

Mission Statement and History

Mission Statement: To teach and develop athletes to reach their fullest potential in competitive swimming.

In our swim team, we prioritize instilling core values such as **discipline, integrity, community,** and **sportsmanship**. We believe that success in the pool is not solely defined by winning; rather, it encompasses personal growth and resilience that extend into every facet of life.

As a close-knit family, parental support is crucial to our collective success. Our coaching staff deeply appreciates parental involvement during swim meets, fundraising efforts, adherence to US Safe Sport standards, and participation in team events. Together, we foster an environment of collaboration and commitment.

While only one athlete may be recognized as the top swimmer, we emphasize that true success lies in the journey, not merely the destination. We encourage all our athletes to embrace the process and to value each step they take toward their goals.

Together, we will cultivate a supportive atmosphere that nurtures our swimmers on their pathway to excellence.

History

1960: Nort Thornton, who later became the head coach at UC Berkeley, started the Foothill Aquatic Club. It later produced swimmers who won a string of major championships and, by the 1970s, the club boasted four Olympians.

1974: The merchants of Los Altos co-sponsored the growing club, which was renamed Los Altos Aquatic Club. The club trained at Covington Pool, and by 1979 LAAC swimmers ranked in the nation's top 20.

1984: Under the leadership of Head Coach Kevin Perry, the team moved to the pool at Foothill College.

1990: LAAC expanded to serve the community of Mountain View through its Eagle Park pool and became known as Los Altos Mountain View Aquatic Club (LAMVAC).

1998: Jose Bonpua III became the head coach and in 2000 started the Masters program.

Mission Statement and History

LAMVAC National and Olympic Trial Swimmers

George Watson - 1968 Nationals & Olympic Trials

Rick Skarbo - 1968 Nationals & Olympic Trials

Greg Hind - 1980, 1984 National & Olympic Water Polo Team

Gary Shearer - 1980, 1984 National & Olympic Water Polo Team, Team Captain

Bob Jackson - 1976 Nationals & Olympic Team

Ricky Gould - 1984, 88 Nationals & Olympic Trials

Catherine Capriles - 1984 Nationals & Olympic Trials

Ryan Hanni – 2009 US Open & 2010 Nationals

Heidi George – 2009 10K US Nationals and 10K World Championships

Cole Davis – 2010 US Open & 2011 Nationals

Dar Lavrenko – 2024 and 2025 Nationals

Team Structure

LAMVAC Group Training Placement

The placement of swimmers into different training levels is based on a comprehensive evaluation, which goes beyond just swimming performance. Our coaches consider a swimmer's technique, emotional maturity, and commitment to training as essential factors in the placement process. Parents must recognize that group placement is designed to ensure that each athlete is placed in the appropriate training environment for their continued growth and development. Athletic progression begins with foundational skills; it does not start at the top. By instilling the values of hard work and resilience in our young swimmers, we equip them to navigate challenges and setbacks, setting them on a path toward success, while also cultivating a genuine enjoyment for the journey of improvement.

Training Groups and Progression

Tadpole Pre-competitive group

Is the team's pre-competitive training group designed to prepare swimmers ages 5 **and up** for competitive swimming. The goal is to teach swimmers the foundations of stroke technique of all competitive strokes: Freestyle, Backstroke, Breaststroke and Butterfly. Diving safely into a pool is also introduced.

Prerequisites: Swimmer must be able to enter the water independently, float on back, and do basic freestyle.

Training sessions: Tadpole training sessions are held throughout the swim season. Training per week is 45-minute session 3x per week. During peak season September to December and April to August there might be a separate group that will train 1-hour sessions 2x per week.

Competitive Team Level – Age Group

Piranha Training Group

The first level competitive group. Proficiency on all competitive strokes, flip turn, open turns and knowing how to dive safely is the focus. Endurance training is slowly introduced; how to read and use the pace clock for interval training. Swimmers should be able to perform the 200yd freestyle and 200yd back stroke proficiently, 50 yd breaststroke and 50yd butterfly. The group comprise mainly swimmers in different age groups up to 13 years of age. Participating in swim meets is strongly encouraged to gauge the swimmer's stroke technique, strength and durance. Older swimmers that need more conditioning and stroke development might be included with the group at the coach's discretion.

Practice Sessions: 45-minute sessions 5 days per week.

Tiger Shark Training Group

The Tiger Shark group is the next competitive level swimmer progressing from Piranha training group. Swimmers must have competition times in all strokes on distances up to 500yd free or compete in such events within six months in the group. 75% attendance rate is also required. Proficient in reading the pace clock during interval training.

Practice: Tiger Shark practices are available Monday through Friday for 75 minutes and 2 hour session most Saturdays.

Junior Training Group

This is the next progression from the Tiger Shark training group.

Prerequisites: Swimmers must be at least 12 years old and ready to train for 2 hour practice sessions. Juniors training group swimmers must be proficient in all strokes, starts, and able to compete events longer than

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100yards/meters. Swimmers in this group should attend scheduled meets at least. The goal is to achieve USA Swimming's AA time standard on at least 2 events.

Practice: Junior practices are available Monday through Friday and Saturdays for 2 hours. Swimmers must attend at least 80% of all practice sessions per week.

Senior Training Group

The highest-level training group

Prerequisites: Swimmers must be at least 12 years old and ready to train 2 hour per practice session. There are a 9 practice sessions per week. The senior group are athletes committed to train at high intensities and duration. Must have, excellent time management balancing academics, family and friends social and training times. The goal to compete at National level and Olympic trial levels.

Training Facilities



Foothill College Pool – 50 meter/25 yard (currently under reconstruction)

12345 El Monte Road, Los Altos Hills, CA 94022

Please don't forget to buy a parking ticket and put it on your dashboard. Guest parking permits are available at a discount through the [De Anza College Website](#).



Eagle Park Pool – 25 meter/25 yard

650 Franklin St., Mountain View, CA 94041

Free parking in small lot, and along city streets



Rengstorff Park Pool – 25 meter/25 yard

201 S. Rengstorff Ave., Mountain View, CA 94041

Free parking in small lot, and along city streets

All pools are heated approximately 79 degrees to 80

Practice Information

Weather or Environmental Conditions - Practice is held in any weather unless a threat of thunder or lightning or earthquake is present. In such conditions swimmers will be cleared from the pool until it is conditions abate. If conditions do not seem to improve, practice will be cancelled.

Schedule Changes - Practice schedules are subject to change due to swim meets, holidays, pool closures, etc. To keep up to date on the most current information, please check your email and LAMVAC News, as the team calendar may not have the latest updates. All Members will be notified as soon as schedule change is known.

Communication

Communication is a very important component in a team and there are several ways:

Weekly Update / Group Calendars

A weekly update will be posted on the team website by Sunday evening each week. The weekly update includes the practice / meet schedule for each week and pertinent information about upcoming team events. Families are responsible for checking the update each week. Parents and swimmers are also encouraged to subscribe to their group's google calendar.

Email

The coaching staff will use email to communicate with the team and with specific groups. Families will typically receive at least 1 email per week. Please notify the coaching staff if you are not receiving emails. Please ensure that email addresses are up to date in TeamUnify.

Team Website News

Our team website, LAMVAC.org, is a resource for team families and includes the weekly update, practice / meet schedules and resources for families. Our LAMVAC Team-Only Page is a password protected section that includes individual and team performance tracking, team photos, and parent volunteering information.

Whats App Chat messaging

Please contact the coach to join the chat group.

Parent / Swimmer Meetings

Informational meetings for swimmers and parents are held at the beginning of the year. All families must attend.

Parent Education

Parent education is an important element of team development. Parents' response to setbacks, challenges or successes has a big impact on swimmer mindset and resilience. A parent education page can be found on the team website. The coaching staff sends out recommended readings and videos throughout the year.

Swimmer / Family

Swimmers and families are expected to communicate clearly and as needed with the coaching staff. Whenever possible, swimmers are encouraged to communicate directly with their coach. Brief questions can be answered before and after practice. If you wish to discuss something in detail, please schedule a meeting.

The Pool Deck

The pool area is for coaches and swimmers. Please do not approach the coaching staff at any time during practice, unless there is an emergency. If you wish to discuss something in detail, please schedule a meeting

Guide for LAMVAC Swimmers Entering Meets

Overview

As swimmers develop their skills and endurance, they are encouraged to participate in meets. LAMVAC (club code LAMV) is affiliated with USA Swimming and belongs to the Pacific Swimming Local Swim Committee (PC). This club is part of Zone 1 North (Z1N), which includes numerous meets each month.

Steps to Enter a Meet

1. **Coach Communication**

- Coaches will notify swimmers when they are ready to compete. If uncertain, parents should consult the coach.

2. **Meet Information**

- Coaches will announce upcoming meets via email or via group text. Parents, along with swimmers, indicate their preferred meets by entering their commitments on teams website.

3. **Event Selection**

- The coach selects the most appropriate events for each swimmer based on their readiness and potential. Early confirmation of participation helps to secure spots in these meets.

4. **Payment**

- Meet entry fess will be posted to swimmers account. Payment is required regardless of attendance.

Intra-squad Meets

- LAMVAC organizes intra-squad meets, known as Red and Black meets, once or twice a year. These friendly competitions last about two hours and foster a low-pressure environment for swimmers and parents. Participation incurs a minimal fee.

Preparing for the First Meet

- **Parent Support:** It's helpful to connect with an experienced parent whose child can guide your swimmer.

What to Bring

• **Essential Items:**

- Multiple towels (one for each event and one for warm-ups)
- Team suit (recommended) and team cap (mandatory)
- Sunscreen
- Team parka (recommended for outdoor meets)
- Warm clothing for breaks between events
- Snacks and hydration

Swim Meet Participation

- Activities for downtime (e.g., studying, relaxing, stretching)
- Folding chairs

Arrival

- Arrive by the time stated by the coach. Familiarize yourself with the facility layout upon arrival.

Check-In Process

- **First Step:** Swimmers must check in upon arrival, circling their events and initialing beside their names. This must be done at least 30 minutes prior to the start of the events.

Warming Up

- After checking in, swimmers should participate in warm-ups to prepare physically and mentally.

Heat and Lane Assignments

- Heat and lane assignments are posted approximately 20 minutes before an event. Swimmers should write this information down and inform their coach.

Scratches

- Keep track of the event schedule, as missing an event may lead to automatic scratching from subsequent events. If unable to officially scratch, the swimmer may simply not compete in the assigned heat without penalty.

Race Day

- Swimmers should be ready at their lanes with goggles and caps on well before the scheduled event. Parents should observe from designated areas to minimize congestion behind the blocks.

Post-Race Protocol

- After each race, swimmers should debrief with their coach. Parents should focus on encouragement and recording official times rather than critique.

Disqualification

- Disqualifications are learning opportunities. The coach will explain any errors to help the swimmer improve.

Results

- Results are posted at the event, and any awards will be distributed during the next practice session.

This guide aims to enhance the experience for swimmers and their families participating in meets. With preparation and support, athletes can enjoy competitive swimming while developing their skills!

Membership Fees

Group/Team	Monthly Fees	Annual Membership Fee (per swimmer)	Annual USA Swimming Registration (per swimmer)	Other obligation(s)
Precompetitive:				
Tadpoles	\$196	N/A	\$90	Must volunteer as timer at least 2 points (2 hours) at the meet the child is signed up.
Competitive Training Groups				
Piranhas	\$177	\$235	\$90	25 service hours At least 6.5 points every home meet
Tiger Sharks	\$200	\$235	\$90	25 service hours At least 6.5 points every home meet
Juniors	\$229	\$235	\$90	25 service hours At least 6.5 points every home meet
Seniors	\$270	\$235	\$90	25 service hours At least 6.5 points every home meet
Monthly Suspension Fee	n/a	\$35	n/a	Must notify treasurer before end of the month
High School Program	\$842.00 (3-month program)	n/a	\$90	Must volunteer as timer at least 2 points (2 hours) at the meet the child is signed up.
Summer Only Programs (monthly dues)				
Summer Tadpole	\$336	N/A	\$90	Must volunteer as timer at least 2 points (2 hours) at the meet the child is signed up.
Summer Piranha	\$291	N/A	\$90	Must volunteer as timer at least 2 points (2 hours) at the meet the child is signed up.
Sumer Tiger Shark	\$317	N/A	\$90	Must volunteer as timer at least 2 points (2 hours) at the meet the child is signed up.
Summer Juniors	\$348	N/A	\$90	Must volunteer as timer at least 2 points (2 hours) at the meet the child is signed up.
Summer Seniors	\$393	N/A	\$90	Must volunteer as timer at least 2 points (2 hours) at the meet the child is signed up.

Payments

Credit card payments are accepted through your account on the team website www.lamvac.org. Automatic billing will be billed on the first of each month an amount is due after registration.

Monthly dues cannot be prorated, meaning that families will need to pay the full amount regardless of attendance during that month.

Team level swimmers, upon payment of the membership fee, will receive a team cap and a T-shirt. Any payment not received by the 15th day of the month results in an automatic \$10 late charge. Questions about billing may be directed to coach@lamvac.org.

Leave of absence/suspensions or membership cancellations must be received at least 15 days before end of the month.

Need-based scholarships are available, so please ask our coaching staff or the treasurer for a scholarship application.

All LAMVAC families with swimmers in our team level program have a minimum service hour requirement of **25 points (1 point is equal to 2 hours)** per year with 6.5 hours fulfilled during each home meet and LAMVAC reserves the right to charge \$50 for each service hour not fulfilled. There is no pro-rating of service hours.

Training Gear

All Swimmers

- Goggles
- LAMV Swim caps
- Competitive swim suits or jammers – may be ordered online, see website under resources.

Tadpoles

- Shorty wetsuits – recommended for young Tadpole swimmers during winter months (especially if your child gets cold easily) – may be ordered online.
- Fins are optional – Some extras are available to borrow at the pool.

Team Swimmers

- Team T-shirt – included with membership. Extras may be purchased for \$10.
- Team swim cap – included with membership. Extras may be purchased for \$5
- Fins may be purchased at a sporting goods store or online. Some extras are available to borrow at the pool.

Optional but recommended:

- Team sweatshirt – Orders taken in the fall, watch for team notice.
- Team swim suit – Vender sales in the fall, watch for team notice.
- Team parka – Vender sales in the fall, watch for team notice.
- Pull buoys and swim paddles may be purchased at a sporting goods store or online. Some extras are available to borrow at the pool. See your coach for size recommendations.
- Equipment bags are useful to toting your equipment, and may be found at most sporting goods stores or online.

Fund Raising

LAMVAC is a non-profit organization under IRS Code Section 501(c)(3), tax ID # 94-2676096. One of the most important jobs of the Board is to ensure that responsible financial decisions are made, so that our members have a positive swimming experience. In order to ensure that we meet our budget for the upcoming season and can keep our dues to a minimum, LAMVAC host several fundraising events. Everyone is encourage to support all our fundraising events.

Fund raising events:

Swimathon - Every year our team hosts a swimathon event to raise money via pledges. USA Swimming reports that there are over 500 Swimathons each year, resulting in financial gains, improved team spirit and increased community awareness of the hosting club's program.

Team Sponsorship - We look to local businesses in our community to sponsor us. If your company has a matching program, please consider sponsoring our team. Many companies also offer donations for volunteer hours. Or if you are a business owner, sponsoring us will show your support to the community at the meets we host two times a year. Please contact a board member for more information.

Company Matching - Most employers provide matching funds for donations made by members. Please consult your employer if donation matching is available. Funds matched can't be applied in lieu of service hours obligation.

Fundraiser Family Dinners. The team meets on occasion at restaurants that offer a percentage of the receipts to the team. Flyers are sent to all members. This is a great way to help the team, get dinner, and meet other members.

Hot Cocoa Fund. In November through February, we sell hot drinks to our members during before and after practice.

If you have other ideas for fundraising please see a board member. We appreciate new ideas!

Service Hour Obligations

LAMVAC is a parent-run swim club that relies on **family participation** to keep our program strong and affordable. As such, **service hours are mandatory** for all families during the swim season (September–August).

Required Hours by Group

- **Tadpole:** No hours unless your swimmer participates in a swim meet. If your child is competing at a swim meet, you are encouraged to volunteer timing at the meet for, at least, two hours per day of the meet. If your child is competing in our Home Meet you are expected to volunteer a minimum of **6.5** hours per home meet.
- **Piranhas, Tiger Sharks, Juniors, Seniors: 25 hours** per family per year.
- For multiple swimmers, the higher group's requirement applies.
 - If joining after **March**, 10 hours required.
If joining **June–August for the Summer Program**, no service hour requirement.
 - Parents have to volunteer even if their child is not participating in the meet.

Service Hours (aka Volunteering) Opportunities

All families are required to work no less than **25 hours or 25 points** of service each year. On the average 1 hour is equal to 1 point of service. Regardless of which training group your child belongs, parents are expected to participate. This is a great way to be involved in your child's swimming life and is good swim parent citizenship. We train and support our parents so taking on any job should be a fun experience. Other service opportunities are published via email and website. Please contact the Service Coordinator at volunteer@lamvac.org to apply for specific jobs.

The service hours are divided into three parts: home meets and other events.

I. **Home Meets:**

- a. A mandatory **6.5** hours of service must be done during each the two home meets in March and May. Some positions may carry more weight (such as **Meet Parking Marshalls**), therefore satisfying more hours than others. Failing to fulfill these hours will result in penalty payable immediately. The penalty will not apply as credit towards unfulfilled service hours.
- b. Any service hours not completed will be charged to your account at a rate of **\$50 per hour**.

II. **Year-round Service Hour Opportunities (automatic 25 hours)**

- a. **Bookkeeping and Administration** – Assist the Treasurer, if you enjoy working with numbers and helping with member accounts.
- b. **Publicity** - Are you good with a camera? Know how to do local papers press releases? Savvy with social media? This is for you.
- c. **Webmaster** – Are you good with running a website? The website needs maintenance and a tech savvy person will be able to do this job.
- d. **Board Member** - There are board positions that open up yearly, and are elected at the annual membership meeting in June or July. Openings can vary, but can include: President, Secretary, Treasurer, First Vice-President (Meet Director), Second Vice-President (Membership Campaigns), Service Coordinator (Volunteers), Marketing Director, and Member-at-Large. This requires attending regular meetings every month or two, as well as additional meetings that may be called by the president. See a current board member about opportunities.
- e. **Swim Meet Official** - Parents are strongly encouraged to become Stroke and Turn Officials or Administrative Officer (AO) because the team is required to provide multiple Officials at every meet.
 - i. Officials must work a minimum of 8 sessions per year to cover their 25 credits.

Service Hour Obligations

- ii. Time spent on the certification process counts as volunteer hours. A first-year Official will complete most of that year's volunteer credits through the certification process.

- f. **Special Committee Member.** When the board needs to form special committees, such as the Board Nominating Committee or Budget Committee, members may be contacted to assist.

III. Temporary Service Opportunities

- a. **Timing During Swim meets** – Parents can sign up for service hours when meet announcement is posted. This usually opens within the week of a meet.
- b. **Special Assignments** – An announcement will be posted if a volunteer is needed for a specific project. i.e. maintain the team bulletin board, specific event volunteer, pick up mail, transport tents to and from swim meets.

Volunteering & Tracking Service Hours

Opportunities include:

- Club events (picnics, parties, fundraisers)
- **Home Meets:** *March Madness & Mayhem* (our largest need)

To receive credit:

- **Check in & out** with the Volunteer Coordinator (unrecorded hours will not count)
- Arrive **10 minutes early** for your shift.

No Service Hour Buyouts

Starting this year, during Home Meets, **families may no longer pay to cover unfulfilled hours**. All hours **must be completed**. A minimum of 6.5 volunteer hours per home meet is required for all families. If a family doesn't volunteer during our home swim meet there is a \$50 per hour and up to \$350 penalty per home swim meet. The penalty will not count as service hour credit towards the 25-hour service requirement per swim season. Failure to complete the 25-hour service requirement during the swim season will also result an additional \$50 per hour.

Failure to meet this requirement may result in:

- **Ineligibility to return next season**, or
- **Higher dues** for all families to compensate for lack of volunteers. We encourage every family to plan early and participate. Your support is vital to our swimmers' success and the club's future.