

WALNUT CREEK AQUABEARS

2023-2024 SENIOR INFO

COACHES: Mike Heaney, Todd Krohn, Jenny Ward,
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PRACTICE: M, Tu, W, Th, F: 4:00 to 6:00 p.m.
Tu, F: 5:30 to 7:00 a.m. (starting soon)
Sat: 8:00 to 9:30 a.m. (starting soon)

PRACTICE

Senior swimmers are expected to make as many practices as they can, with a minimum of six each week. It is the responsibility of Senior swimmers to contact Coach Mike with their planned weekly attendance, and if they are going to miss any practices (remember proper SafeSport communications – **include your parent on any email or text string**).

Senior swimmers should have a mesh equipment bag at the side of the pool each day with one-piece rubber fins, hand paddles, snorkel, water bottle, goggles, and caps. Other equipment is provided. **Be sure to put your name on your equipment.** All practice equipment is available at Elsmore Swim Shop (located in Countrywood Shopping Center) and Sports Basement (located in Ygnacio Plaza Shopping Center). [Click here for the team store link.](#)

Senior 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

The meet schedule can be found on the team website. All Senior 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 Senior 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. **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.

Each 'visiting team' is expected to provide volunteer timers and officials to help run the swim meet smoothly. The number of volunteers that WCAB must provide is based on the number of swimmers we bring to the meet. Each family with a swimmers competing at the meet is expected to time at least one shift (usually about 90 minutes) over the course of the meet and is expected to work the entire shift and not leave until being relieved by your replacement from our team.

Signups for work shifts are through the team website and close two days before the start of the meet. It is your responsibility to sign-up for a shift. If you cannot work your shift, it is your responsibility to hire a substitute worker. If you do not sign-up for your shift by the close of sign-ups, you will be fined \$150 per shift. You will be fined \$250 per shift for failing to show up or missing any portion of their shift.

Each team that attends meet is expected to provide USA-Swimming Officials based on the number of swimmers it brings to the meet and is fined if it cannot provide officials. This is very important to the team, and parents who are active officials are exempt from all other shifts and earn a \$50 monthly discount on their dues. If you are interested in officiating, please contact a coach for information on becoming a carded USA-Swimming Official.

Each year, we also need 2 meet timing coordinators - one for the Age Group meets and one for the Senior meets. These coordinators communicate with the Meet Director for each meet to determine our teams responsibility for timers and officials. These

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](#)

coordinators also set up the timing shift signups on the team website and make sure that our timers complete their shifts. Meet Timing Coordinators are exempt from all other shifts and earn a \$50 monthly discount on their dues.

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. [Click here for the link \(closes Friday, August 25\).](#)

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.

USA SWIMMING MEMBERSHIP

All WCAB members must be members of USA Swimming. If you 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 be registered and charged the \$87 membership fee.

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

Senior Group Reminders for the week of 8/21/2023

Practice Schedule

Mon 8/21 4:00 to 6:00 p.m.
Tue 8/22 4:00 to 6:00 p.m.
Wed 8/23 4:00 to 6:00 p.m.
Thu 8/24 4:00 to 6:00 p.m.
Fri 8/25 4:00 to 6:00 p.m.
Sat 8/26 8:00 to 9:30 a.m.
Sun 8/27 OFF

Important Info

Senior swimmers returned to the pool on Tuesday, 8/15. We will be working on stroke instruction and team building activities. This week- competition rules and challenging limits.

Each swimmer receives team apparel (cap, t-shirt, hoodie, sweatpants). **Please click here to submit your order** by Friday, 8/25.

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 Elmore Swim Shop in the Countrywood Shopping Center. **Click here for UPDATED order form.**

Click here for the Senior Group Info Packet - coming soon

Click here for the Senior Group Meet Schedule

Click here for Senior Time Standards in scy

Click here for Senior Time Standards in lcm

These are two helpful links for learning the **crossover turn**:

Crossover Turn Link 1

Crossover Turn Link 2

AQUABEARS

Walnut Creek Aquabears Senior Group Meet Schedule 2023-2024

Dates	Meet
9/23, 24	TCA Senior Open Meet @ Novato (scy) all swimmers are eligible to enter most events
10/14	WCAB Intrasquad Meet @ Walnut Creek (scy) all swimmers are eligible to enter most events
10/21, 22	OAPB Senior Open Meet @ Moraga (scy) all swimmers are eligible to enter most events
11/4, 5	PLS Senior-2 Prelims & Finals Meet @ Pleasanton (scy) swimmers must have met the 'Senior-2' time standard to enter
11/18, 19	TERA Senior Open Meet @ Concord (scy) all swimmers are eligible to enter most events
12/6 to 9	Junior National Championship Meet @ Westmont, IL (scy) swimmers must have met the 'Winter Juniors' time standard to enter
12/9, 10	SCSC Senior-2 Prelims & Finals Meet @ Santa Clara (scy) swimmers must have met the 'Senior-2' time standard to enter
12/14 to 17	Sectionals Championship Meet @ Huntington Beach (scy) swimmers must have met the 'Sectional' time standard to enter
1/13, 14	Cal Invitational Meet @ Berkeley (scy) all swimmers are eligible to enter most events
1/27, 28	OAPB Senior Open Meet @ Moraga (scy) all swimmers are eligible to enter most events
2/16 to 19	San Diego Senior Classic Meet @ Coronado (scy) check back soon for time standards info

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