

Oakdale Swim Team Mission Statement

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.

All of our coaches, as members of the American Swim Coaches Association, have access to the most comprehensive training and certification program for youth coaches of any sport in the United States.

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.

The Oakdale Gators is our summer program. These swimmers practice five times a week and compete against all the other teams in our local area.

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