



## El Cerrito Gators Swim Club Winter/Spring 2017 Season

**Tuesday, January 3, 2017 through Wednesday, June 7, 2017.**

**NO practice on the following dates: 1/16/, 2/20, 5/29, 6/8, 6/9**

*Note: During ECHS Home Swim Meets, Gators will have dry-land and team building activities at Cerrito Vista Park rather than in-water workouts. Dates & times TBD. High School swim season begins February 6<sup>th</sup> and runs through the first week of May.*

New Gators Swim Club practice schedule begins TUESDAY, JANUARY 3, 2017.

<b>Winter/Spring 2017 Season: January 3<sup>rd</sup> – June 7<sup>th</sup>, 2017</b>				
<b>Practice Group Descriptions</b>				
<b>Group Level:</b>	<b>Pre-Team (max 20 swimmers)</b>	<b>Stroke Development (max 24 swimmers)</b>	<b>Junior Group (max 24)</b>	<b>Senior Group (max 24)</b>
<b>Days:</b>	Tuesday - Friday	Monday –Friday	Monday – Friday	Monday – Friday
<b>Practice Times:</b>	45-minutes	60-minutes	90-minutes	90-minutes
<b>Emphasis:</b>	Pre-Team is an introduction to swim team. Swimmers are introduced to the concepts and techniques of competitive swimming. Minimum swimming skills: Level 4 or equivalent.	Refinement and perfection of freestyle, backstroke, breaststroke and butterfly. Kick sets, stroke drills, and introduction to interval training.	Interval training, stroke drills and kick sets emphasized.	Senior Group maintains focus on stroke technique while working on sprinting and endurance.
<b>Note:</b> during the Winter/Spring season, the Gators Swim Team will have dry-land practices during El Cerrito High School Home Swim Meets. Dates/Times TBA.				

<b>Winter/Spring 2017 Practice Times</b>					
Practice Groups	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pre-Team</b>	<b>No Practice</b>	5:45pm – 6:30pm	5:45pm – 6:30pm	5:45pm – 6:30pm	5:45pm – 6:30pm
<b>Stroke Development</b>	3:45pm- 4:45pm	3:45pm – 4:45pm	4:00pm – 5:00pm	3:45pm – 4:45pm	3:45pm – 4:45pm
<b>Junior Group</b> *dry-land	4:00pm– 5:30pm	4:15pm – 5:45pm *4:15pm – 4:40pm	5:00pm– 6:30pm	4:00pm – 5:30pm	4:00pm – 5:30pm *4:00pm- 4:40pm
<b>Senior Group</b> *dry-land	4:00pm – 5:30pm *4:00pm–4:40pm	4:00pm – 5:30pm	4:00pm – 5:30pm	4:15pm – 5:45pm *4:15pm-4:40pm	4:00pm – 5:30pm

The El Cerrito Gators Swim Club is a year-round program run by the City of El Cerrito. Our mission is to provide a well-rounded program that emphasizes individual fitness, team work and fun. Gators swimmers have opportunities to compete in swim meets throughout the year. Participation in swim meets is encouraged but is not required. Parent participation is required of swimmers participating in swim meets. Additional parent training is required to fulfill volunteer jobs. Please speak to your coach for more information. \*Note: Pre-team members do not participate in competition.

<b>Winter/Spring 2017 Gators Swim Club Swim Meet Schedule</b>		
<b>Date:</b>	<b>Meet Host:</b>	<b>Location:</b>
January 14 <sup>th</sup> – 15 <sup>th</sup>	Oakland Undercurrent C/B/BB+	El Cerrito
February 11 <sup>th</sup> – 12 <sup>th</sup>	Orinda Aquatics C/B/BB+	Moraga
March 18 <sup>th</sup> -19 <sup>th</sup>	Hills Hurricane Swimming C/B/BB+	Moraga
April 22 <sup>nd</sup> – 23 <sup>rd</sup>	San Ramon Valley/Livermore Aquatics C/B/BB+	San Ramon
May 20 <sup>th</sup> – May 21 <sup>st</sup>	Piedmont Swim Team C/B/BB+	Moraga

Tryouts for the Gators Swim Club program are held Monday - Wednesday at 3:45pm by appointment only. Please complete a tryout form prior to your scheduled appointment.

Coaches will evaluate and place swimmers in appropriate practice groups based upon age and swimming ability, space permitting. Minimum swimming requirements are: ability to perform 50 yards freestyle, 50 yards backstroke, and 25 yards breast stroke (Level 4 passing skills). Familiarity with butterfly recommended but not required. For more information or to set up a tryout, call (510) 559-7011 or email [gators@ci.el-cerrito.ca.us](mailto:gators@ci.el-cerrito.ca.us).

Once you make the decision to join the Gators Swim Club, you may choose to enroll for a season (winter/spring, summer or fall) or year-round continuous enrollment. You will be enrolled for the entire time period indicated at time of enrollment and will be responsible for all monthly payments until written notification of program cancellation is processed. Monthly payments are due by the first working day of each calendar month. If your payment is not received by the tenth working day of the month, a \$17 late fee will be charged and the swimmer will not be permitted to participate in practice until payment is made. Unpaid statements will be sent to collections. Additionally, upon enrolling in the program, you will receive directions on how to register with USA Swimming. All club members are required to register with USA Swimming. USA Swimming registration fees are paid directly to USA Swimming. Please speak with your coach for more information. *Registration for the program will be accepted on an on-going basis space permitting.*

<b>MONTHLY DUES</b> *fees effective 7/1/16 – 6/30/17		
<b>Group Level</b>	<b>EC Resident</b>	<b>Non-Resident</b>
Pre-Team	\$55.00	\$66.00
Stroke Development	\$80.00	\$94.00
Junior & Senior Group	\$103.00	\$116.00
Sibling Discount (each additional)	-\$20	-\$20
Gators Late Fee (charged after the 10 <sup>th</sup> of each month)	\$17	\$17

Please be aware that auto-debit does **NOT** roll over from the previous school year / summer. If you would like to enroll in auto-debit you can do so by:

- Coming in to the Community Center office and providing your credit card information
- Or by calling the Assistant Aquatic Supervisor, Stephen Dunkle at (510) 559-7008 to set up your auto-debit over the phone.

Once your household has enrolled in auto-debit, the debit will be made the 1<sup>st</sup> business day of the month and your receipt will be emailed or mailed (only if no email is provided).

If the card was declined for any reason, your receipt will indicate this by displaying a current household balance and indicating a **\$0.00** payment was made.

Payment can be made by credit card (Visa/Master Card/American Express), cash or check (payable to "City of El Cerrito").

**Collections Notice:** If your City of El Cerrito Gators Swim Team bill is one month or more past due, we reserve the right to send any past due balances to a collection agency.

- The City is **not** required to make any additional contact in regards to past-due accounts but may send additional mailing or make a courtesy phone call.
- **Family members sent to collections will not be able to participate in any programs offered by the City of El Cerrito until the amount due is paid.**

Cancellation requests must be in writing and must be received 10 business days in advance. Cancellation requests can be submitted in person in the Community Center office or by email [recreation@ci.el-cerrito.ca.us](mailto:recreation@ci.el-cerrito.ca.us) . All cancellation requests should be given to the Assistant Aquatics Supervisor, Stephen Dunkle or Aquatics Supervisor, Bridget Cooney.

### **Practice Tips & Expectations:**

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

Swimmers should wear sunscreen during every practice. Water magnifies the effects of the sun.

Swimmers are highly encouraged to bring a water bottle to every practice to stay hydrated and perform their best.

If a swimmer needs to leave practice early, please let the coach know prior to the start of practice so as not to interrupt the other swimmers or the flow of practice.

In the event of a late arrival, swimmers must check in with their Coach before they are permitted to enter the water and start the workout. Tardiness disrupts the flow of the workout for the rest of the team.

Swimmers are not permitted on the pool deck or in the pool until lifeguards are in position on pool deck.

Swimmers are expected to begin warm ups and enter the water at the designated time.

Swimmers are not permitted to hang out or rough house in locker rooms or on the grassy areas. The Swim Center is a public facility and swimmers must act in manners that are respectful of all pool users. Swimmers are expected to shower, dress and leave the facility within 20-minutes of the end of their scheduled practice.

Parents are encouraged to watch team practices. Please sit in the lawn area during practice times. Do not hover on the pool deck or distract the Coaches from their duties during practice. Parents are encouraged to discuss any questions or concerns with Coaches after the practice session is over. Parents of swimmers participating in competition are also expected to take an active role in supporting the team at swim meets. Parental responsibilities at swim meets include serving as officials, timers, and coordinating snacks for the team.

Coaches should be informed of any illness or injury prior to practices or meets. Call the swim center (510) 559-7011 or email [gators@ci.el-cerrito.ca.us](mailto:gators@ci.el-cerrito.ca.us) . If a swimmer is not able to swim for an extended period of time due to injury or illness, please contact the Assistant Aquatic Supervisor regarding the situation. Swimmer will be responsible for paying all monthly payments until written request of cancellation processed. Written cancellations take 2 weeks to process.

The El Cerrito Gators Swim Club will post information on the bulletin board located between the locker rooms and will send out monthly e-newsletter. Please check these regularly for upcoming events, meet sign-ups and general swim team news. If you are not receiving email updates, please call or email Assistant Aquatics Supervisor, Stephen Dunkle at (510) 559-7008 or [sdunkle@ci.el-cerrito.ca.us](mailto:sdunkle@ci.el-cerrito.ca.us) .

## **BEHAVIOR POLICY**

The staff members/instructors are directed to keep an open line of communication with parents/guardians. Should any misbehavior or behavioral change with a child in our program, coaches are instructed to talk with the parent/guardian.

In the case of behavior problems:

1. Coaches discuss behavior problem with parent/guardian asking for their assistance in the matter, also letting parent/guardian know what coaches have done to resolve behavior. Coaches record any incidents of behavior issues in a "child log" that is kept with the child's records in the office.
2. If a behavior continues, coaches again will speak with the parent guardian asking for their assistance in the matter, letting them know that if a change in the child's behavior does not occur, a formal meeting with the parent/guardian, the Assistant Aquatics Supervisor and the coaches will be scheduled. Coaches will continue to share with parent/guardian what coaches are doing at the site to correct the behavior.
3. If the behavior continues, a parent/guardian and coaches will have a meeting. At this meeting the behavior will be discussed. The parent/guardian will be informed that if the behavior does not change, the child may be suspended or dismissed from the program.
4. Continuation of the behavior may result in the suspension or dismissal of the child from the program.

## El Cerrito Gators Swim Club– Swimmer Information Sheet 2016-2017

<b>Date of Tryout:</b>		<b>Group Placement:</b> Pre SD JR SR			
<b>Name:</b>					
<b>Birth date (month/day/year):</b>					
<b>Parent/Guardian Name:</b>					
<b>Home address:</b>					
<b>City:</b>			<b>Zip code:</b>		
<b>Home phone:</b>			<b>Cell phone:</b>		
<b>Email:</b>					
<b>Emergency Contact (name &amp; relationship):</b>					
<b>Emergency Contact Phone numbers:</b>					
<b>I am signing up for the following seasons:</b> ____ <b>Year-round</b> continuous participation (September 2016 – August 2017) ____ <b>Summer:</b> June, July, August ____ <b>Fall:</b> September, October, November, December ____ <b>Winter/Spring:</b> January, February, March, April, May (Winter/Spring: 1/3/17 to 6/7/17)					
<b>Cancellation /Refund/Transfer/Schedule(please initial):</b>  ____ <b>Change Policy:</b> I understand that once I enroll my child in the Gators Swim Team program, all cancellation, transfer, schedule change and late fees apply and that registration is confirmed for the time period indicated.  ____ Requests for cancellations, transfers, or schedule changes must be submitted in writing (email OK) to the Community Center Office no later than 10 working days prior to the first day of the month in order to be considered. Cancellations, transfers, and schedule changes will not be granted for non-attendance. Cancellations, transfers and schedule changes should not be given to Coaches. They must be submitted in the Community Center office.  ____ Transfer and schedule changes are assessed a fee of \$17 per child per month. In the case of illness or injury, requests for a refund, transfer or credit will be considered only when accompanied with a doctor's note and letter requesting the exception & appropriate fees will apply. Refunds, transfers, or schedule changes will not be granted after the tenth day of each month except in the case of medical emergency.  ____ <b>Behavior Policy:</b> I understand that my child is expected to follow all rules established by his or her coach, and any failure to comply may result in dismissal from the program. I also understand that no refunds will be given. A copy of our policy is available upon request.  ____ <b>EMERGENCY PROCEDURE:</b> I understand that in the case of an medical emergency, 911 will be called and that my child may be transported by ambulance to a nearby hospital at the discretion of emergency personnel. Every effort will be made to contact the parent/guardian.  ____ <b>Consent to Photograph, Film or Tape:</b> I agree to have photographs, films, or tape recordings taken of me or minor child registered under my signature while participating in City of El Cerrito programs and I permit these photographs, films, or tapes to be released for use in publications, promotional materials, web site, and for other public information purposes by the City of El Cerrito.					

I have read and understand the El Cerrito Gators Swim Team policies and procedures packet.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Automatic Credit Card Authorization Form: Gators Swim Club

Please print information neatly, in blue or black ink

To activate my automatic credit card authorization, I understand that I must come in to the Community Center to have my credit card securely stored on file with the City of El Cerrito. Once I have a credit card on file, I authorize the City of El Cerrito Recreation Department to automatically deduct payment(s) from my credit card.

*Please note: Your credit card will be charged on the first day of each month. Your credit card will continue being charged through August 2016 unless written notification of cancellation is submitted to the Recreation Department. All cancellation requests must be submitted in writing and must be submitted 2-weeks prior to the cancellation.*

Auto Charge Start Date: \_\_\_\_\_ End Date: August 31<sup>st</sup>, 2017

Credit Card Type (please circle):            VISA            MASTERCARD            AMEX

Name as it appears on Credit Card: \_\_\_\_\_

Last Four Digits of Credit Card: \_\_\_\_\_

*\*note: do not write your entire credit card number on this form.*

Expiration Date:    Month: \_\_\_\_\_    Year: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Card holder Name (please print): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Billing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Please indicate the participant's full name, age and which group they swim with (Pre-Team = 45-minute workout 4 times/week, Stroke Development = 60-minute workout 5 times/week, Junior and Senior Group = 90-minute workout 5 times/week).**

Name:	Age:	<input type="checkbox"/> Pre-Team <input type="checkbox"/> Stroke Development <input type="checkbox"/> Junior Group <input type="checkbox"/> Senior Group
Name:	Age:	<input type="checkbox"/> Pre-Team <input type="checkbox"/> Stroke Development <input type="checkbox"/> Junior Group <input type="checkbox"/> Senior Group
Name:	Age:	<input type="checkbox"/> Pre-Team <input type="checkbox"/> Stroke Development <input type="checkbox"/> Junior Group <input type="checkbox"/> Senior Group