

WALNUT CREEK AQUABEARS

PURPLE & GOLD GROUP INFO PACKET



GROUP	PRACTICE TIME	LEAD COACHES	CONTACT INFO
Gold 1 & 2	M,T,W,Th,F 5:30 to 7:00 p.m. Sa 8:00 to 9:30 a.m. (starts 9/6)	Todd Krohn Head Age Group Coach	coachtoddkrohn@gmail.com or 925-330-1556
Purple 3	M,T,W,Th,F 6:00 to 7:00 p.m. Sa 8:00 to 9:30 a.m. (starts 9/6)	Lee Ward	leeward704@gmail.com or 704-657-3383
Purple 2	M,T,W,Th,F 6:00 to 7:00 p.m.	Heidi McMillan	heidi.mcmillan@gmail.com or 925-457-6909
Purple 1	M,T,W,Th,F 6:00 to 7:00 p.m.	Robin Piantidosi	chicken960@sbcglobal.net or 510-332-3868

Additional Age Group Coaches: Lisa Ward, Ian Powell, Christina McGowan, Charlie Nanfria, Alex Thomas, A.J. Fong, Evan Sonoda
Senior 1 & Senior 2 Coaches: Head Coach Mike Heaney, Russell Mikuni, Lee Ward, Scott Mendelssohn

COMMUNICATION

Monday Meetings are at the beginning of practice each Monday. Your coaches will go over the Weekly Reminders and any other important information. The Weekly Reminders will also 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 email, or stop a coach after practice.

PRACTICE

Age Group swimmers should attend as many practices as they can – the more you practice, the faster you get. Age Group swimmers should also participate in other sports and activities. Please try to manage this as best your family can.

Purple 1 and Purple 2 swimmers should make a minimum of **3** practices (out of 5 offered) per week.

Purple 3, Gold 1, and Gold 2 swimmers should make a minimum of **4** practices (out of 6 offered) per week.

PRACTICE EQUIPMENT

Age Group swimmers should have a mesh equipment bag at the side of the pool each day with the following equipment:

GROUP	EQUIPMENT NEEDED
Gold (1 & 2)	Water Bottle, Fins, Snorkel, Strokemaker Paddles (or similar), emergency cap and goggles
Purple 3	Water Bottle, Fins, Snorkel, Strokemaker Paddles (or similar), emergency cap and goggles
Purple 2	Water Bottle, Fins, Snorkel, emergency cap and goggles
Purple 1	Water Bottle, Fins, Snorkel, emergency cap and goggles

Be sure to put your name on all of your equipment. All practice equipment is available at Elsmore Swim Shop (located in Countrywood Shopping Center or online at www.elsmoreswim.com).



Put your name on your fins.



Put your name on your snorkel.



Put your name on your paddles.

WATCHING PRACTICE

Parents are always invited to watch practice. Please watch practice from the picnic tables above the concrete steps on the far side of the pool, or from the shaded veranda as you walk out of the locker rooms. 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.

PRACTICE GUIDELINES

- In order to be mentally and physically prepared for practice, swimmers should arrive at the pool, with all of their equipment, no earlier than 15 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, at or near the wall.
- Keep your goggles on during the entire set and be ready for your send offs.
- **Always** try your best. Be an active participant and **encourage** teammates during practice. Swim Fast. Know Fun.
- 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 is prohibited in the locker rooms
- Swimmers are not allowed to leave their belongings in the locker rooms. Swimmers should bring their swim gear to practice in a swim bag/backpack 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.

COMPETITION

Age Group swimmers are expected to compete at **all the meets they qualify for** on the Age Group Meet Schedule. *Swimmers should not attend any meets not on the Age Group Meet Schedule.* Arrive to the meet on time, wear the team uniform, and follow all meet procedures.

WCAB is using a new procedure for entering swim meets. We will send out a separate communication (next week) about this procedure.

TEAM GEAR AND UNIFORM

We are an Arena team. Each swimmer should compete at meets in an Arena team suit and a team cap. All Aquabear swimmers will receive the annual gear package, which includes a team suit, shirts, caps, sweatsuit, and some other items. Additionally, team backpacks, parkas, and other team gear will be available from Elsmore Swim Shop. An email with a form to submit for sizes for each item will go out the week of August 25.

USA SWIMMING ATHLETE MEMBERSHIP

Walnut Creek Aquabear swimmers must register as USA Swimming athletes.

New Swimmers: We will email you a link to register with USA Swimming as a member of WCAB on 9/1/2025.

Returning Swimmers: You can check the status of you USA Swimming membership status at www.usaswimming.org. If your membership expires on 12/31/2025, then you don't need to do anything at this time. If your membership is expired, the team has to renew your membership on 9/1/2025, and will charge the credit card you have on file.

Transferring Swimmers: Please email Todd for the link to initiate a transfer of your USA Swimming membership from your old club to WCAB.



Purple & Gold Reminders for the week of 8/18/2025

Practice Schedule			
Day	Date	Purple Practice	Gold Practice
Mo	8/18	No Practice - Coaches Meeting	No Practice - Coaches Meeting
Tu	8/19	6:00 to 7:00 p.m.	5:30 to 7:00 p.m.
We	8/20	6:00 to 7:00 p.m.	5:30 to 7:00 p.m.
Th	8/21	6:00 to 7:00 p.m.	5:30 to 7:00 p.m.
Fr	8/22	6:00 to 7:00 p.m.	5:30 to 7:00 p.m.
Sa	8/23		
Su	8/24		

Welcome back to swimming! Our first day of practice will be on Tuesday, 8/19. Each group will start with a kick-off meeting, and then get in the water for practice. Please bring all of your practice equipment and a water bottle. Come with your swim suit on but remain dressed for the meeting. We can't wait to see you all back at the pool.

[Click here for Purple & Gold Group Meet Schedule.](#)

Upcoming Meet Entry Deadlines - check back soon		
Day	Date	Deadline for
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Links:

[Click here for the Purple & Gold Group First Day Handout.](#)

[Click here for the Purple & Gold Meet Schedule.](#)

[Click here for the Age Group Time Standards.](#)

[Click here for the New Entry Procedure for Purple & Gold Group Meets.](#)

Walnut Creek Aquabears Purple & Gold Group Meet Schedule

Day Date	Meet (course) Location Entry deadline	Purple 1	Purple 2	Purple 3	Gold 1	Gold 2
Tu 9/9	WCAB Instrasquad Meet (scy) Clarke Pool during practice time <i>Entry deadline is Friday, 9/5</i>	yes	yes	yes	yes	yes
We-Th 9/17-18	WCAB-OAPB Pentathlon Meet (scy) Clarke Pool during practice time <i>Entry deadline is Friday, 9/12</i>	yes	yes	yes	yes	yes
We 9/24	WCAB Instrasquad Meet (scy) Clarke Pool during practice time <i>Entry deadline is Friday, 9/19</i>	yes	yes	yes		
Sa-Su 10/4-5	DART Invitational Meet (scy) Fairfield, CA <i>Entry deadline is Friday, 9/12</i>	yes	yes	yes	yes	yes
Sa-Su 10/18-19	Zone 2 Age Group Meet (scy) Location TBD <i>Entry deadline is Friday, 9/5</i>		yes	yes	yes	yes
Tu 10/28	WCAB-TERA Age Group Meet (scy) Clarke Pool during practice time <i>Entry deadline is Friday, 10/24</i>	yes	yes	yes	yes	yes
Sa-Su 11/8, 9	TBD Invitational Meet (scy) Location TBD <i>Entry deadline is Friday, 9/29</i>		yes	yes	yes	yes
We 11/18	WCAB Instrasquad Meet (scy) Clarke Pool during practice time <i>Entry deadline is Friday, 10/24</i>	yes	yes	yes	yes	yes
Sa-Su 12/6-7	Zone 2 Age Group Meet (scy) Concord, CA <i>Entry deadline is Friday, 10/24</i>	yes	yes	*yes	*yes	*yes
Fr-Su 12/12-14	Pacific 14&Under Championship Meet (scy) San Ramon * must have an 'AGC' time standard Coaches will enter qualified relays <i>Entry deadline is Friday, 10/31</i>			*yes	*yes	*yes

[Click here for the Age Group Time Standards.](#)

[Click here for the New Entry Procedure for Purple & Gold Group Meets.](#)