



El Cerrito Gators Swim Club

2017-2018 Season (September-August)

Fall schedule: 9/1/17-1/8/18
Spring schedule: 3/12/18-6/7/18
Summer schedule: 6/11/18-8/31/18

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, teamwork 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.

Tryouts for the Gators Swim Club program are held Tuesday/Thursday at 3:30pm 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 100 yards front crawl with rhythmic breathing and proper body positioning, 75 yards backstroke, and 25 yards breaststroke (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 recreation@ci.el-cerrito.ca.us.

Once you make the decision to join the Gators Swim Club swimmers are required to complete an enrollment packet. This packet needs to be redone each year at the end of August. Swimmers are enrolled for the entire season and will be responsible for all monthly payments until written notification of program cancellation is processed. Written cancellation can be submitted via email to recreation@ci.el-cerrito.ca.us or turned into the Swim Center office. 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 received. Unpaid statements will be sent to collections and swimmers will not be permitted to work out with the team.

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 ongoing basis space permitting.



El Cerrito Gators Meet Schedule 2017-2018 Season

Note: Summer is the Long Course Meters (LCM) season while we normally swim Short Course Yards (SCY). LCM meets are at 50 meter long pools.

Date	Type	Meet	Location	Eligibility
Sept 16-17	SCY	EBSA Age Group Meet	Hercules, CA	All Groups
Sept 30-31	SCY	AIA C/B/BB+	Moraga, CA	All Groups
Oct 28-29	SCY	ONDA C/B/BB-	TBD, CA	All Groups
Dec 1-3	SCY	Winter Junior Olympics	Moraga, CA	All Groups
Jan 13-14	SCY	ONDA C/B/BB+	TBD, CA	All Groups
Jan 27-28	SCY	Zone 2 Championships	Moraga, CA	All Groups

Gators Swim Club Group Levels & Descriptions:

Group Levels:	Practice Days:	Length of Workout:	Emphasis:
Pre-Team (max 16)	Mon/Tues/Thurs/Fri	50-minutes	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. Must be able to swim a minimum of 100 yards front crawl with rhythmic breathing and proper body positioning.
Stroke Development (max 28)	Monday–Friday	60-minutes	Refinement and perfection of freestyle, backstroke, breaststroke and butterfly. Kick sets, stroke drills, and introduction to interval training.
Junior Group (max 28)	Monday–Friday	90-minutes	Interval training, stroke drills and kick sets emphasized.
Senior Group (max 28)	Monday–Friday	90-minutes	Senior Group maintains focus on stroke technique while working on sprinting and endurance.



Fall 2017 Practice Times

(effective: 9/1/17-1/5/18)

NO practice on the following dates 2017: Sept. 2, Oct. 10 & 31, Nov 10, 22, 23 & 24, Dec. 11-29

NO practice on the following dates 2018: Jan 8-Mar 9

Practice Groups:	Monday	Tuesday	Wednesday	Thursday	Friday
Pre-Team (50 min)	5:40–6:30pm	5:40–6:30pm	No Practice	5:40–6:30pm	5:40-6:30pm
Stroke Development (60 min)	3:45–4:45pm	3:45–4:45pm	3:30–4:30pm	3:45–4:45pm	3:45–4:45pm
Junior Group (90 min) *dry-land	4–5:30pm	4:15–5:45pm *4:15–4:40pm	4–5:30pm	4:15–5:45pm *4:15-4:40pm	4- 5:30pm
Senior Group (90 min) *dry-land	4:15–5:45pm *4:15–4:40pm	4:15-5:45pm	4:15-5:45pm *4:15-4:40pm	4:15-5:45pm	4:15-5:45pm

Spring 2018 Practice Times

(effective: 3/12/18-6/7/18)

NO practice on the following dates 2018: Jan 8-Mar 12, Apr 18, May 28 & Jun 8

Practice Groups:	Monday	Tuesday	Wednesday	Thursday	Friday
Pre-Team (50 min)	5:40-6:30pm	5:40-6:30pm	No Practice	5:40-6:30pm	5:40-6:30pm
Stroke Development (60 min)	3:45-4:45pm	3:45-4:45pm	4:15-5:15pm	3:45-4:45pm	3:45-4:45pm
Junior/Senior Group (90 min) *Dryland (Note: Junior & Senior groups are combined during High School Swim Season)	4-5:30pm *Dryland	4-5:30pm	4-5:30pm	4-5:30pm *Dryland	4-5:30pm

Summer 2018 Practice Times

(effective: 6/11/18-8/31/18)

NO practice on the following dates 2018: Jun 7 & 8, Jul 4, Aug 17

Practice Groups	Monday	Tuesday	Wednesday	Thursday	Friday
Pre-Team (50 min)	5:30–6:20pm	5:30–6:20pm	5:30-6:20pm	5:30-6:20pm	No Practice
Stroke Development (60 min)	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4-5pm
Junior Group (90 min) *Dryland	3:15-4:45pm *Dryland	3:15-4:45pm	3:15-4:45pm	3:15-4:45pm *Dryland	3:15-4:45pm
Senior Group (90 min) *Dryland	8-9:30am *Dryland	8-9:30am	8-9:30am	8-9:30am *Dryland	8-9:30am



Gators Swim Club Monthly Fees

**fees effective 7/1/17 – 6/30/18*

Group Level	EC Resident	Non-Resident
Pre-Team (50 min/4 days/week)	\$57.00	\$68.00
Stroke Development (60 min/5 days/week)	\$82.00	\$97.00
Junior & Senior Group (90 min/5 days/week)	\$106.00	\$119.00
Sibling Discount (each additional)	-\$20	-\$20
Gators Late Fee (charged after the 10 th of each month)	\$18	\$18

Please be aware that auto-debit does NOT roll over from the previous school year/summer. Auto-debit expires annually at the end of August. If you would like to enroll in or renew your auto-debit you can do so by:

- Coming into 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 1st 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. It is your responsibility to take care of unpaid charges as soon as possible.

Payment can be made by credit card (Visa/Mastercard/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 . All cancellation requests should be given to the Assistant Aquatics Supervisor, Stephen Dunkle.



Practice 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 and 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 and coaches 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 runners, 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 recreation [@ci.el-cerrito.ca.us](mailto:recreation@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 up to 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 regular email updates. Please check 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 .



Behavior Policy

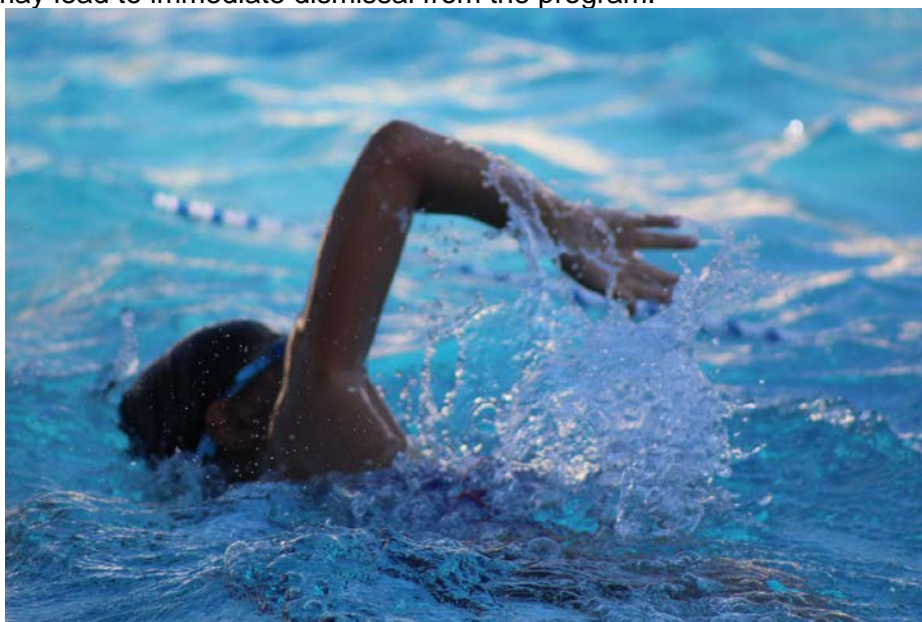
The goal of the El Cerrito Recreation Department is to provide a safe, positive and fun experience for all participants in our programs. To achieve this goal, we ask that participants follow instructions and rules as stated by City Staff and Contract Instructors, use appropriate language, never verbally or physically harm another person, and be respectful of others, their belongings as well as facilities and equipment.

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

In the case of behavior problems:

1. Staff members 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 down and self-reflect. For youth related incidents, Staff will record any incidents of behavior issues in a "child log" that is kept at the site.
2. If youth behavior problems continue, Staff members will speak with the parent/guardian, informing them of the behavior issues and asking for their assistance in resolving the matter. Staff members should continue to share with parent/guardian what Staff members are doing at the site to correct the behavior. Staff members may also request a formal meeting with the participant 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.





El Cerrito Gators Swim Club Enrollment Form 2017-2018 Season

Date of Tryout:		
Swimmer #1 Name:	Birthdate:	Group: Pre SD JR SR
Swimmer #2 Name:	Birthdate:	Group: Pre SD JR SR
Swimmer #3 Name:	Birthdate:	Group: Pre SD JR SR
Parent/Guardian Name:	Cell phone:	
Home address:	Home phone:	
City:	Zip code:	
Email:		
Emergency Contact (name & relationship):	Emergency Contact Phone numbers:	
Emergency Contact (name & relationship):	Emergency Contact Phone numbers:	
Cancellation/Refund/Transfer/Schedule (please initial):		
<p>Change Policy: 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.</p> <p>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.</p> <p>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.</p> <p>Behavior Policy: 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 included in the information packet and available upon request in the Community Center office.</p> <p>Emergency Procedure: I understand in case of a serious 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.</p> <p>Consent to Photograph, Film or Tape: 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.</p>		

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

Parent/Guardian Signature: _____ Date: _____



Credit Card Authorization Form: Gators Swim Club 2017-18

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 store my credit card information securely on file with the City of El Cerrito for the period of time indicated on this form. Once I have a credit card on file, I authorize the City of El Cerrito Recreation Department to automatically deduct monthly payment(s) for the Gators Swim Club program from my credit card.

Please note: Your credit card will be charged on the first working day of each month. Your credit card will continue being charged through August 2018 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 31st, 2018

Credit Card Type (please circle): **VISA** **MASTERCARD** **AMEX**

Name as it appears on Credit Card: _____

Last Four Digits of Credit Card: _____ **Expiration Date: Month/Year:** _____

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

Signature: _____ **Date:** _____

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 = 50-minute workout 4 workouts/week; Stroke Development = 60-minute workout 5 workouts/week; Junior & Senior Group = 90-minute workout 5 workouts/week).

Name:	Age:	____ Pre-Team ____ Stroke Development ____ Junior Group ____ Senior Group
Name:	Age:	____ Pre-Team ____ Stroke Development ____ Junior Group ____ Senior Group
Name:	Age:	____ Pre-Team ____ Stroke Development ____ Junior Group ____ Senior Group