



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

El Cerrito Gators Swim Team

Information Packet 2022

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.

Tryouts for the Gators

All teams are currently available for Tryouts. Tryouts are held Tuesday's and Thursday's at 5:30 and 5:45 pm. Please send an email to bunderhill@ci.el-cerrito.ca.us to reserve your tryout spot! All info about eligibility requirements for the different groups can be found both further down in this document, and on the back of our [Tryout Form](#). Please print and fill out the tryout form before your appointment and bring it with you to expedite the tryout process!

Joining the Gators

The swim season runs year-round beginning in September, swimmers are enrolled through the end of August regardless of start date. Enrollment must be done every August, 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. In order to be eligible to enroll through our website you must first complete a tryout and turn in your tryout form to the Recreation Office.

Additionally, upon enrolling in the program you will receive directions on how to register with USA Swimming. All Stroke Development, Junior, and Senior group members are **required** to register with USA Swimming. Registration for Pre-Team members is optional. USA Swimming registration fees are paid directly to USA Swimming. Stroke Development, Juniors, and Seniors will be given information on how to enroll with USA Swimming when they register, Pre-Team 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 competitions, when available. Stroke Development, 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 members do not participate in competition.



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Group Level's and Descriptions

Pre-Team

The El Cerrito Gators Pre-Team is a group designed for children with little or no experience in a swim team environment. It introduces them to basic concepts that are vital for participation on any competitive swim team in a fun and engaging manner. This group puts a heavy emphasis on fixing major stroke technique flaws, introducing fundamental competitive swimming techniques (proper streamlines, underwaters, flip and touch turns, etc.), and learning how to understand basic jargon commonly used when talking about the sport; all in a fun and rewarding environment.

Must be able to demonstrate the following to qualify:

- Swim 50 yards of freestyle with no major technique flaws
- Swim 25 yards of backstroke with no major technique flaws
- Swim 25 yards of breaststroke with no major technique flaws
- Be able to demonstrate competitively legal dolphin kick and breaststroke kick

Learning Objectives and Goals:

- Introduction of basic swim team concepts including safety practices, common technical language, and simple swimming sets.
- Introduction of fundamental technique concepts for each of the four competitive strokes (butterfly, backstroke, breaststroke, and freestyle), including learning how to properly swim butterfly.
- Learn how to correctly do flip turns and touch turns, and when to use them
- Introduction of competitive underwaters (including breaststroke pullouts) and introduction of how to incorporate them into every practice.
- Improvement of swimming speed and endurance.
- Introduction to kicking and improvement of kicking speed and endurance.
- A simple introduction to goalsetting where each swimmer will create one short-term goal to work on each month.



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Stroke Development

The El Cerrito Gators Stroke Development is a great group for younger children with some experience on a competitive swim team. This group builds upon what children learn from the Pre-Team. It is designed to prepare children for swim meets and more advanced groups by introducing them to how competition works, improving their speed and endurance, and learning many physical and mental strategies to keep them healthy and happy.

Must be able to demonstrate the following to qualify:

- Must be able to swim all four competitive strokes with no major technique flaws.
- Must be able to comfortably swim 200 yards of freestyle, 100 yards of backstroke and breaststroke, and 50 yards of butterfly; demonstrating proper underwaters, flip turns, and touch turns throughout.
- Must be able to do 50 yards of each different kind of kick (dolphin, breaststroke, and flutter) in under 1 minute and 15 seconds.

Learning Objectives and Goals:

- Continue refining swimming technique by spending more time on detailed stroke work.
- Introduction of more complicated swimming sets and intervals.
- Introduction of racing starts for all strokes.
- Increased intensity of workouts with a goal of increasing speed and endurance.
- Learn basic stretches and mobility exercises to help improve swimming performance and maintain a healthy body.
- Continued goal setting practices building upon what was learned in Pre-Team; where swimmers are introduced to the concept of long-term goals and continue to set one short term goal per month.
- Learn basic competitive concepts to prepare for attending swim meets.
- Begin attending swim meets.



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Junior Group

The El Cerrito Gators Junior Group is designed for children with a moderate amount of competitive swimming experience. It is focused on refining technique, improving speed and endurance, and working towards achieving personal goals set by swimmers. This group utilizes longer and more intense practices to help build speed and endurance, and both physically and mentally prepare swimmers for competition at a higher level. As with previous groups this is still designed to be a fun and engaging environment that helps children work on important life skills and educates them on how to maintain and improve their physical and mental well-being.

Must be able to demonstrate the following to qualify:

- Be able to swim 4x100 of freestyle on an interval of 1 minute and 40 seconds.
- Be able to swim 4x100 of backstroke on an interval of 1 minute and 50 seconds.
- Be able to swim 4x100 of breaststroke on an interval of 2 minutes.
- Be able to swim a 100 of butterfly faster than 1 minute and 50 seconds.
- Be able to do 4x50 of flutter kick on an interval of 1 minute.
- Be able to do 4x50 of dolphin kick on an interval of 1 minute.
- Be able to do 4x50 of breaststroke kick on an interval of 1 minute.
- Demonstrate good technique for all 4 strokes with no major flaws.
- Demonstrate correct flip and touch turns with no major flaws and utilize them correctly when swimming.
- Demonstrate correct underwaters for each stroke and utilize them when appropriate.
- Demonstrate a thorough understanding of interval training, swimming sets, and common language used with a competitive swim team.

Learning Objectives and Goals:

- Continue to refine stroke and skill technique by working on small details.
- Learn more advanced drills and learn why we do them.
- Continue refining starts and underwaters for all strokes.
- Learn proper crossover turns.
- Improve speed and endurance.
- Introduce more detailed goal setting.
- Work towards qualifying for invitational events such as Junior Olympics and Far Western Regional Championships.
- Introduce dryland training with an emphasis on technique.
- Learn race strategy for various events, and gain racing experience through practice and swim meets.



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Senior Group

The El Cerrito Gators Senior Group is designed for swimmers with a large amount of prior competitive experience. It is a serious competitive group focused on increasing the competitive performance of its members. This group is designed to help swimmers achieve their competitive goals and help them reach their full potential as an athlete. As with all other groups there is an emphasis on learning how to improve physical and mental health, as well as facilitating personal growth.

Must be able to demonstrate the following to qualify:

- Be able to swim 4x100 of freestyle on an interval of 1 minute and 20 seconds
- Be able to swim 4x100 of backstroke on an interval of 1 minute and 30 seconds
- Be able to swim 4x100 of breaststroke on an interval of 1 minute and 35 seconds
- Be able to swim a 100 of butterfly in under 1 minute and 15 seconds
- Be able to complete 4x100 of flutter kick, breaststroke kick, and dolphin kick on an interval of 1 minute and 45 seconds.
- Be able to demonstrate refined technique for all strokes, turns, starts, and underwaters.

Learning Objectives + Goals:

- Increase speed and endurance.
- Set, and work towards achieving, personal goals both in and out of the pool.
- Learn physical and mental strategies to help prepare swimmers for competitions and keep them healthy.
- Participate in more rigorous dryland workouts and expanded education on physical health maintenance through diet, stretching, and mobility exercises.
- Work towards qualifying for invitational events such as Western Zones, Sectionals, and Junior Nationals.



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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 recreation@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. These closures are already built into the monthly fees. All fees are subject to change.

Gators Swim Club Monthly Fees

Group Level	EC Resident Fee Per Month	Non-Resident Fee Per Month
Pre-Team (45 min / 5 days / week)	\$63	\$78
Stroke Development (1 hour / 5 days / week)	\$104	\$125
Junior Group (1.5 hours / 5 days / week)	\$156	\$188
Senior Group (1.75 hours / 5 days / week)	\$182	\$219
Sibling Discount (each additional sibling)	15%	15%
Gators Late Fee (charged after the 10 th of each month)	\$22	\$22

All fees are subject to change



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Practice Times

Through June 10th:

Practice Groups:	Monday	Tuesday	Wednesday	Thursday	Friday
Pre-Team (45 min)	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm
Stroke Development (1 hour)	5:45pm-6:45pm	5:45pm-6:45pm	5:45pm-6:45pm	5:45pm-6:45pm	5:45pm-6:45pm
Junior Group (1 hour 30 min)	4:15-5:45pm	4:15-5:45pm	4:15-5:45pm	4:15-5:45pm	4:15-5:45pm
Senior Group (1 hour 45 min)	4:15pm-6pm	4:15pm-6pm	4:15pm-6pm	4:15pm-6pm	4:15pm-6pm

All practice times are subject to change

Beginning June 13th:

Practice Groups:	Monday	Tuesday	Wednesday	Thursday	Friday
Pre-Team (45 min)	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm
Stroke Development (1 hour)	5:45pm-6:45pm	5:45pm-6:45pm	5:45pm-6:45pm	5:45pm-6:45pm	5:45pm-6:45pm
Junior Group (1 hour 30 min)	4:15-5:45pm	4:15-5:45pm	4:15-5:45pm	4:15-5:45pm	4:15-5:45pm
Senior Group (1 hour 45 min)	8:00-9:45am	8:00-9:45am	8:00-9:45am	8:00-9:45am	4:15pm-6pm

All practice times are subject to change

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.

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.
- Swimmers must bring functioning goggles and a swimsuit that is not see-through to practice.



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- In order to leave practice early, swimmers must let their Coach know prior to the start of practice 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.

COVID guidelines:

- Locker room facilities will be available for Gators swimmers. Masks are required in the locker rooms except when showering and walking to and from the showers.
- Gators swimmers can only swim if they have no Covid-19 symptoms.
- If you have any symptoms of COVID-19 (a fever of 100.4 degrees or more in the last 24 hours, a cough or shortness of breath in the last 24 hours, and/or been in contact with anyone that has tested positive for COVID-19 within the last 2 weeks) you must stay home.
- If a swimmer shows any signs of illness, staff will immediately ask them to leave practice and contact a Parent/Guardian.

The Gators Swim Club will send out bi-weekly 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 recreation@ci.el-cerrito.ca.us to update your account.

Swim Meets

Stroke Development, Juniors, and Seniors are welcome to participate in Swim Meets. Any Pre-Team that is registered with USA Swimming may also participate. Fall/Winter 2021-2022 and Spring/Summer 2022 meet schedules are linked below:

- ECG Meet Schedule Fall/Winter 2021/2022
(<https://docs.google.com/document/d/1UG32uYf6sSfy-bCTx7g-rTfBjxbpiLWXtg7TX17aw0k/edit>)
- ECG Meet Schedule Spring/Summer 2022
(<https://docs.google.com/document/d/1XxhdqiFXOaJ4AqmXoRsTUIf3-a40s0L8OeqZ3qALr4A/edit>)
- Important info about swim meets including a step-by-step guide on how to sign up
(https://docs.google.com/document/d/1UrIFRwwFT_F47w2ZLuXQPqEXpHRRuWjcsTNCJ67KuZk/edit?usp=sharing)

To sign up for meets, register at <https://ome.swimconnection.com/meets> and <https://fastswims.com/>.



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Here is a list of links to the time standards that apply to this meet schedule:

- All Age-Group, Senior, Sectional, Grand Prix and National Championship Time Standards (<https://www.pacswim.org/swim-meet-times/standards>)
- Age-Group C/B/BB+ (<https://www.pacswim.org/userfiles/cms/documents/801/2021-2024-motivationaltimes-top16.pdf>)
- Senior (<https://www.pacswim.org/userfiles/cms/documents/1283/2021-22-sr.-time-overview-scy-10.9.21.pdf>)
- Junior Olympics (<https://www.pacswim.org/userfiles/cms/documents/809/jo-time-std.---scy-2021-22.pdf>)
- Far Westerns (<https://www.pacswim.org/userfiles/cms/documents/859/fw-time-std.---spring-2022.pdf>)

Other Important Time Standards:

- Junior Olympic BONUS time standards (<https://www.pacswim.org/userfiles/cms/documents/1666/jo-bonus-time-std.---scy-2021-22.pdf>) (Time standards for bonus events when you have already qualified for Junior Olympics in at least one event)

If you have further questions that this document does not answer, please email Head Coach Blake at bunderhill@ci.el-cerrito.ca.us

Behavior Policy

The mission of the City of El Cerrito is to serve, lead, and support our diverse community by providing 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 down and self-reflect. Staff will record any incidents of behavior issues in a log that is kept at the site.



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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 to recreation@ci.el-cerrito.ca.us with the participants name(s) and which team they are on. Cancellation requests will be approved only if initiated no later than 10 business days prior to the first of the month. There is no proration or partial months. There is a \$22 cancellation fee.