



Burlingame Aquatic Club

Age Group

Swim Team 2023/24

Welcome Packet

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I. FROM THE HEAD COACH

Dear BAC Swim Team Family,

Welcome to the 2023-24 Swim Year! Whether you are new or returning, we are excited that you are joining us in this next step of your evolving relationship with the sport of swimming. We hope that this is a positive step in a long and fruitful partnership with BAC and the wonderful sport of competitive swimming. Our mission at BAC is: To serve our community by providing excellent aquatic opportunities.

The Swim Team is the embodiment of this mission. Over the years, the club has strived to create an environment in which we develop our swimmers to reach their highest heights and fulfill their fullest potential, both in and out of the pool. We have graduated swimmers who have participated at the NCAA Division-1 level, have become NCAA All-Americans, and who aspire to represent their country at international competition. Whether your swimmer aspires to compete at a local level, nationally, or internationally, we want to be able to bring out the best in our swimmers.

The world of swimming is vast and expansive, and if you are just starting out, getting a grasp on where to begin can be difficult. Not only do you have a team of amazing coaches to help out, your fellow team parents are a great resource as well. This packet is meant to be a launching point for your time at BAC, but by no means is it comprehensive. Please feel free to ask a lot of questions because, as we will tell your swimmers, the best way to learn is to be inquisitive!

We are eager to establish or continue a long-lasting relationship with both your swimmer and your family. The pool deck can be the site of so many lasting friendships and life lessons and we want your swimmer to flourish with us. Thank you for committing to your journey with BAC.

Let's get started!

Warmly,
Ben Chung

Head Swim Coach Burlingame Aquatic Club

II. FROM FELLOW PARENTS

Welcome to the '23-'24 Burlingame Aquatics Club season. You may have previous swim club experience (here or elsewhere), or like many of our families, have little or no experience at all with organized swimming. While our swimmers spend hours after hours with their coaches to train and perfect their technique, our goal as swim parents is to be supportive behind the scenes.

BAC could not exist and operate smoothly without parental support that comes in many shapes and forms. We are lucky to have a dynamic community with many families that goes above and beyond the minimum service hours designated to each (21 hours for younger families, 30 hours for others). Volunteer slots for our 3 annual home meets will be broken down to shorter segments so you can try different positions, whether that be cleaning or serving food, to more technical positions such as timing or acting as the Clerk of the Course. We will train you, and you will find yourself training others in the future. There will be volunteer opportunities outside of the home meets as well, such as chaperoning a travel meet, serving on the Booster committee, or organizing a group event. We encourage your outside-the-box ways to contribute to the betterment of BAC too - let us know what you have in mind.

Once again, welcome to BAC. As your swimmers make memories and lifelong friends while on this journey, so will you. We encourage you to get to know other parents. Be present, and enjoy.

BAC Boosters Committee

boosters@burlingameaquatics.com

III. MEMBERSHIP GUIDELINES

WHAT YOU NEED TO KNOW

SWIM GROUP PRACTICE SCHEDULES, EQUIPMENT, TEAM SUPPORT HOURS:

BURLINGAME HIGH SCHOOL POOL

1 Mangini Way, Burlingame, CA 94010

(650) 558-2881

Parking lot on Oak Grove Ave

(Tip - to get accurate directions in Google Maps, enter this imaginary address: 851 Oak Grove Ave)

Being a Member of BAC

Being an athlete member of BAC means that you are in turn a part of Pacific Swimming (our Local Swimming Committee or LSC), which is in turn a part of USA Swimming.

- Club: Burlingame Aquatic Club (Club Code: BAC)
- Zone: BAC is a part of Zone 1 North in Pacific Swimming (San Francisco to Cupertino)
- LSC: BAC is a part of Pacific Swimming (LSC Code: PC)

USA Swimming Registration

After registering with BAC, athletes must also activate their USA Swimming membership annually. The swim year runs from September 1 - August 31. Burlingame Aquatic Club's unique USA Swimming Registration Link: <https://omr.usaswimming.org/omr/welcome/ADD7F08516B844>

Swim Team Trimesters:

- Trimester 1: August 30 to December 31
- Trimester 2: January 1 to April 30
- Trimester 3: May 1 to July 31
- Month of August is typically off (and will not be charged the monthly dues)

Practice Groups and Schedules at a glance

(please see BAC website for detailed description, goals, and characteristics for each group.)

BARRACUDA 1:	8-under athletes, 2x week for 1 hour/session
BARRACUDA 2:	8-under athletes, 3x week for 1 hour/session
BARRACUDA 3:	8-under athletes, 5x week for 45-60 min./session
Age Group 1:	9-10 yr old athletes, 5x week for 60-90 min/session
Age Group 2:	9-10 yr old athletes, 6x week for 75-105 min/session
Junior 1:	11-12 yr old athletes, 5x week for 75-105 min/session
Junior 2:	11-12 yr old athletes, 6x week for 90-135 min/session

Varsity): 13 yr old and over athletes, 6-7x week for 90-120 min/session
Senior Prep: 13-14 yr old athletes, 8x week for 90-150 min/sessions
(incl. 2x AM)
Senior 1: 15 yr old and over athletes, 8x week for 105-165 min/sessions
(incl. 2x AM and yoga)
National: 15 yr old and over athletes, 8x week for 105-180 min/sessions
(incl. 3x AM and yoga)

POOL, LOCKER ROOM, PICKUP AND DROP OFF GUIDELINES:

- POOL – BAC is a public facility. Family members are welcome to observe practices, but should not interfere with the coaching of the swimmers in the water. If you would like to approach a coach with a question, please do so outside of your swimmer's practice times. Swim team parents are welcome on deck during coaching hours and can watch their swimmers from outside the fence during practice. (The bleachers are to be used for athlete meetings and during meets. The plastic chairs in the shaded area on deck are used for parents of children getting swim lessons through the community program.)
- LOCKER ROOM – We expect that swimmers limit their shower time to a 5-minute maximum. The locker rooms are not a hang out area. Swimmers should change or use the restroom, and then spend their time in the common areas like the lobby or on the pool deck. There should be no consumption of food in the locker rooms.
- PICKUP AND DROP OFF – Please limit drop-off to 15 minutes before your swimmer's practice time and pick-up to 15 minutes after your swimmer's published practice time. During high traffic times, the pool parking lot can get very crowded. Please be aware of other cars' need to maneuver through the parking lot. Please do not block parked cars while waiting for your swimmer or block the fire lane,

TEAM POLICIES RELATED TO BILLING, PAYMENT SCHEDULES AND WITHDRAWING FROM THE TEAM

Important information can be found on the BAC website (Swim Team > Team Policies). We also encourage you to read the FAQ sections (Swim Team > FAQ and Parent Info).

IV. TEAM SUPPORT COMMITMENT AND OPPORTUNITY GUIDELINE:

Each BAC swim team family is required to fulfill a minimum number of service hours every swimming year (September~July), with the commitment level varying by group:

Barracuda 1, Barracuda 2, Barracuda 3, Age Group 1, Age Group 2: 21 hours/yr (or 7 hrs/trimester)

All other groups: 30 hours/yr (or 10 hrs/trimester)

- Failure To Meet Requirement Does Result In Payment Per Hour Unfulfilled (\$30 Per Hour)
- Please Report Hours To accounting@burlingameaquatics.com
- Please feel free to go above the minimum requirement!
- Provides rewarding experience - benefiting you and your child
- Excellent way to meet new friends and create lifelong companions
- Opportunities to meet all BAC families' comfort levels
- Examples
 - Donations (food for Home Meet Snack Bar Fundraiser)
 - Setup, Clean-Up, Ribbons And Awards, Check-In, Kitchen (At Home Meets)
 - Officiating, Timing (At Away Meets)
 - BAC Boosters Member (Year-Round Opportunity)
 - BAC Boosters Sub-Committee Member (To Help With Specific Events)
 - Team Chaperone (Travel Meets)
 - Special Events And Fundraising: Lap-A-Thon, Awards Gala, Silent Auction, Etc)

Team events at a glance

- Practice kick off (Aug)
- Welcome meeting (Sept)
- Awards gala (Sept)
- Spooky Meet (Oct)
- Race to Spring AGC Meet (Feb)
- Family / College Signing Day (May)
- BAC Long Course meet (June)

V. TEAM EQUIPMENT

BAC proudly partners with Conejo Swimworks as our team dealer. For your equipment needs (paddles, fins, etc.), BAC recommends that you visit <https://www.conejoswimworks.com/burlingame-aquatic-club/>

. Additionally, you can call Conejo Swimworks at their brick & mortar store and work with a sales representative on ordering BAC team gear 1-805-379-4734.

Twice per year, we will host a Conejo Swimworks representative to do a “team fitting” where the representative will be available to answer any questions you might have about your equipment.

TYR Sport

BAC is a TYR-sponsored team! TYR Sport is our equipment manufacturer of choice, and we encourage BAC swimmers to choose TYR products whenever possible. Our team suits will be TYR as well as the equipment found on our order forms.

*Note: All orders placed with Conejo Swimworks are made independent of BAC. BAC coaches will not take order forms, nor do we have any knowledge of any orders placed.

VI. SWIM MEET 101

There are two online meet sign up platforms that all of our team members should be familiar with:
FastSwims.com and SwimConnection.com

Most of our meets are hosted on FastSwims. Please visit the FastSwims.com page and follow the prompts to create an account if you have not already.

[How to Sign up for Swim Connection and How to Register for a Swim Meet PDF](#)

SWIM MEETS (SCHEDULE)

Always consult the BAC website for upcoming swim meets (Swim Team > Swim Meets). Your lead coach will always let you know about upcoming meets as well.

Some meets will require that the swimmer have a qualifying time to enter.

Pacific Swim Age Group and Senior time standards can be viewed here:

<https://www.pacswim.org/swim-meet-times/standards>

VII. COACHES

Your lead coach (the primary coach of your swimmer's training group) is your "first line of defense" for any question that you might have as it pertains to your swimmer or your swimmer's group. You can expect a weekly email communication from the head coach highlighting critical team information. We use email as our primary form of communication to the parents. For any questions or concerns about the team as a whole, please reach out to the Head Coach.

<u>Coach</u>	<u>Swim Group</u>	<u>email</u>	<u>Weekly Office Hour</u>
Head Coach Ben Chung	National Group	ben@burlingameaquatics.com	Tue 11:00-12:00 pm
Coach Golda Marcus	Senior 1 Lead & National Group Assistant	golda@burlingameaquatics.com	Tue 3:00-4:15 pm
Coach Loki Hondorf	Senior Prep & Age Group 2	loki@burlingameaquatics.com	Fri 4:45-5:30 pm
Coach Daniel Kelly	Junior 1 & Junior 2	danielk@burlingameaquatics.com	Thu 4:30-5:30 pm
Coach Tommy Dowley	Barracuda 3 & Varsity	tommy@burlingameaquatics.com	Mon 5:45-7:00 pm
Coach Samantha King	Barracuda 1 & 2, Age Group 1	samk@burlingameaquatics.com	Thu 5:45-6:45 pm

VIII. BAC BOOSTERS

The BAC Boosters is composed of “veteran” parents who serve as a liaison between our parent group and the coaches. The Boosters parents have been through the procedures of our team for multiple years and are available to help! Please use this as a point of contact for any questions, concerns or help.

<u>Swim Group</u>	<u>Boosters Member</u>	<u>Swimmer</u>	<u>email</u>
National	Melanie Niles	Sydney Niles	belmontmelanie@gmail.com
National	Jennifer Lin	Samantha Lin	jenjlin1@gmail.com
Senior 1	Frances Kawaguchi	Sofia Kim	ftkawaguchi@gmail.com
Senior Prep	Orlena Fong Shek	Annabelle Shek	orlenashek@gmail.com
Senior Prep	Natalie Yang	Dylan Yang	reachnyang17@gmail.com
Varsity	**needed**		
Junior 1	Tamara McCoy	Peyton McCoy	tmccoy723@yahoo.com
Junior 2	Erica Akella	Leela Akella	erica.akella@gmail.com
Junior 2	Melissa Lin	Ava Young	melissa.lin@gmail.com
Junior 2, Age Group 2 & Barracuda 1	Samuel & Gigi	Morton (J2), Nolan (AG2), Olivia (B1)	samuel.gigi@gmail.com
Age Group 1	**needed**		
Age Group 2	Kathy Naito Lindstrom	Madison Lindstrom	kathylindstrom@gmail.com
Age Group 2	David Arscott	Caroline Arscott	david.arscott@gmail.com
Barracuda 2 & 3	**needed**		

IX. BAC PARENT DIRECTORY

When you create your Team Unify account, the default privacy settings allow you and others to access contact information of swim team families (email and phone numbers). Find a complete step-by-step guide on how to access the Parent Directory, as well as how to opt out of information sharing, visit the BAC website (Swim Team > Swim Team Parent Directory).

Last but not least... useful Links

- USA Swimming home page <https://www.usaswimming.org/>
- USA Swimming SafeSport program <https://sftest.usaswimming.org/safe-sport>
- BAC Home Page <https://www.gomotionapp.com/team/psba/page/home>
- BAC Family Account Sign-in page https://user.sportngin.com/users/sign_in
- BAC Parents FaceBook page: <https://www.facebook.com/groups/681799976793541>
- BAC Swim Team Instagram: @bac_swims