



City of El Cerrito Recreation Department
 Swim Center, 7007 Moeser Lane
 Phone: (510) 559-7011
 Email: gswim@ci.el-cerrito.ca.us

El Cerrito Gators Swim Club

Information Packet

The El Cerrito Gators Swim Club is a year-round USA Swimming Team run by the City of El Cerrito. Our mission is to provide a well-rounded team that emphasizes individual fitness, teamwork and fun.

This Information Packet is intended for use during COVID-19 Shelter-In-Place orders. Once orders have been lifted or lightened, we will update this packet. All information is also available on our website el-cerrito.org/Gators.

Tryouts for the Gators

Currently, due to County limitations on lane space, there are no try-outs for Gators.

Gators Swim Club Group Levels & Descriptions:

Group Levels:	Practice Days:	Length of Workout:	Emphasis:
Pre-Team/Stroke Development (max 18)	Monday–Friday	45 minutes	Introduction to the concepts and techniques of competitive swimming. Refinement of freestyle, backstroke, breaststroke and butterfly. Solid technical ability in all 4 competitive strokes required. Starts, turns, streamline, kick sets, stroke drills and interval training are introduced.
Junior Group (max 18)	Monday–Friday	55 minutes	Intermediate technical ability in all 4 competitive strokes, start, turns, streamline and finishes required.
Junior/Senior Group (max 18)	Monday–Friday	55 minutes	Advanced technical ability in all aspects of competitive swimming. Advanced fitness level required sprint and endurance workouts.

Joining the Gators

The swim season runs year-round beginning in January, swimmers are enrolled through the end of December regardless of start date. Enrollment must be done every December, even if there is no change to household or payment information. Enrollment in the program will be accepted on an ongoing basis space permitting. All enrollments can be completed online at www.el-cerrito.org/onlinereg.

Additionally, upon enrolling in the program you will receive directions on how to register with USA Swimming. All Junior and Senior group members are **required** to register with USA



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Swimming. Registration for Pre-Team and Stroke Development members is optional. USA Swimming registration fees are paid directly to USA Swimming. Juniors and Seniors will be given information on how to enroll when they register, Pre-Team and Stroke Development members that are interested in enrolling should speak to their Coach.

Membership in USA Swimming is required not only to participate in practices, but also for competition, when available. While there are no meets currently, when applicable Juniors and Seniors will have opportunities to compete in swim meets throughout the year. Participation in swim meets is encouraged but is not required. For swimmers participating in swim meets, parent participation is required. Please speak to the Coaches about swim meet volunteer opportunities. Note: Pre-Team and Stroke Development members do not participate in competition.

Paying for Gators

Gators Swim Club fees must be paid by credit card only (Mastercard/Visa/American Express). Upon enrolling online, your credit card will be securely encrypted to your household account. Monthly fees are auto-debit charged to the authorized credit card on the 1st of each calendar month. Please note that your credit card billing address must match your household address. To update your household address, please email gswim@ci.el-cerrito.ca.us.

If your credit card is declined for any reason, your emailed receipt includes the heading: **DECLINED PAYMENT: Auto Debit Receipt** and this receipt will indicate the total amount due at the bottom of the receipt "Household Balance Information Overall Household Balance Due \$XXX.XX" It is your responsibility to take care of unpaid charges as soon as possible, and to update any account information such as an expired credit card.

If your payment is not received by the tenth working day of the month, a late fee will be charged, and the swimmer will not be permitted to participate in practice until the full payment is received. Monthly payments will continue automatically until written notification of program cancellation is processed. Written cancellation can be submitted via email to gswim@ci.el-cerrito.ca.us.

Auto-debit does **NOT** roll over from the previous year. Auto-debit expires annually at the end of December. You must re-enroll every December even if there is no change to household or payment information. If your credit card expires, or is lost/stolen, you are responsible for updating the account information online.

Monthly fees, listed below, are based on year-round participation, and include closure dates for holidays such as Thanksgiving and Christmas. There will be a two-week break in December around Christmas. These closures are already built into the monthly fees. All fees are subject to change.



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Gators Swim Club Monthly Fees

Group Level	EC Resident	Non-Resident
Pre-Team/Stroke Development (45 min / 5 days/week)	\$100.00	\$126.00
Junior Group (55 min / 5 days/week)	\$120.00	\$150.00
Junior/Senior Group (55 min / 5 days/week)	\$120.00	\$150.00
Sibling Discount (each additional)	15%	15%
Gators Late Fee (charged after the 10 th of each month)	\$21	\$21

Practice Expectations

We strive for all Gators participants to swim better, swim farther and swim faster. The Gators program is designed to encourage all swimmers to be good citizens and good athletes. We emphasize individual achievement while encouraging teamwork. Full participation in daily practices is important for success.

Practice Times

Practice Groups:	Monday	Tuesday	Wednesday	Thursday	Friday
Pre-Team/Stroke Development (45 min)	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm
Junior Group (55 min)	4:00-4:55pm	4:00-4:55pm	4:00-4:55pm	4:00-4:55pm	4:00-4:55pm
Junior/Senior Group (55 min)	5:00-5:55pm	5:00-5:55pm	5:00-5:55pm	5:00-5:55pm	5:00-5:55pm

Swimmers should adhere to the following guidelines:

- Swimmers must wear sunscreen during every practice. Pools magnify effects of the sun.
- Swimmers must bring a water bottle to every practice to stay hydrated and perform their best.
- In order to leave practice early, swimmers must let their Coach know prior to the start of practice so as to not interrupt other swimmers or the flow of practice.
- Swimmers are not permitted in the facility unless a Coach is present.
- Swimmers are not allowed on the pool deck or in the pool until lifeguards and Coaches are in position on pool deck.
- Swimmers may not enter the water and begin warm up until their scheduled group practice time. Swimmers must exit the pool at the completion of their group practice.
- Coaches should be informed of any illness or injury prior to practices or meets. Please email gswim@ci.el-cerrito.ca.us if you will not be at practice.



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COVID guidelines:

- No locker room facilities will be available for Gators swimmers. Please come and leave in your swimsuit.
- Each day, each Gators swimmer will undergo a health screening, with the staff logging the answers to the following questions:
 - What was your temperature reading today?
 - Have you had a fever (100 degrees or more) in the last 24 hours?
 - Have you had a cough or shortness of breath in the last 24 hours?
 - Have you been in contact with anyone that has tested positive for COVID-19 within the last 2 weeks?
- If the answer to any of these questions is YES or the temperature reading that is reported was 100 degrees or more, than the swimmer should immediately go home.
- If the answer to these questions is NO and the latest temperature is under 100 degrees, the swimmer can be admitted to the program for the day.
- If a swimmer shows any signs of illness, staff will immediately ask them to leave and conduct the protocols outlined in the Sick Policy above.
- Gators swimmers will be asked to exit the facility directly after practice.
- For more guidelines, please see our [Policy Manual](#).

The Gators Swim Club will send out quarterly newsletters to the email address on your household account. Please check your email for any changes and general swim team news. If you are not receiving email updates, please email gswim@ci.el-cerrito.ca.us to update your account.

Behavior Policy

The mission of the City of El Cerrito is to provide exemplary and innovative services, public places, and ensuring public safety. To achieve this goal, we ask that participants follow instructions and rules as stated by City Staff, use appropriate language, never verbally or physically harm another person, and be respectful of others and their belongings as well as facilities and equipment.

For youth participants, Staff will keep an open line of communication with parents/guardians. Should any misbehavior, behavioral changes or positive incidents occur with a child in our care, Staff are directed to have a discussion with the parent/guardian.

In the case of behavior problems:

1. Staff will take steps to resolve the behavior directly with the participant. This may include actions such as repeating rules and expectations, and verbal warnings. Youth may be directed to an alternative activity or given time away from the group to calm



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- down and self-reflect. Staff will record any incidents of behavior issues in a log that is kept at the site.
2. If youth behavior problems continue, Staff will speak with the parent/guardian, informing them of the behavior issues and ask for their assistance in resolving the matter. Staff will continue to share with parents/guardians what is being done at the site to correct the behavior. Staff may also request a formal meeting with the participant and/or their parent/guardian if the behavior continues.
 3. Continuation of misbehavior may result in the suspension or dismissal of the participant from the program. Refunds will not be issued if a participant is temporarily suspended or dismissed from the program.

Consequences for misbehavior may reflect the severity of the participant's actions. Disciplinary steps may not be sequential and one severe act, as determined by the El Cerrito Recreation Department, may lead to immediate dismissal from the program.

Cancellation Policy

For swimmers that no longer wish to participate or want to take a break for at least a month, cancellations must be submitted by email with the participants name(s) and which team they are on. All cancellation requests will be effective the first day of the next month, with a minimum of two weeks' notice. There is no proration or partial months.

