



California Gold Swim Team (starting August 6th):

California Gold, our USA year round competitive team, offers wholistic 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 by making drills, goal setting and team culture a priority.



FAQs

Q: How many days does my child have to swim/week?
A: We recommend 3-4 days/week for 9-olders and 2-3 days for 7-8s to keep up skills and abilities, but this is not a requirement.

Q: Do we have to attend swim meets?
A: Meets are not required, but are local if you would like to attend one in the Fall.

Q: Does my child have to have fast times to swim on Gold?
A: Fast times are not required. Any child that has gone through the Gator program and is seven years or older can join CA GOLD.



Gold Team Events

- August 18th: Pincrest Lake Day
- September 16th: Pizza at Gold Dust after Lodi swim meet
- December: Annual Monterey Bay Aquarium trip

Practice Times:

- 8 – under = 4:30 – 5:00
- 9 – 10 = 5:00 – 6:00
- 6th - 8th grade = 6:00 – 7:30
- High School age = TBA

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

Price:

- 8 – under: \$45 per month
- 9 – 10: \$60 per month
- 11 – 14: grade: \$75 per month
- 15 – older: \$95 per month

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

Meets:

- August 25th @ Oakdale
- September 16th @ Lodi
- September 22nd @ Ellis
- October 20th @ Lodi

To register go to oakdaleswimteam.com and click on the “Register for Gold” tab. If you have any questions, please contact Coach Emily or Coach Ronny at oakdaleswimteam1@gmail.com or text Coach Ronny at (209) 380-0115.



What does success mean to us?

Our definition of success across all programs is similar to former UCLA basketball coach John Wooden's definition of success: "**success** is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to do your best to become the best that you are capable of becoming." A successful competitive swimmer is one who has good character, fails and learns from the experience, and strives to become the best they personally can become in the water. This is a definition that challenges the swimmer to not only have fast times, but to engage themselves in proper technique training, be internally motivated, and come to practice each day ready to give their all.



Carson City swim meet in January, 2018.
From left to right: Cassidy Houck, Ben Wall,
Breanna Campbell, Daytona McGinnis,
Marissa Raggio, Peighton Campbell.



CA Gold swimmers (in the red Gold caps) at the Mel Enze long course meet in Lodi (June, 2018). Two swimmers at the bottom of the picture: Emma Nelson and Ellie Fox. At the top of the picture: Kaylee Renfro.