



California Gold USA Swimming

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A Message from our Head Coach Russ

OST:

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, which can be accessed below. 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.

<http://www.oakdaleswimteam.com/Assets/Oakdale+Swim+Team+Site+Group+5b2165d+Digital+Assets/Forms/Bylaws.pdf>

Structure of 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.

Fee Structure:

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).

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.



Swimming Statistics:

According to the California Interscholastic Federation, CIF, the governing body of all high school sports in California, "It is vital that as sports leaders, parents and fans that we must remember that less than 2% of our participating students will go on and compete in athletics in college." We emphasize with the swimmers that swimming is more than just swimming it is also developing life skills.

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.

Coach Russ' Blog:

Here is a link to the latest on Coach Russ' blog courtesy of John O'Sullivan.

<http://changingthegameproject.com/the-ride-home-after-the-game/>

Overview of Club Swim

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.

Family Expectations:

CA Gold Fall Swim 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.

CA Gold Year Round Swim Family Expectations:

1. Year round season includes any swimmers who opt to swim beyond November 30th.
2. All of the above Fall family expectations apply, as well as the additional responsibilities below.
3. Sell (or purchase) 4 tickets per family to the Crab Feed Fundraiser; volunteer a minimum of 1 shift during the event, and swimmers serve guests. If minimum 4 tickets are not sold 2 weeks prior to the event, your account will be charged for the price of 4 tickets. If a family does not volunteer to work the event, the swimmer(s) may be suspended for one month.
4. Raise a minimum of \$100 in pledges for the annual USA Swim-A-Thon. If minimum pledges are not met by the conclusion of the event, your account will be charged \$100.

Pricing:

8 – Under	\$45 per month
9 – 10	\$60 per month
11 – 14	\$75 per month
15 – Older	\$95 per month

Note there is also a mandatory USA Swimming Registration Fee of \$47.00. This is the seasonal fee that allows swimmers to swim at club meets from September 1st – January 28th (for club swimmers swimming through January-December, the annual fee is \$77.00). The USA Swim Registration is also for safety and insurance reasons. Note that for first year club swimmers, OST will cover half of the USAS registration fee, and will cover a quarter of the fee for second year swimmers.

Practice Times:

8 – Under	4:30 – 5:00	Three days/week schedule
9 – 10	5:00 – 6:00	Monday – Friday
11 – Older	6:00 – 7:30	Monday – Friday



Meets:

Club Meets:

The USA Swimming meets this year are going to be close than they have been in the past and will be more laid back compared to other USA Swimming meets. The two differences between USA Swimming meets and Gator meets are:

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.

Coaches Sign-ups:

For all future meet the coaches will now be signing 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.

Opt-Out:

An email will be sent out the night a swim meet opens and coaches will begin to sign swimmers up after 48 hrs. If coaches do not hear back from families about going within 48 hrs they will be signed up for the meet. If a family wishes to opt out of that particular meet or only wants to go on certain days, then they must email the coaches back with their intentions. If a swimmer is sign-up for a meet and cannot go their family will still be billed for the swim meet fees

Billing:

Families will be billed for swim meet fees through their Active account

Meet Schedule:

- August 13th @ Oakdale High School
- September 3rd – 4th @ Davis
- September 9th @ Lodi
- October 21st – 23rd @ Lodi
- November 12th – 13th @ Stockton

Oakdale swim meet August 13th

One-day meet:

This meet will be a one-day pentathlon with IMX event. All swimmers are encouraged to attend this meet. Note that because USA Swimming registration cards are only good from September 1st – January 28th that the times from this meet will not go into the USA Swimming database. However, they will go into the OST time database for coaches to use for future meet sign-ups.



IMX

Info:

Oakdale Swim Team uses the foundation of USA Swimming's program the IM Xtreme Challenge and IM Ready to help swimmers to become more diversified in the sport. Part of our philosophy is that if swimmers train for longer events like the 400 IM and 500 Free they then will become more proficient in events like the 50 free and 200 IM. The IM Xtreme Challenge helps with that. The IMX meet is held in Mesa, AZ, November 18 – 20th for swimmers who qualify.

IMX Q&A:

The following pdf link should answer most of your questions about IMX

[http://www.oakdaleswimteam.com/Assets/Oakdale+Swim+Team+Site+Group+\\$!5b216\\$!5d+Digital+Assets/Forms/The+IM+Xtreme+Challenge+Q+and+A.pdf](http://www.oakdaleswimteam.com/Assets/Oakdale+Swim+Team+Site+Group+$!5b216$!5d+Digital+Assets/Forms/The+IM+Xtreme+Challenge+Q+and+A.pdf)

Questions:

If you have any questions or need more info contact Coach Ronny at (209) 380-0115 (text preferred) or oakdaleswimteam1@gmail.com

Officials

Info:

We are looking for at least 5 new stroke and turn officials for this upcoming year. There is a stroke and turn clinic in early October. 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.

Questions:

If you are interested in becoming an official, please contact Coach Ronny for more details and info at (209) 380-0115 (text preferred) or oakdaleswimteam1@gmail.com