

WALNUT CREEK AQUABEARS

2023-2024 GOLD INFO

COACHES: Russell Mikuni, Lisa Ward, Taylor Henry, Ian Powell

CONTACT: Russell: russmikuni@yahoo.com, 925-305-6261

PRACTICE: M, Tu, W, Th, F: 5:30 to 7:00 p.m.
Sat: 8:00 to 9:30 a.m. (starting soon)

PRACTICE

Gold swimmers are expected to make as many practices as they can, with a minimum of four each week. It is the responsibility of Gold Group parents to contact Coach Russell if they are going to miss practice days outside their normal schedule (I understand that these kids probably have other activities that may cause them to miss specific days of practice each week).

Gold swimmers should have a mesh equipment bag at the side of the pool each day with one-piece rubber fins, hand paddles, a water bottle, goggles, and caps. Other equipment is provided. **Be sure to put your name on all of your equipment.** All practice equipment is available at Elmore Swim Shop (located in Countrywood Shopping Center) and Sports Basement (located in Ygnacio Plaza Shopping Center).

Purple swimmers will need a suit for specifically for swim practice (let your current suit wear out before buying a new one):

For girls: a properly fitting practice suit, preferably from our team supplier Arena.

For boys: a properly fitting practice suit (brief or training suit, not a jammer), preferably from our team supplier Arena.

COMPETITION

Meets are the best way for coaches to check how the swimmers are improving. The meet schedule can be found on the team website. All Gold Group swimmers should attend the meets that are posted on our schedule, provided they meet the qualifying time standard. **Swimmers should not attend any meets not on the Age Group Meet Schedule.** Meet Sheets will be posted on www.aquabears.org, and you will receive emails announcing each meet. The entry deadlines for all meets are hard deadlines – no late entries. **All C/B/BB+ meets will fill up and entries will close very quickly after they are announced – always enter meets as soon as they open.** You should compete in as many events as your coach recommends. Arrive to the meet on time, wear the team uniform, and follow all meet procedures.

TEAM UNIFORM

Each swimmer will be given a team shirt, team cap(s), team hoodie, and team sweatpants. Those will be handed out before the first meet. More information on this will be available the week of August 21.

COMMUNICATION

Monday Meetings are at the beginning of practice each Monday. Your coaches will go over the week's info and the Weekly Reminders will be sent to each family via email and posted on the team's website, www.aquabears.org. The website is updated whenever new information comes available. If you or your parents have questions, please call, email, or stop a coach after practice.

All Team Info is published on the team website:

www.aquabears.org

Under the SWIM TEAM INFO tab:

[Click here for Our Team Culture](#)

[Click here for the Progression through the Practice Groups](#)

[Click here for Team Fees and Membership Policies](#)

[Click here for Parent Volunteer Requirements](#)

Under the MEET SCHEDULES tab:

[Click here for Group Meet Schedules](#)

Under the GROUP REMINDERS tab:

[Click here for Group Reminders](#)

USA SWIMMING MEMBERSHIP

All WCAB members must be members of USA Swimming. If you are a current member of USA-S, then your membership is good through 12/31/2023. New members that started with WCAB since 8/1/2023 will have to register online using the link at the bottom of the 'Swim Team Info' page on the team website.

WATCHING PRACTICE

Parents are currently invited to watch practice. The best places to watch practice is from the picnic tables above the concrete steps on the far side of the pool, or from the veranda. If you are closer to the pool, you are a distraction and will draw the attention of the swimmers away from the coaches. This reduces the coaches' ability to run an effective practice and you will be asked to leave.

DISCIPLINE GUIDELINES @ PRACTICE

In order to be mentally and physically prepared for practice, swimmers should arrive at the pool, with all of their equipment, no earlier than 10 minutes prior to the starting time of their workout.

Parents are responsible for ensuring that their children enter the pool complex before exiting the parking lot.

Upon arrival, swimmers should prepare for practice and wait on the veranda (not the pool deck) until it is time for their practice to begin. No running, chasing, wrestling, playing in the locker rooms, playing with equipment or throwing things on the pool deck.

Practice time is valuable. Swimmers are expected to be in the water **on time with their cap on, goggles adjusted, and all equipment at the end of their lane**. If for some reason you are late, you are expected to join in with the group as quickly as possible.

While the coach is talking, swimmers should be **looking at** and **listening to** the coach, on or near the wall.

Keep your goggles on during the entire set and be ready for your interval.

Always try your best. Be an active participant and **encourage** teammates during practice.

If you did not hear the set, or do not understand it, ask the coach to repeat it. Do not interrupt. Do not guess.

If a swimmer must leave practice early, they must inform their coach prior to the start of workout.

At the conclusion of practice, swimmers are to dress warmly and immediately leave the pool complex. Swimmers should wait on the benches immediately in front of the pool complex office for their ride home. Parents, be prompt.

Under no circumstances are swimmers to venture into the park or playground area before or after practice without their parents.

Swimmers asked to leave practice for disciplinary reasons are to dress and immediately return to the pool deck to get further instructions from the coaches. In most cases, the swimmer will be asked to sit in the bleachers until the practice session is completed.

LOCKER ROOMS

Please remember that we share the locker rooms with numerous other groups, including the public.

The use of mobile phones and other electronic items in the locker is prohibited.

Swimmers are not allowed to leave their belongings in the locker rooms. Swimmers should bring their swim gear to practice in a swim bag and leave the bags on the benches that are on the pool deck, within full view of the pool. All belongings should be clearly labeled with the swimmer's name.

Horseplay and loudness in the locker rooms will not be tolerated. The City of Walnut Creek will not allow our team to use the locker rooms if our swimmers misuse the facilities. More importantly, horseplay in the locker rooms can lead to serious injury.

WALNUT CREEK AQUABEARS

GOLD SEASON PLAN - FALL 2023

Week of...	Practice Emphasis	Education	Meets and Activities
8/14	Practice Block I Stroke Form, Drill Progressions, and Lane Assignments	Group Handout, Practice Procedures	
8/21		Practice Procedures	
8/28		Practice Procedures	T-Shirt Cap Handout
9/11		Practice Procedures	CROW C/B/BB+ Meet
9/18	Practice Block II Progress stroke form and drills; Starts, Turns, and Underwaters	Meet Procedures	Walnut Festival
9/25		Meet Procedures	BSW C/B/BB+ Meet
10/2		Meet Review, Meet Procedures	
10/9	Practice Block III Progress stroke form and drills; Practice Performance > Meet Performance Connection	Meet Review	Intrasquad Meet TBD
10/16		Meet Review	
10/23		Meet Procedures	SRVA C/B/BB+ Meet
10/30		Meet Review, Meet Procedures	
11/6	Practice Block IV	Meet Review	
11/13	Continued stroke form and drills; Peak Performance Meet	Peak Meet Procedures/Taper	Last Chance/Tri-Meet TBA
11/20	Practice Block V Peak Performance Meets	Meet Review	Thanksgiving
11/27		Peak Meet Procedures/Taper	14 & Under Winter Championships host: CROW @ Moraga
12/4		Peak Meet Procedures/Taper Peak Meet Review	SRVA C/B/BB+ Meet
12/11			



Gold Group Reminders for the week 8/14/2023

Practice Schedule

Mon	8/14	No Practice
Tue	8/15	No Practice
Wed	8/16	5:30 to 7:00 p.m.
Thu	8/17	5:30 to 7:00 p.m.
Fri	8/18	5:30 to 7:00 p.m.
Sat	8/19	OFF
Sun	8/20	OFF

Meet Entries

Entries are open for the CROW C/B/BB+ Meet. Click here to enter a.s.a.p. **READ THIS:**
Click here for a quick primer on how to enter a meet online.

Important Info

Gold Group swimmers will return to the pool on Wednesday, 8/16. We will be working on stroke instruction and team building activities.

All swimmers need to have fins, hand paddles, pull buoys and water bottles on deck each day. Team uniforms, spirit wear and training gear can be found at Elsmore Swim Shop in the Countrywood Shopping Center. Click here for the online order form.

- Click here for the Gold Group Info Packet - coming soon
- Click here for the Gold Group Meet Schedule
- Click here for C/B/BB/A/AA/AAA/AAAA Time Standards
- Click here for 'AGC' Time Standards & Bonus Time Standards
- Check back soon for 'FW' Time Standards & Bonus Time Standards

These are two helpful links for learning the **crossover turn**:
Crossover Turn Link 1
Crossover Turn Link 2

Walnut Creek Aquabears Gold Group Meet Schedule 2023-2024

Dates	Meet
9/16, 17	CROW C/B/BB+ Meet @ San Ramon (scy) all swimmers are eligible to enter most events
9/20, 10/1	BSW C/B/BB+ Meet @ Brentwood (scy) all swimmers are eligible to enter most events
10/15	WCAB Intrasquad Meet @ Walnut Creek (scy) all swimmers are eligible to enter most events
10/28, 29	SRVA C/B/BB+ Meet @ San Ramon (scy) all swimmers are eligible to enter most events
11/18, 19	TBD Meet @ TBD (scy) all swimmers are eligible to enter most events
12/1 to 3	Winter Age Group Championship Meet @ Moraga (scy) swimmers must have met the 'AGC' time standard to enter
12/9, 10	SRVA C/B/BB+ Meet @ San Ramon (scy) all swimmers are eligible to enter most events
1/13, 14	TIGR C/B/BB+ Meet @ Stockton (scy) all swimmers are eligible to enter most events
2/3, 4	Zone 2 Championship Meet @ Moraga (scy) swimmers must have met the 'B' time standard to enter
2/17 to 19	SRN Invitational Meet @ Santa Rosa (scy) all swimmers are eligible to enter most events
3/2, 3	TBD Last Chance Meet @ TBD (scy) swimmers must have met the 'B' time standard to enter
3/15 to 17	Spring Age Group Championship Meet @ TBD (scy) swimmers must have met the 'AGC' time standard to enter
3/23, 24	TERA C/B/BB+ Meet @ Concord all swimmers are eligible to enter most events
4/5 to 7	Spring Far Westerns Championship Meet @ Pleasanton (scy) swimmers must have met the 'FW' time standard to enter

Meets for April through July will be posted later this season...

Important dates for Summer 2024:

7/12 to 14	Summer Age Group Championship Meet @ Concord (lcm) swimmers must have met the 'AGC' time standard to enter
7/20 to 21	Zone 2 Summer Championship Meet @ Moraga (scy) all swimmers are eligible to enter most events