



SWIM TEAM

INFORMATION & WELCOME PACKET

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

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NON-COMPETITION SWIM GROUPS

These groups will allow swimmers to gain preparatory knowledge and practice of swimming with our knowledgeable coaches lead by our Olympic Head Coach Igor, without having to participate in swim meets. They may attend a minimum of 2 practices a week without penalty. All groups require a tryout. **All groups, including non competitive groups, require proficiency in a side breath and all four swim strokes.**

BLUE 2

Prerequisites: Completion of Blue 1 OR

- Bilateral side breath
- Somersault - smooth motion, knees tucked tight
- Underwater streamline glide with elbows locked, from the ready position
- 50yd freestyle with side breathing from a correct seated dive
- 50yd backstroke from underwater streamline push-off
- 25yd breaststroke kick
- 25yd butterfly with correct timing from a streamline push-off
- All strokes must be competition-ready, except breaststroke, 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. Coaches 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. Coaches will also introduce conditioning to strengthen students' legs and core, and will teach the Individual Medley.

Equipment: Fins, kick board

JV - 12 and Younger

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, including a bilateral side breath

- 25 butterfly
- 25 backstroke
- 25 breaststroke
- 25 freestyle

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: 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 for the younger kids ages 12 & under for development of great training habits and conditioning for cross fit training. It is also for those who are not quite committed to the rigors and dedication of full time competitive swimming. Stroke technique and endurance work will be accomplished through both fun and challenging sets. Practices will be held in the Olympic pool.

Equipment: Fins, kick board

VARSIITY - 13 & Older

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, including a bilateral side breath <ul style="list-style-type: none"> ● 25 butterfly ● 25 backstroke ● 25 breaststroke ● 25 freestyle
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

USA Swim meets encouraged but not required.

Focal points: The focus of this group is for the older and more physically developed swimmer. This group is reserved for those ages 12 and up. Swim sets will include resistance, and hypoxic training more appropriate for the more physically developed swimmers. Varsity is also for the seasonal swimmer and other types of athletes who sometimes compete in USA swim meets, and/or on their school swim or water polo teams. The workouts will also key in on conditioning, proper training habits, and continued stroke and technique work. Swim sets will incorporate swimming gear such as snorkel, fins and paddles, to increase power and strength. Practices will be held in the Olympic pool.

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. All individuals within these groups MUST attend swim meets. One swim meet a month at minimum is mandatory.

Requirements for all competitive groups:

- USA Swimming registration
- Practice attendance requirements
- USA swim meets required - at least once a month
- Intrasquad meet participation
- Coach approval

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 including a bilateral side breath
- 25 butterfly
 - 25 backstroke
 - 25 breaststroke
 - 25 freestyle
- Kick:** 4 x 25 streamline flutter kick @ :45... 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

Attendance Requirement: No less than 2 practices a week.

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 1:40 or faster
- 25 butterfly
 - 25 backstroke
 - 25 breaststroke
 - 25 freestyle
- 25 yd of each stroke, legally
- Kick:** 8 x 25 streamline flutter kick @ :30... on front or back, can't break streamline arms!
- Skills:** Underwater dolphin kick in streamline off the walls, pulldown for breaststroke, correct and legal turns for all four strokes

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, pull buoy, and paddles.

Attendance Requirement: At least 3 practices a week.

SILVER ADVANCED

Prerequisites: Successful completion of the following tryout set.
Endurance: 8 x 100 FR @ 1:30
Strokes: 4 x 100 IM @ 1:40
Kick: 6 x 50 streamline flutter kick @ :50
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, and bands.

GOLD

Prerequisites: Successful completion of the following tryout set.
Endurance: 16 x 100 FR @ 1:20
Strokes: 8 x 100 IM @ 1:30
Kick: 8 x 50 streamline flutter kick @ :45

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, and bands.

Attendance Requirement: At least 4 practices a week.

SCHEDULE AND PRICING

Non-Competition Groups

Monday - Friday

Blue 2: 4:00pm - 4:45pm

JV: 5:15pm - 6:00pm

Varsity: 6:00pm - 7:00pm

Competition Groups

Monday - Friday, unless otherwise noted

Bronze: 4:45pm - 5:45pm

Optional: T/Thu/Fri 6:00am - 7:00am

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

Optional: T/Thu/Fri 6:00am - 7:00am, Sat 10:00am - 12:00pm

Silver Advanced: 3:45pm-5:30pm

Optional: T/Thu/Fri 6:00am - 7:00am, Sat 10:00am - 12:00pm

Gold: 5:00pm - 7:00pm

Optional: Tuesday, Thursday, Friday 6:00am - 7:00am & Saturday 10:00am - 12:00pm



Rate Sheet

rev. 03/27/23

Non-Competitive Group	Member	Non-Member	Student/Faculty
Blue 2	120	150	90
JV	125	155	95
Varsity	135	165	105

Competition Group	Member Price	Non-Member Price	Student/Faculty
Bronze	125	155	95
Silver	135	165	105
Silver Advanced	155	185	125
Gold	175	205	145

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/9BE14BB68DC7D5> 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, Jason Wright at wrightj@smccd.edu

Please note: New registration for any of these groups will include a \$100 registration fee. This will include those from Swim School joining Swim Team.

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 aqua desk at BSC@smccd.edu & they will inform your 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.

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 team 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 BSC 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 Club 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 BSC@smccd.edu to schedule a meeting with your coach.

REFUNDS

Refunds for missed classes 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.

FREEZES

We get it, life gets busy and you might need a break from the swim team. We offer freezes to your account in which you can freeze your billing cycle. Please keep in mind, there are limitations to our freezes:

- It must start the 1st and end the 30th/31st, we cannot start or end the freeze mid-month.
- It must be in increments of one month, we cannot freeze for any less than a month
- At maximum you can freeze for 3 months. If you plan to be gone longer and wish to **freeze indefinitely**, you would qualify for a **cancellation**. If you need to extend your freeze longer than 3 months, please email BSC@smccd.edu and request for a freeze extension.

In order to freeze your account, please email BSC@smccd.edu and CC Assistant Coach Jason Wright wrightj@smccd.edu by the **20th of the month** for the upcoming month (ex. Email by Dec 20 for Jan 1 freeze). You can always email us early to freeze if you know your schedule in advance. In order to freeze we will need:

- Written email request
- A set return date

If your freeze request is submitted past the 20th, within the same month, you are eligible to receive a partial refund credit. No exceptions.

We will always send email confirmation of your freeze. If you have not received one, your account has not been frozen.

Your billing cycle will automatically resume on your set return date. If you wish to continue your leave, you are responsible to communicate a cancellation. We will not be refunding any forgotten cancellation requests.

CANCELLATIONS

We require a 3-month commitment from all swimmers. This commitment ensures financial responsibility for a minimum of three months of membership. Following this period, your membership will be effective on a monthly basis, with cancellation requiring written notice. In the event of early termination before the completion of the 3-month period, a \$50 charge will be applied to break the contract.

In order to cancel your account, please email BSC@smccd.edu and CC Assistant Coach Jason Wright wrightj@smccd.edu by the **20th of the month** for the upcoming month (ex. Email by Dec 20 for Jan 1 freeze). In order to cancel we will need:

- Written email request
- Effective Date

If your cancellation request is submitted past the 20th, within the same month, you are eligible to receive a partial refund credit. No exceptions.

We will always send email confirmation of your cancellation. If you have not received one, your account has not been canceled.

TRYOUTS: Interested in doing a tryout? Wonderful! We can't wait to have you.

Please use the following link: <https://calendly.com/swim-assessments/bsc-tryout> to schedule a tryout. Within the link should have any instructions that you could potentially need. If there is additional information you'd like to know, feel free to email the Aquatics Front Desk at: BSC@smccd.edu Otherwise, we look forward to seeing you!