



**BULLDOG
SWIMCLUB**



**SAN MATEO
ATHLETIC CLUB
H₂O POLO**

2019-2020

**Developmental & competitive programs
for all ages & skill levels**

San Mateo Athletic Club
1700 west Hillsdale Blvd. • Bldg. 5 • San Mateo • CA • 94402



**SAN MATEO
ATHLETIC CLUB**
AT
COLLEGE OF SAN MATEO

Bulldog Aquatics

Developmental Swim & Water Polo USA Swimming Club / USA Water Polo

Bulldog Aquatics offers a wide range of programs that include developmental, recreational and competitive options. Our programs are designed to expose kids to friendly competition and the camaraderie of team events. Our programs have grown tremendously, so has the need to continue offering a true year-round, competitive option for our age group swimmers. We are super excited to announce that we are now offering a Senior Age Group for those swimmers advancing to the next level. We will again offer a nine month developmental track that is designed with an emphasis on stroke technique and developing athletes who wish to improve their swimming, but not quite ready for the next level of competition. The 11 month competitive track offers the next level coaching and an emphasis on stroke proficiency, competition skills & improving personal swim times. We have practice groups tailored to help any & all swimmers 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. However, there will be times when practices may be held in the 50M competition pool.
- Blue I & Blue II practices are normally held in the Olympic Pool.
- Swimmers are encouraged to participate in our fun, low-key intra-squad swim meets that are offered every other month. This is a great way to learn about swim meets.
- Before joining, interested swimmers must be evaluated to ensure proper placement.
- Swimmers are assigned to the proper group after their placement evaluation. Swimmers must practice with the group assigned. Promotions up to the next level or into the competitive group are approved by the Head Coach & are normally done once per month.

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. You may only attend one practice per day.

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) Only offered during our Summer Swim Team Season

Blue I (Ages 7 – 12) The goal of this group 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.

Head BSC Coach.

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, 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. This is also a perfect place for those looking to join their high school swim team. Summer Fitness swimmers are encouraged to register for this group.

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: September 3, 2019 thru May 22, 2020

One time, annual registration fee + first months dues + 8 monthly auto-draft payments

No practices November 27 - 29, 2019 and December 23, 2018 thru January 3, 2020

Pre-Team	Monday thru Friday	4pm-4:45pm OR 4:45pm-5:30pm	Instructional Pool
Blue I	Monday thru Friday	3:45pm – 5pm	50 Meter Olympic Pool
Blue II	Monday thru Friday	5pm – 6:15pm	50 Meter Olympic Pool

Please note that Pre -team practices will be relocated to the Olympic pool during anticipated repairs to the instructional pool.

BSC Competitive Groups

- Previous swim team or pre team experience is recommended for these groups.
- We recommend 4 – 5 practices per week. Gold & Senior Groups must attend 5-6 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 required. Each swimmer must attend at minimum, one swim meet every other month or they will be asked to move to Blue I or Blue II roster groups.
- All swimmers in competitive groups must be a member of Pacific Swimming. The fee for USA Swimming registration is approximately \$75 per year and is paid separately.
- 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 normally by invitation and must be 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 in at least one USA swim meet every other month. 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.

Senior Group - By Invitation only The goal of this elite group is to reach the next level swimming. Attendance at swim meets is an expectation. Swimming should be the athlete's top extracurricular activity, second only to school success. Minimum attendance is 80%, with additional prerequisites provided by the BSC Head Coach. Any swimmer who qualified for Far Westerns are automatically invited into this inaugural group of elite swimmers.

BSC Competitive Groups Practice Times

Competitive Groups Schedule: September 3, 2019 thru July, 2020

One time, annual registration fee + first months dues + 10 monthly auto-draft payments

***No practices November 27 - 29, 2019 and December 23, 2018 thru January 3, 2020**

*Bronze	Monday thru Friday	5:15pm – 6:15pm	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
Gold & Senior	Saturday	10:30am-12:30pm	50 Meter - Long Course
Senior Group By invitation only	Monday thru Friday M/W/F	4:15pm - 7pm 5:30am-7am	50 Meter - Long Course 50 Meter - Olympic Pool



Bulldog Aquatics - Water Polo

Beginner 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.

Advanced Water Polo (Ages 10-16) This group is ideal for those current water polo athletes 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 for beginner: Participants must be able to swim 200 yards of freestyle and be able to tread water for two minutes with ease. Some participation in the beginner group is advised to participate in the advanced group.

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

Water Polo Evaluation Dates:

August 20, 22, 28 & 29 from 5:30pm-6:30pm or by appointment.

Water Polo Practice Times

Schedule: September 3, 2019 thru May 22, 2020

One time, annual registration fee + first months dues + 8 monthly auto-draft payments

No practices November 27 - 29, 2019 and December 23, 2018 thru January 3, 2020

Recreational Water Polo	Monday thru Thursday	6:30pm - 7:15pm
Advanced Water Polo	Monday thru Thursday	7pm - 8:15pm

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 practices.

Bulldog Aquatics Swimming & Water Polo Fees

•Any & All discounts offered are only valid if the full 9 or 11 month contract is fulfilled without interruptions or opt outs .

- Family Discount: Highest group participant pays full rate. Each additional swimmer in the immediate family receives a 10% discount. This discount does NOT apply to the one-time registration fee, but to the annual swim fee & is applied upon registration.
- A one month's' payment discount is available for parents who are USA Swimming certified officials and volunteer their time at swim meets, both home and away. Parents are responsible to provide their USA Swimming certification, along with a schedule of their volunteer hours prior to the last billing month to receive the discount.
- A one month's discount is available when registering the same swimmer for a swim group and a water polo group at the same time. This will be applied to the last month.
- The one time, non-refundable fee + the first month payment is due upon registration.
- Registration fees do NOT include required USA Swimming dues.
- Registration includes team T-shirt, swim cap & BSC bag tag.

SMAC Member Rates

Training Group	Total Season Billing with Registration Fee	Amount Due at Registration One Time, Non-refundable Registration fee + first month	Monthly payment X Auto Drafts start 10/1
Pre Team	\$957	$\$120 + \$93 = \$213$	$\$93 \times 8$
Fitness Swimming	N/A	N/A	N/A
Blue I	\$1110	$\$120 + \$110 = \$230$	$\$110 \times 8$
Blue II	\$1200	$\$120 + \$120 = \$240$	$\$120 \times 8$
Bronze	\$1425	$\$160 + \$115 = \$275$	$\$115 \times 10$
Silver	\$1535	$\$160 + \$125 = \$285$	$\$125 \times 10$
Silver Advanced	\$1832	$\$160 + \$152 = \$312$	$\$152 \times 10$
Gold	\$1887	$\$160 + \$157 = \$317$	$\$157 \times 10$
Senior Group	\$1925	$\$200 + \$175 = \$375$	$\$175 \times 10$
Water Polo - Beg	\$1110	$\$120 + \$110 = \$230$	$\$110 \times 8$
Water Polo - Adv	\$1200	$\$120 + \$120 = \$240$	$\$120 \times 8$

Non Member Rates

Training Group	Total Season Billing with Registration Fee	Amount Due at Registration One Time, Non-refundable Registration fee + first month	Monthly payment X Auto Drafts start 10/1
Pre Team	\$1194	$\$150 + \$116 = \$266$	$\$116 \times 8$
Fitness Swimming	\$1194	$\$150 + \$116 = \$266$	$\$116 \times 8$
Blue I	\$1392	$\$150 + \$138 = \$288$	$\$138 \times 8$
Blue II	\$1500	$\$150 + \$150 = \$300$	$\$150 \times 8$
Bronze	\$1779	$\$195 + \$144 = \$339$	$\$144 \times 10$
Silver	\$1922	$\$195 + \$157 = \$352$	$\$157 \times 10$
Silver Advanced	\$2274	$\$195 + \$189 = \$384$	$\$189 \times 10$
Gold	\$2351	$\$195 + \$196 = \$391$	$\$196 \times 10$
Senior Group	\$2475	$\$235 + \$225 = \$460$	$\$225 \times 10$
Water Polo - Beg	\$1392	$\$150 + \$138 = \$288$	$\$138 \times 8$
Water Polo - Adv	\$1500	$\$150 + \$150 = \$300$	$\$150 \times 8$

Bulldog Swim Club Evaluations & Parent Meeting Information

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

Or - Group Swim Evaluations are scheduled for August 26, 27, & 28 from 4:30pm-5:30pm for ages 10 & under and 5:30pm-6:30pm for ages 11 & older.

Come join us for an informational parent meeting, as well as a Coaches Meet & Greet

Wednesday, August 28th at 7pm

Registrations will open Thursday, August 15, 2019

2019/2020 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 # _____

New to BSC? Yes / No _____ If Yes, Previous Club _____

I understand that I am registering my swimmer for a 9 / 11 month commitment. Initial _____

I understand that I have a maximum of a 3 month opt out where my account can be placed on hold. _____

Medical Questionnaire: Please list any physical disabilities, mental disabilities, allergies, illnesses, medications, or injuries we should know about.

	SMAC Member	Non-Member
Pre Team	\$213	\$266
Monthly + Registration fee Due at registration		
Blue I	\$230	\$288
Monthly + Registration fee Due at registration		
Blue II	\$240	\$300
Monthly + Registration fee Due at registration		
Bronze	\$275	\$339
Monthly + Registration fee Due at registration		
Silver	\$285	\$352
Monthly + Registration fee Due at registration		
Silver Advanced	\$312	\$384
Monthly + Registration fee Due at registration		
Gold	\$317	\$391
Monthly + Registration fee Due at registration		
Senior	\$375	\$460
Monthly + Registration fee Due at registration		
Water Polo – Beginner	\$230	\$280
Monthly + Registration fee Due at registration		
Water Polo – Advanced	\$240	\$300
Monthly + Registration fee Due at registration		

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, its 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: _____



Authorization for Payment – Bulldog Aquatics

Swimmer Name: _____ Date: _____

I, _____ authorize San Mateo Athletic Club to initiate a charge of \$ _____ to the account noted below for my Bulldog Swim Club **registration fee and first month**; I authorize \$ _____ recurring monthly fees and/or any other team charges. This authorization for electronic transfer of funds from the account listed below will auto draft on the 1st of each month beginning on October 1, 2019 and remain in effect for the current fall – spring swim season; or until the San Mateo Athletic Club has received a 60-day written notice from me of its termination.

I have the right to stop payment on an electronic funds transfer debit by notifying my bank. This, however, does not void my contract with SMAC to fulfill my payment commitment and I am obligated to pay by some other method. The processing date for debit cards may vary due to banking procedures.

Late or Returned Item Charges: A late fee will be assessed for returned checks, insufficient funds, closed accounts, frozen or declined credit cards or similar circumstances which result in late or delayed payment to SMAC. Member is responsible for providing accurate and updated information.

_____ **Competitive only.** I understand that I am authorizing electronic transfer of funds for 10 months that will begin on October 1, 2019 and end on July 1, 2020.

_____ **Developmental & Polo only.** I understand that I am authorizing electronic transfer of funds for 8 months that will begin on October 1, 2019 and end on May 1, 2020.

_____ I understand that I may suspend my electronic transfer of funds for a maximum of three (3) months if I provide the club with a **30 day written notice**. This three (3) month maximum suspension can be for continuous months (i.e. Jan, Feb, and March) or it may be for random months (i.e. Dec, Feb, April).

_____ I understand that my automatic electronic transfer will resume the first of the month that follows the requested suspension dates. (EX: give a written notice on Dec. 1, 2019 suspending auto pay for Jan, Feb, & March 2020. Your auto drafts stop on Jan 1, 2020 and will resume on April 1, 2020). (EX: give a written notice on Dec 12, 2019 – your auto drafts will not stop until Feb 1, 2020).

Visa _____ Master Card _____ Discover _____	Checking information for EFT:
Cardholder Name: _____	Bank Name: _____
Account #: _____	Name on account: _____
Exp. Date: _____	Account #: _____
Billing Address: _____	Routing #: _____
_____	Billing Address: _____
Signature _____	Signature _____