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Oakdale Swim Team:

Oakdale Swim Team, a nonprofit club, is run by its elected Board of Directors which meets each month. All members are welcome at each meeting and encouraged to be involved in team activities and fundraisers. OST is run very efficiently and organized according to its [by-laws](#). We are constantly growing and training young swimmers to maintain a well-rounded competitive swim team. Developing a strong base in all of our swimmers through proper breathing, balance, head position, kicking, and listening skills is at the core of successful swimming in our program.

USA Swimming:

USA Swimming is the governing body of all organized swimming in the United States. USA Swimming is also comprised of 59 Local Swimming Committees, LSCs, that govern their own region of the country. California Gold is part of the Sierra Nevada LSC, SN. California Gold itself is also comprised of currently three teams, Lodi, Oakdale, and Ellis Aquatics' (Tracy) 13-Older swimmers.

USA Swimming and the LSCs are funded in part from the athlete and official/coach registration fees. These fees go to running elite level, national, and international meets and training, such as the Grand Prix Series, Olympic Trials, Olympic training, The Olympics, ect. LSCs also get part of a team's splash fees for a swim meet. Sierra Nevada for example takes \$2.25 for each entry fee (\$0.50 for SN, \$1.00 for Age Group Travel Fund, \$0.75 for Senior Travel Fund).

Click on this link to read the USA Swimming [Mission Statement](#).

Team Philosophy:

Our year-round swim team, California Gold, is a USA year round competitive swim team offering professional coaching and technique instruction for all ages and abilities. Our coaches are all USA Swimming certified and American Swim Coaches Association Certified. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor



Coaching Philosophy:

We emphasize the step-by-step coaching process. Swimmers learn the absolute basic swimming fundamentals of breath control, kicking, stroke work, and proper demonstration of listening to coaches before moving to more technical elements of the sport. Our age group program emphasizes the importance of maximizing distance per stroke in all races. Success is measured as much in practice as it is at swim meets. It is our goal that swimmers will become proficient and excel in each of the four strokes (butterfly, backstroke, breaststroke, and freestyle) and the individual medley, in order to become stronger, faster, comfortable, and more confident swimmers.

Meets:

There are two major differences between the rec season meets and official USA Swimming meets:

1. They are official meets where swimmers times go into the official USA Swimming time database.
2. Because the meets are official swimmers must swim a “legal” race meaning there are disqualifications at these meets.

Other than that they are the same.

The coaches sign swimmers up for event. The coaches will be doing this to ensure that swimmers get signed up on time for swim meets, and swim events relative to their ability and skill level. Once entries are submitted we will send out a confirmation email of the entries. If you miss the entry deadline, email us back immediately and will get the swimmer(s) in the meet.

Families will be billed for swim meet fees through their Active account once the entries have been submitted. If a swimmer is sign-up for a meet and cannot go their family will still be billed for the swim meet fees.



Swim Meet Evaluation:

Swim meets are a way for coaches to evaluate a swimmers progress, but it is also a place for swimmers to evaluate themselves and how they feel. We want the swimmer to take ownership of their sport. At the end of the day we want the swimmers to look at the big picture of long term swimming. We emphasis the process not the results. Sometimes a swimmer will add time in a race but will have better stroke technique. This will translate to long term success in the sport. Likewise, a swimmer could drop time in a race but their technique is bad. This could result in disqualification of the swimmer in that race, injury in the future, and will not lead to long term success.

Pricing and Practice Times:

Age Group	Practice Times	Days	Pricing* (per month)
8 – Under	4:30 – 5:00	Monday – Thursday	\$45
9 – 10	5:00 – 6:00	Monday – Friday	\$60
11 – 14	6:00 – 7:30	Monday – Friday	\$75
15 – Older	6:00 – 7:30	Monday – Friday	\$95

Note that the 9 – Older practice times are not set in stone and depend on the high school water polo practice schedule.

*There is also a mandatory USA Swimming Registration Fee of \$77.00. This is the yearly fee that allows swimmers to swim at club meets until the end of December. The USA Swim Registration is also for safety and insurance reasons.



Meet Schedule:

Here is the preliminary schedule for the remainder part of the year

- **June**
 - Lodi (LC)
 - June 22 - 23
- **July**
 - Tahoe
 - July 13 - 14
- **August**
 - Oakdale
 - August 25th
- **September**
 - ?Ellis?
 - *?September 15th?*
 - Lodi
 - September 16th
- **October**
 - Lodi
 - October 20th
- **November**
 - TBA
 - TBA
 - Last year this meet was in Saratoga, November 18th
- **December**
 - TBA (Indoor)
 - TBA
 - Last year this meet was in Elk Grove, December 1 - 2



Parent Expectations:

Because we want the swimmers to take ownership of the sport and evaluate themselves, we ask that the parents watch from the bleachers or from the side of the pool. Part of swimming is teaching life skill like independence, so we encourage swimmers to get their own heat and lane assignment, talk to their coach before and after their races, warm-up and cooldown, and get to their race on their own. However, we understand that younger swimmers (8 – Unders) need help with all of those things sometimes.

Family Expectations:

The Oakdale Swim Team maintains responsibilities and fundraising on a year round basis. As a member of our CA Gold family, we want you to have a full written listing of the expectation from your family to keep OST functioning on the highest level on a year round basis. We appreciate your family as a member of our OST team:

1. Fall season includes any swimmers who participate at any time between August 1- November 30.
2. Pay monthly fee on or before the 1st of each month, preferably by auto-pay with your credit card information; a \$10 late fee is automatically assessed after the 21st.
3. Purchase a USA Swim card from USA Swimming.
4. Give a 2-week notice for any month a swimmer will not be swimming to avoid the monthly fee for said month.
5. Volunteer a minimum of 2 hours at every home USA meet. This may include, but not limited to, timing, officiating, concessions, hospitality, check in, awards, set up, clean up, etc. If this expectation is not met, the swimmer(s) may be suspended for one month.
6. Share timing responsibilities at all away meets attended by your swimmer(s).
Timing chairs will be divided evenly across all swimmers who are entered.
Timing chairs are determined by the hosting swim team, NOT Oakdale Swim Team, and are typically determined by the amount of swimmers entered from each team.



Officiating:

We are looking for new stroke and turn officials for this upcoming year. There is a stroke and turn clinic in early October here at the high school. We have plans to host more meets in the future; however, we do not want to be a drain on Sierra Nevada's officials pool so we need to pull our own weight. Oakdale Swim Team will fully cover the cost of certifications, training, mileage to clinics, uniforms, ect.

Timing System Training:

Anybody interested in learning the timing system and/or computer system to help us run meets, please contact Coach Ronny at (209) 380-0115 (text preferred).