



Los Gatos Swim Club

2015 Membership Packet

Our mission is to create opportunities for young athletes to enjoy the sport of swimming. To bring all members together in one effort and purpose to achieve a consistent environment and stable program so that each athlete can reach his or her potential. To attain this goal we believe that the team is greater than its individuals. We believe that every member, no matter how humble, is an important part of the team. We believe that within this process, the athletes will learn lifelong skills that will enable them to be successful and productive in their lives.

In this packet you will find everything you need to get started. Please complete all forms and submit to the front desk.

FEES

USA Swimming Registration

This is the annual fee to register a swimmer with USA Swimming. The fee is \$73.00 and is to be renewed every December. All swimmers are required to be registered with USA Swimming for competitions or USA Swimming events or camps.

Please make checks payable to Pacific Swimming.

USA Swim Meet Registration & Fees

There are minimal fees involved when signing up for USA swim meets. Swimmers typically sign up online and payment is required to complete sign up. Event Fees are charged by the host swim team to cover their swim meet and team expenses. To swim, fees are typically around \$2.50 per event with a meet registration fee that is usually \$11.00. Occasionally we will participate in a swim meet that does not offer online sign-up, you will receive notice from the team about how to pay for these meets.

GROUPS

Jr. Stingrays

Yardage: Varies.

Practice: Mon – Fri 4:00pm to 5:00pm

The Jr. Stingrays program is for swimmers moving out of a lesson program and will give swimmers an introduction to the competitive program. Practice is for 45 minutes, and offered 5 days a week. Focus is on fundamentals of Freestyle and Backstroke, while introducing Butterfly, Breaststroke, starts, and turns. Swimmers have regular fun time and are introduced to competition.

Requirements: Must have completed swim lesson program and is water safe (Able to swim 25 yards unassisted and stopping minimally)

Mini's

Yardage: 1,000 to 1,500 yards per day

Practice: Mon – Fri 4:00pm to 5:00pm

Mini's is a competitive program for young and beginning swimmers. Practice is for 1 hour, 5 days per week. Swimmers in this group will be advanced at Freestyle and Backstroke, and knowledge of the fundamentals of Butterfly, Breaststroke, starts, and Turns. Mini's will begin to use basic equipment including Kickboards, Buoys and Pace Clocks.

Requirements: Must be able to swim multiple laps of Freestyle and Backstroke, without stopping.

Mini's Elite

Yardage: 1,500 to 2,000 yards per day

Practice: Mon – Fri 4:00pm to 5:00pm

Mini's Elite is a continuation on the Mini's program but for the Elite swimmers who have shown dedication to swimming, attend practice regularly, and have reached a high time standard in competition. They are comfortable with the four competitive strokes and are ready to move onto advanced training focused on technique, conditioning, and higher levels of competition. Practice is for 1 hour a day 5 days per week. Mini's Elite will see a more intense practice, with introduction of pace clocks, additional equipment, and distance sets.

Requirements: Must attend regular swim meets and practices. Must hold Junior Olympic time standards, and have an ability to swim longer sets. (Example: 10x50's on 1:15)

Juniors

Yardage: 3,000 to 4,000 yards per day Practice: Mon – Fri 5:00pm to 7:00pm

The Juniors group consists of middle school aged beginning or experienced swimmers. This is a competitive group which will focus on technique and endurance for their appropriate age and level of competition. The group will practice swimming all four strokes legally and for longer durations at a time. There is a significant increase yardage and technique work from the Mini group and swimmers moving from Mini's will be able to transition gradually into the Juniors group.

Requirements: Must be middle school aged, water safe and able to swim at least 3 strokes legally and for extended periods of time.

Junior Elite

Yardage: 3,500 to 4,500 yards per day Practice: Mon – Fri 5:00pm to 7:00pm

The Junior Elite group is an advanced middle school age group of elite swimmers with a dedication to swimming and competition. They are comfortable with advanced training sets including distance, and sprinting for long durations. The Junior Elite group is familiar with both standard and advanced drills. Junior Elite swimmers focus is on advanced technique, endurance, and independence.

Requirements: Must be middle school aged, and hold a minimum time standard of Junior Olympics. Must attend regular swim meets and practices.

Senior Group

Yardage: 3,500 to 5,000 Yards per day Practice: Mon – Fri 5:00pm to 7:00pm

The Senior group consists of High School aged swimmers, or swimmers who have shown the ability to practice at the Senior level of swimming. Senior swimmers are advanced swimmers who have shown a commitment to the sport and competition. The Senior group is focused on constant technique work, endurance, distance, with additional focus on leadership. Senior level swimmers are expected to attend practice regularly and to stand out as role models for the rest of the team.

Requirements: Must be high school aged or able to practice and compete at a senior level. Should attend regular swim meets and practices.

****Additional practices offered for the Mini Elite level groups and above on Saturday mornings at 6:30am to 8:00am when not conflicting with swim meets.**

Spring/Summer swim meets

May 2 – May 3 Santa Cruz Age Group

This swim meet is open to all swimmers and does not require minimum time standards

May 23 – May 25 Monterey Bay Swim Club Age Group Long Course

This swim meet is open to all swimmers and does not require minimum time standards

Jun 6 – Jun 7 Osprey Aquatics C/B/A+

This swim meet is open to all swimmers and does not require minimum time standards

Jun 26 – Jun 28 Valley Splash Race to JO's Age Group Long Course

This swim meet is open to all swimmers and does not require minimum time standards

Jul 18 – Jul 19 Santa Cruz B- Age group

This swim meet is focused on newer swimmers.

TEAM GEAR AND EQUIPMENT

Los Gatos Swim Club is sponsored by Arena USA. Because of this our team caps and swim suits for competition must be the Arena Brand.

Practice – Any appropriate swim suit and cap may be used for practice. Appropriate suits are 1 piece female suits, with minimal drag, and Jammers or briefs for boys. A practice-cap either latex or silicone should be worn at all times for any swimmer with hair past ear length.

Gear bags are recommended for all swimmers. Items may be purchased in any swim shop, or online provider. Gear bags should include the following:

- Gear bag (Mesh)
- Fins or flippers
- Pull buoy
- Paddles
- Water bottle
- Finis Swimmers Snorkel (for juniors level groups and above)
- Optional Kickboard (team has kickboards onsite for use)

If you have any questions about proper gear, please ask a coach, it is important to use gear specific for swimming.

Competition – Competition suits should be our team suit, or an Arena racing suit whenever possible. Racing “tech suits” should be Arena when possible. A team cap must be worn at every competition.

****Please do not forget goggles.**** If you need goggle recommendations please see your coach. We do have a limited selection of goggles for purchase at the front desk.



USA SWIMMING

2015 ATHLETE REGISTRATION APPLICATION
LSC: PACIFIC SWIMMING (PC)

PLEASE PRINT LEGIBLY • COMPLETE ALL INFORMATION:

LAST NAME		LEGAL FIRST NAME		MIDDLE NAME	
PREFERRED NAME		DATE OF BIRTH (MO/DAY/YR)		SEX (M/F)	AGE
				NAME OF CLUB YOU REPRESENT	
(Bill, Beth, Scooter, Liz, Bobby) FATHER/GUARDIAN LAST NAME		FATHER/GUARDIAN FIRST NAME		MOTHER/GUARDIAN LAST NAME	
MAILING ADDRESS					
CITY		STATE		ZIP CODE	
AREA CODE		TELEPHONE NO.		FAMILY/HOUSEHOLD E-MAIL ADDRESS	

DISABILITY:

☐ A. Legally Blind or Visually Impaired

☐ B. Deaf or Hard of Hearing

☐ C. Physical Disability such as amputation, cerebral palsy, dwarfism, spinal injury, mobility impairment

☐ D. Cognitive Disability such as severe learning disorder, autism

RACE AND ETHNICITY (You may check up to two choices):

☐ Q. Black or African American

☐ R. Asian

☐ S. White

☐ T. Hispanic or Latino

☐ U. American Indian & Alaska Native

☐ V. Some Other Race

☐ W. Native Hawaiian & Other Pacific Islander

MAKE CHECK PAYABLE TO:
PACIFIC SWIMMING

MAIL APPLICATION & PAYMENT TO:
PACIFIC SWIMMING REGISTRATION
1034 WOODSTOCK COURT
WALNUT CREEK, CA 94598
EMAIL: jsiegrist@pacswim.org
PHONE: 925-933-0395

U.S. CITIZEN: ☐ YES ☐ NO

ARE YOU A MEMBER OF ANOTHER FINA FEDERATION? ☐ YES ☐ NO

IF YES, WHICH FEDERATION: _____

HAVE YOU REPRESENTED THAT FEDERATION AT INTERNATIONAL COMPETITION? ☐ YES ☐ NO

2015 REGISTRATION FEE
September 1, 2014 through
December 31, 2015
\$73.00

☐ Check if you would like to learn more about the USA Swimming Foundation's initiatives

☐ Check if you would like to receive the electronic USA Swimming Newsletter (must be 13 years of age or older)

HIGH SCHOOL STUDENTS – Year of high school graduation: _____

YEAR LAST REGISTERED: _____. IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2014, ENTER THAT CLUB CODE: _____ LSC CODE: _____ AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB: _____.

LSC USE ONLY
REG. DATE / CHECK # _____

SIGN HERE x _____

SIGNATURE OF ATHLETE, PARENT OR GUARDIAN

DATE

~~~~Please cut the form on the line above~~~~

\*\*\*Please use LGSC for Club Code\*\*\* this is the team code for Los Gatos Swim Club. For additional registration forms please see the front desk, or [www.pacswim.org](http://www.pacswim.org)

## **CONTACTS**

### **Team Contacts**

General Swim Team and Coaches Email: [swimteam@lgsrc.com](mailto:swimteam@lgsrc.com) (should be used for all general swim team emails)

#### Head Coach

- Steven Perry - Cell (408) 375-4583 Email: [sperry579@gmail.com](mailto:sperry579@gmail.com)

#### Coaches

- Jenna Lopez – Email: [jenleighlopez@gmail.com](mailto:jenleighlopez@gmail.com)
- Derek Gross – Email: [derekgross@yahoo.com](mailto:derekgross@yahoo.com)
- Amber Khemici – Email: [amberkhemici@yahoo.com](mailto:amberkhemici@yahoo.com)

## **IMPORTANT WEBSITES**

Pacific Swimming – Registration, swim meet info, rules and regulations, general information about our swimming LSC. [www.pacswim.org](http://www.pacswim.org)

USA Swimming – Non Athlete testing and background check requirements. Swimmer profiles, various swimming news and information. [www.usaswimming.org](http://www.usaswimming.org)

Los Gatos Swim and Racquet Club and Team Website [www.lgsrc.com](http://www.lgsrc.com)

## **GENERAL TEAM INFORMATION**

Member of USA Swimming

Part of the Western Zone for USA Swimming

Local Swimming Committee (LSC) is Pacific Swimming (PC)

Team Code listed under Pacific Swimming is LGSC (Los Gatos Swim Club)

Part of Zone 1 South (z1s) division of Pacific Swimming