @ 1:30... holding faster than 1:20
Strokes:	8 x 100 IM @ 1:40... holding faster than 1:30
Kick:	8 x 50 streamline flutter kick @ :55

Focal points: Coaches will provide stroke technique feedback on a case by case basis and introduce advanced drills to improve swimmers' propulsion. Athletes are responsible for applying drills and advice, and asking for feedback on stroke technique. Coaches will lead dryland exercises and utilize resistance training equipment during dryland and pool workouts. Athletes will track their pace from practice, track their best times from swim meets, and set goals for the season.

Equipment: Fins, kick board, snorkel, pull buoy, paddles

SCHEDULE AND PRICING

Developmental Groups

Blue 2: 4:00-4:45pm

SwimFit: 6:00-7:00pm

Competition Groups

Bronze: 5:15-6:05pm or 6:30-7:00pm

Silver: 3:45-5:15pm or 6:10-7:00pm

Silver Advanced: 3:45-5:30pm

Gold: 5:00-7:00pm

BLUE 2 Practices offered Mon – Fri	\$120	\$150
SWIMFIT Practices offered Mon – Fri	\$120	\$150

BULLDOG SWIM CLUB	MEMBER PRICE	NON-MEM. PRICE
BRONZE Practices offered Mon – Fri	\$125	\$155
SILVER Practices offered Mon – Fri	\$135	\$165
SILVER ADV. Practices offered Mon – Fri	\$155	\$185
GOLD Practices offered Mon - Fri	\$175	\$205

USA SWIMMING REGISTRATION: If you are participating in groups Bronze, Silver, Silver Advanced, or Gold, then it is your responsibility to register your swimmer with USA Swimming for this calendar year. It is a requirement for these groups that your swimmer is competing in swim meets, so they must be registered. Please go to <https://omr.usaswimming.org/omr/welcome/2B5C846D538242> sign in, and follow directions.' You will want to register yourself first and then add your athlete to your membership. You will need to cover the \$84 membership fee. You are going to want to do this as soon as your child is on the team. If you have questions, please direct them to our Assistant Coach, Sam Chuang at Chuangs@smccd.edu

POLICY AND PROCEDURES

COVID-19:

Masks are strongly recommended, but not required.

Before coming to campus, ask whether your child has experienced any of the above in the past 14 days. If you answer Yes to any of the above, we ask that you do not attend practice, and follow up with your health care provider instead.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Tested Positive for COVID-19
- Had close contact with someone who Tested Positive for COVID-19

If you or your swimmer have tested positive for COVID-19 or have been exposed to someone with COVID-19 symptoms (either confirmed or suspected), and/or experience any of the COVID-19 symptoms listed above, THEN please notify the Head Coach, Igor Marchenko marchenkoi@smccd.edu as well as your swimmers coach.

If a swimmer contracts COVID-19 we ask that they stay home and quarantine for 5 full days or no symptoms before returning back to swim practice. You can reach out to Igor Marchenko marchenkoi@smccd.edu for more information.

BULLYING:

Generally, bullying is the use of aggression, whether intentional or not, which hurts another person. Bullying results in pain and distress.

Bullying is the severe or repeated use, regardless of when or where it may occur, by one or more swim members of an oral, written, electronic or technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member or Participating Non-Member that to a reasonably objective person has the effect of causing physical or emotional harm to the other member or damage to the other member's property;

- Placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property;

- Creating a hostile environment for the other member at any Bulldogs activity;
- Infringing on the rights of the other member at any Bulldogs activity; or
- Materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).

ATTIRE: We advise that swimmers wear a form fitting swimsuit that is comfortable and suitable for swimming. Form fitting suits will assist with swim performance. Accessories such as goggles and swim caps are not required but can be used to aid in the swimming experience.

LOCKER ROOM USE: **Locker rooms are NOT available for swim class use. This includes parents who are non-members of CSM-AC, but especially children. There will be no locker room access at all for our BSS children.**

There are changing cabanas on the pool deck and changing stalls in the family changing room, which is accessible from the pool deck. Deck showers are available only for rinsing (no soaps/shampoo will be allowed. You will be asked to stop if brought out). **Please make arrangements to fully shower at home, as this option won't be available for Bulldogs Swim School participants.**

EQUIPMENT: Swim equipment is different for each group, please reference your swimmers group for a specific list of swim equipment.

AIR QUALITY: If the AQI for San Mateo, California is 100 or higher, you have the discretion to not attend practice. If the AQI is 150 or higher, the facility will close entirely. College of San Mateo management will follow local news and airnow.gov closely during the event that there are threats of fires or bad quality air and use discretion regarding practice on a day to day basis. You will receive an email or a direct communication from Nina Pineda or one of the coaches if practice is canceled.

PARENT INVOLVEMENT: We ask that parents please treat this as a drop off practice. We ask that parents do not stay to watch practices*. Please do not approach the coach during practice to ask about your child. If you have questions regarding logistics, practice schedule, or anything else, please email Igor Marchenko marchenkoi@smccd.edu

Parents are required to volunteer 10 hours per calendar year, every year that their child is on the team. We will reach out to you to let you know when opportunities we have for volunteering. If you do not meet your volunteering hours, you will be charged \$50 per hour you do not complete. If you are an active USA Swimming official then you are exempt from completing the 10 volunteer hours.

*In the event that you have an extenuating circumstance where your swimmer requires your presence on deck due to medical or personal reasons, we are more than happy to make arrangements to have you on deck. Please do not hesitate to reach out to Nina directly on this. We want to make sure that our swimmers feel happy and supported during practice.

MAKEUPS/REFUNDS/PRORATING/FREEZES: *Makeups* for Blue 2 - Gold are allowed.

Refunds for missed practices will not be allowed for any reason. *Refunds* for used/swim months will not be refunded for any reason. Any other reasons for refunds will be at the discretion of the AOM.

We will *prorate* your first month's dues if you start after the first of the month. We do not prorate for vacations, or missed practices after the first month.

We can freeze your account starting on the first of any month. Please email bulldogs.ss@smccd.edu by the **20th of the month** in order to get your account frozen for the upcoming month (ex. Email by Dec 20 for Jan 1 freeze). We cannot freeze mid-month. In order to freeze we will need:

- Written email request
- A set return date
 - What if I want to freeze indefinitely? An **indefinite freeze** would qualify as a **cancellation**. Please state that in the email.

*If your *freeze* is for 3 months, your swimmer will be asked to have a swim assessment upon returning to practice.

CANCELLATIONS: Please email our Bulldogs email, bulldogs.ss@smccd.edu and our Assistant Head Swim Coach, Jason Wright, at Wrightj@smccd.edu by the 20th of the previous month in order to cancel your swim team membership. (ex. Email by Dec 20 for Jan 1 freeze). We cannot cancel mid-month.

FREEZES AND CANCELLATION NOTES:

- **Freeze maximum is 3 months long. If you wish to continue your leave, you are responsible to reach out to us for cancellation. Your spot will automatically reinstate after that 3 month freeze. Outreach will be done to remind you that your freeze is over, however, if the families miss this date and do not return, refunds will not be granted.**
- **If your cancellation or freeze request is submitted past the 20th, you are eligible to receive a partial refund. No exceptions.**
- **You will always receive a confirmation for your freeze or cancellation. If you haven't it means you are not frozen or canceled!**

TRYOUTS: Interested in doing a tryout? Wonderful! We can't wait to have you. We are holding tryouts for groups Blue 2 - Gold Thursdays and Fridays from 3:00 - 4:00pm. The head coach and assistant head coach will administer the try outs. They will notify you of the time of try out if you passed the try out. Please complete the try out form and email to Igor Marchenko at marchenkoi@smccd.edu! Head Coach Igor, will then be able to give you more instructions following the form. Please make sure to fully read this packet prior to the tryout as it has a lot of our FAQ inside. Make sure to send a scanned or well photoed copy of the below form to Igor at marchenkoi@smccd.edu at least 72 hours prior to your tryout. If the form is sent 24 hours or less, there is no guarantee that there will be a try out that week.

Try out form is Blue 2 and higher only.



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BULLDOG TRY OUT FORM

Participant: _____ **Parent:** _____

Primary Email: _____ **Phone:** _____

Tryout Day/Time: _____ 3:00p_3:15p_3:30p_3:45p **Tryout Group:** _____

Injury or illness? _____

Please read and sign the release below.

I, _____, on behalf of myself and my child, _____, have voluntarily requested to participate in a try out for Bulldogs Swimming Club offered by the College of San Mateo Athletic Center. 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, Bulldogs Swim club, College of San Mateo Athletic Center, 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 Bulldogs Swim club.

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: ___/___/_____

Name of Participant: _____ D.O.B: ___/___/_____

Name of Parent: _____

Parent's Signature: _____

Please send a scanned or well photoed copy of this form to Head coach Igor Marchenko at marchenkoi@smccd.edu at least 72 hours before your try out.

Please note that all try outs at the discretion of the head coach.