



SAN DIEGO AQUATIC CLUB, INC. (SDAC) TRYOUT AND REGISTRATION PROCESS

Team tryouts are conducted at designated times throughout the year. All swimmers (new and returning) will be required to participate in annual tryouts. The tryouts are designed to assess swimmer ability and aptitude. Each practice group has a specific set of criteria that swimmers must satisfy in order to become a member of SDAC.

Please carefully review the following materials and complete the tryout forms (please download from the team website: www.swimsdac.com).

The following is a list of items that must be completed within 10 days of registration:

- The United States Swimming registration form for new members has been completed and returned to a coach.
- San Diego Aquatic Club registration form has been completed and I have included a check for \$100 per family for the annual registration fee.
- I have signed and returned SDAC membership agreement.
- I have signed code of conduct.
- Medical release form has been completed.
- Release of liability form has been completed.
- I have given a list of the swimmer's best times to his or her new coach.
- I have completed a USS transfer form (if applicable).
- I have sent the dues payment to SDAC, as per the Membership policy.

Once tryouts are completed, you will receive information regarding training and competition schedules.

Important Information

SDAC Head Coach/Owner: Tim Oelgoetz

Contact Phone Number: (858) 254-2233

Contact e-mail: timoelgoetz@sbcglobal.net

SDAC Web Site: www.swimsdac.com

Practice Location: Rancho Bernardo High School

Billing Address: SDAC, 11337 Avenida De Los Lobos #C, San Diego, CA 92127



SDAC COMPETITIVE GROUPS

Age Group Development Group (Beginner/Intermediate)

These swimmers may have some competitive swimming background experience but need more work on their stroke technique. These swimmers are recommended to swim **3 times per week**. The focus of the practice group is to improve the swimmers stroke skills and develop the enthusiasm for swimming. The swimmers attend and compete in the "BC" level meets. Time is spent on teaching the swimmers the "how to's" in practice sessions (reading a pace clock, stroke drills, starts, and turns). Must be able to complete the following practice sets:

Try-out Standards (SCY)

| 10/U Swimmers | 11/O Swimmers |
|--|--|
| 6 x 50 Free 6 x 50 Back 6 x 50 Breast 6 x 50 Fly 6 x 50 Kick | 6 x 200 IM on 3:45 8 x 100 Kick on 2:30 10 x 100 Free on 1:50 |
| | And any one of the following sets: 10 x 100 Free on 1:40 8 x 100 Back on 2:00 8 x 100 Breast on 2:30 8 x 100 Fly on 2:15 |
| Cognitive: The swimmer accurately counts and computes distances. | |
| Competitive Performance Standards: Has participated in competitive situations for the primary purpose of skill development (entry level competitions) | |

| Additional Information |
|---|
| Typical Work-out Duration: 15 min. dry-land plus 1 hour, 15 min. water time |
| Typical Dry-land workout: stretching |
| Required Equipment: fins, water bottle, pull buoy, strokemaker paddles (see coach for appropriate size), mesh bag |



Age Group Performance Group (Intermediate/Advanced)

This group is designed for all "B" to "AA" level swimmers who may have some experience in competitive swimming but need more work on their stroke technique. The focus of this group is to improve the swimmers' stroke skills and develop their enthusiasm for competitive swimming. Swimmers in this group compete in "AB" and "AA" level meets, while working towards Junior Olympics, Far Westerns, and Zone Championships. As stroke skills improve swimmers are challenged with more difficult sets. Swimmers are encouraged to enjoy their swimming and start to focus on the competitive aspect of the sport. Swimmers are expected to attend **3 practices per week and work towards 4 per week**. Group's emphasis is on setting and achievement of each athlete's goals within the SDAC team setting.

Try-out Standards (SCY)

| 12/U Swimmers | 13/O Swimmers |
|---|--|
| 4 x 200 IM on 3:30 8 x 100 Kick on 2:20 10 x 100 Free on 1:40 | 6 x 200 IM on 3:30 8 x 100 Kick on 2:20 10 x 100 Free on 1:40 |
| And any one of the following sets: 10 x 100 Free on 1:30 8 x 100 Back on 1:50 8 x 100 Breast on 2:20 8 x 100 Fly on 2:10 | And any one of the following sets: 10 x 100 Free on 1:30 8 x 100 Back on 1:50 8 x 100 Breast on 2:20 8 x 100 Fly on 2:10 |
| Competitive Performance Standards: Must achieve 8 out of 12 National "A" times for 10 & Unders; Must achieve all National "BB" times for 11 & Overs. | |

| Additional Information |
|--|
| Typical Work-out Duration: 15 min. dry-land plus 1 hour, 45 min. water time |
| Typical Dry-land workout: stretching, push-ups, sit-ups |
| Required Equipment: fins, water bottle, pull buoy, strokemaker paddles, mesh bag |



Age Group Elite Group (Advanced)

This group is designed to meet the needs of the top level age group competitive swimmers who have a desire to reach the top level of the sport. Swimmers in this area are skilled and experienced athletes who still need to improve their overall level of swimming and should focus on preparing for the demands of the Senior Elite Program. The focus of this group is to prepare for "A" and "AA" level meets, Junior Olympics Championships, Far Westerns, Zone Championships, Sectionals, and Junior Nationals.

This group focuses on how to train correctly, learn about training the energy systems properly and how percent of best time in practice relates to achieving goals. Swimmers learn how to do different type of sets at the right speed/pace. While swimmers are in this group, a lot of time will be spent on technique in all 4 strokes and trying to maximize distance per stroke. In addition the workload will be increased which will further help make their transition in the Senior Elite Group a smooth and enjoyable experience. Swimmers are expected to attend **5 practices a week while working towards 6 practices a week.** Group's emphasis is on setting and achievement of each athlete's goals within the SDAC team setting.

Try-out Standards (SCY)

| Age Group Elite | |
|---|--|
| 6 x 200 IM on 3:10 10 x 100 Kick on 2:00 16 x 100 Free on 1:25 | And any one of the following sets: 8 x 200 Free on 2:50 16 x 100 Back on 1:40 16 x 100 Breast on 1:50 16 x 100 Fly on 1:45 |
| Competitive Performance Standards: Must achieve at least three National "AA," or two Far Western, or one Western Zone, or one Sectional Time Standard. | |

| Additional Information |
|---|
| Typical Work-out Duration: 1/2 hour dry-land plus 2 hours water time |
| Typical Dry-land workout: stretching, push-ups, sit-ups, resistance bands, medicine balls, running (additional training will be incorporated over time) |
| Required Equipment: fins, water bottle, pull buoy, strokemaker paddles, front-mount snorkel, mesh bag |



Senior Developmental Group (Intermediate/Advanced)

This group is for all "B" to "AA" level swimmers 14-18yrs., who may have some experience in competitive swimming but need more work on their stroke technique. The focus of this group is to improve the swimmers' stroke skills and develop their enthusiasm for competitive swimming. Swimmers in this group compete in "AB" level meets, "AA", meets, and work towards Junior Olympics, Far Westerns, High School.

As stroke skills improve swimmers are challenged with more difficult sets. Swimmers are being physically and emotionally prepared to progress to the Senior Elite Group. Swimmers are encouraged to enjoy their swimming and start to focus on the competitive aspect of the sport. Swimmers are expected to **attend 4-7 practices per week**. All high school junior and seniors will be encouraged to continue swimming in college.

Try-out Standards (SCY)

| Senior Development Group | |
|---|---|
| 6 x 200 IM on 3:10 14 x 100 Kick on 2:10 20 x 100 Free on 1:40 | And any one of the following sets: 20 x 100 Free on 1:30 12 x 100 Back on 1:45 12 x 100 Breast on 2:00 12 x 100 Fly on 1:50 |
| Competitive Performance Standards: Must achieve four Junior Olympic Standards. | |

| Additional Information |
|---|
| Typical Work-out Duration: 1/2 hour dry-land plus 2 hour water time |
| Typical Dry-land workout: stretching, push-ups, sit-ups, resistance bands, medicine balls, running (additional training will be incorporated over time) |
| Required Equipment: fins, water bottle, pull buoy, strokemaker paddles, front-mount snorkel, mesh bag |



Senior Elite Group (Advanced)

This is the top level in the San Diego Aquatic Club Program. This group is designed for 14yrs. & over who aspire to swim at their fullest potential. Swimmers have learned how to train and are now training to compete at Junior Olympics, High School, "AA" meets, Far Westerns, Zone Championships, Sectionals, and Junior/Senior Nationals. The swimmers must have the desire and ambition to swim at the highest levels Swimmers in the Elite group have all made the commitment & requirements of a senior swimmer. The requirements are as follows:

1. Attend a minimum 7 workouts per week.
2. Able to train at a high volume and at the correct intensity.
3. Have had a Parent, Coach, and Swimmer goal meeting.

Swimmers should gradually factor in double workouts as they adapt to the workload. Focus is on increasing training while maintaining technique. Training objectives are to increase the aerobic base and build strength over time, which will enable the swimmers top meet goals.

Swimmers start with a minimum of 7 workouts and build the number of workout as agreed by coach, athlete, and parent. The training plan will be discussed at the parent, coach, and athletes meeting, which will be held before the swimmer officially moves into the Senior Elite Group. All high school juniors and seniors will be encouraged to continue swimming in college.

Try-out Standards (SCY)

| Senior Elite Group—BOYS | Senior Elite Group—GIRLS |
|--|---|
| 6 x 400 IM on 5:40 14 x 100 Kick on 1:45 20 x 100 Free on 1:15 | 6 x 400 IM on 6:00 14 x 100 Kick on 1:50 20 x 100 Free on 1:20 |
| And any one of the following sets: 20 x 100 Free on 1:10 16 x 100 Back on 1:20 16 x 100 Breast on 1:30 16 x 100 Fly on 1:25 | And any one of the following sets: 20 x 100 Free on 1:15 16 x 100 Back on 1:25 16 x 100 Breast on 1:35 16 x 100 Fly on 1:30 |
| Competitive Performance Standards: Must achieve at least six Far Western, or three Western Zone, or one Sectional Time Standard. | |
| Typical Work-out Duration: 1/2 hour dry-land plus 2 hour water time | |
| Typical Dry-land workout: stretching, push-ups, sit-ups, resistance bands, medicine balls, running (additional training will be incorporated over time) | |
| Required Equipment: fins, water bottle, pull buoy, strokemaker paddles, front-mount snorkel, mesh bag | |



SDAC PRE-COMPETITIVE GROUP

The SDAC Pre-Competitive program is an introductory program, for children ages 5-13, that includes basic stroke instruction, turns, starts, and an introduction to racing. In the pre-competitive level of swimming, swimmers begin to build endurance and improve their skills in all four competitive strokes: freestyle, backstroke, breaststroke, and butterfly. Swimmers will work on stroke technique and drills designed to make their swimming easier and more efficient, while developing enthusiasm for the sport of swimming. Swimmers are encouraged to attend as many practice sessions as possible, but daily attendance is not mandatory. All practices are coached by a certified United States Swimming coach.

Throughout the year, the pre-competitive team will be participating in notice events while working towards C level competition. These events provide the swimmers an opportunity to have fun while utilizing their newly developed swimming skills.

Pre-competitive team members will receive a team t-shirt and swim cap with registration.

This is an excellent program for children who wish to improve their swimming skills, while gaining the benefit and experiences of a team environment.



WHEN CAN I MOVE UP TO THE NEXT LEVEL?

Moving to the next level in SDAC's program involves several factors. A child's technical competence, physical stamina, mental preparedness, swim meet attendance/performance, as well as many other subjective factors, all play a role. Your coach is the individual best able to assess a swimmer's readiness to make this next step.

Group move up's for the Age Group Developmental and Performance Groups occur four times a year (December, March, June, and September). The progress of athletes swimming at these levels can be large in both technical efficiency and speed. Group adjustments are made accordingly.

At the most advanced level in SDAC's age group program the Age Group Elite level move ups occur only two times each year (after the Far Western Championships in March, and at the beginning of the year in September).

Movement into the highest level in our program, the Senior Elite group, occurs only at the beginning of each new season in September.

Talk to your coach about your goals on a regular basis. He/she is the person who can help you make that jump to the next level!

All adjustments to the groups must go through the Head Coach. The Head Coach has the final word on all movements on the team.



SAN DIEGO AQUATIC CLUB, INC. MEMBERSHIP POLICIES & PROCEDURES

Financial Obligations

- Each swimmer must pay a **\$55.00 registration fee** to USS Swimming.
- **Registration fee: \$100 per swimmer per family per calendar year.** The registration fees are not refundable.
- **Monthly Dues:** Dues are billed monthly per swimmer. First month's dues and registration payable upon joining the team. Any swimmer starting last week of the month will swim free until the first day of the following month

Billing Policies & Procedures

| 2009/2010 Group Monthly Dues | |
|------------------------------|-------|
| Pre-Competitive | \$70 |
| Age Group Development | \$80 |
| Age Group Performance | \$90 |
| Age Group Elite | \$100 |
| Senior Development | \$110 |
| Senior Elite | \$110 |

- Dues are billed on a 12 month cycle; however, you will not be invoiced.
- Monthly dues are not pro-rated.
- Swimmers who are in the water any part of a month are obligated for all fees for that month.
- A \$25 fee will be assessed for returned checks
- Families are billed in advance on the 25th of the month and are due the 5th of the following (current) month. Payments not received by the 20th of the month are considered late and assessed a late fee of \$25 for each month in arrears. For example, February dues will be mailed on January 25th and will be due by February 5th, payments not received by February 20th will be considered late and a fee of \$25.00 will be assessed.

Monthly dues, made payable to SDAC, should be mailed to:

SDAC
Attn: Tim Oelgoetz
11337 Avenida De Los Lobos #C
San Diego, CA 92127



Withdrawal from the Club

Notification of withdrawal, whether temporary or permanent, must be submitted in writing prior to the first day of the first month of the withdrawal (30 days notice). Any notification received after that will result in the obligation of dues and financial obligation for that month.



SAN DIEGO AQUATIC CLUB, INC. TEAM APPAREL

We want the swimmers of SDAC to represent our team pride. One way to accomplish this is to wear SDAC apparel when representing our team at a swim meet. Always wear your SDAC suit and swim cap at competitions.

All athletes are required to wear the team suit, team shirt, and team cap at all meets. There is to be no deviation from this unless noted by the Head Coach. One must always remember that they are a part of the SDAC team and show respect to the team colors and have team pride

Also, there are specific styles of suits that may be worn by swimmers depending on their accomplishment level. The purpose of the restriction is to prevent swimmers (and their families) from purchasing expensive racing suits when a basic suit, more inexpensive suit will satisfy the swimmer's needs. The following table outlines the SDAC suit policy.

| If your swimmer is.... | Wear this style team suit |
|---|---|
| In the Pre-competitive group and/or an A-level, B-level, or C-level swimmer | A Black Speedo lycra suit |
| Junior Olympics Swimmer (for individual event qualifiers, not relay only swimmers) | A Black Speedo Aquablade suit or A Black Speedo lycra suit |
| Far Western Swimmer Zone Swimmer Sectional Swimmer | A Black Speedo FSII, or FSPro, or A Black Speedo Aquablade or A Black Speedo lycra suit |
| National-level Swimmer | As determined by Speedo |

SDAC Boosters provides apparel for swimmers who attend the following meets:

| Swim Meet | Outfitting Award |
|---|---|
| San Diego Imperial Junior Olympic Championships | t-shirt |
| Sectionals/Junior Championships (for individual event qualifiers only) | Sweatsuit, swim suit, t-shirt |
| National Championship | National level swimmers are outfitted twice per year provided by Speedo: Sweatsuit, swim suit, t-shirt, swim bag |
| Any other outfitting awards will be determined by the coaching staff. | |



Team Store & Attire

SDAC uses a local swim vendor to provide each family with all of their swimmer's equipment needs. It is:

Paradowski's Swim & Sport

7962 Convoy St.

San Diego, Ca.

(858) 569-6949

Team suits and goggles are recommended for each new swimmer. Team caps are required at all levels of competition. Warm-ups, equipment bags, t-shirts, sweatshirts and other items are available for purchase and are marked with team name and/or logo. In upcoming seasons, the SDAC team vendor plans to conduct sizing days at each pool in the Spring and in the Fall. At all other times, families need to deal directly with the vendor.