



Tryout Packet

“We empower young people to become aware of their full potentials and strive for excellence through the sport of swimming”

GROUPS PRACTICE SCHEDULE: Fall, Winter & Spring 2016-17 **LOCATION: Campbell Community Center Pool**

Pre Comp: 3:30 – 4:00pm (Mon-Fri)

This group is for water-safe swimmers who can swim 2 laps (25 yards) of the pool using 2 different strokes but have not yet mastered all four competitive strokes. Focus will be on learning drill progressions, stroke fundamentals, and developing a positive attitude about swimming while having fun. Other competitive swimming skills such as race dives, and race turns will also be introduced. Competitions are not required but encouraged for swimmers with coaches consent.

White Group: 3:30 – 4:15pm (Mon-Fri)

This group is for all beginning swimmers who can complete 1 lap (25 yards) of each of the four competitive strokes but have not yet mastered them. The focus of this group will be on mastering the strokes, turns and dives. Competitions are encouraged.

Gray Group: 4:00 – 4:45pm (Mon- Fri)

The focus of the group will be on developing proper stroke technique for all competitive strokes and preparation for competitive swimming. Along with providing the swimmers with better endurance they will also learn how to manage swim sets on a designated time along with new swim drills. Swimmers must attend a minimum of 3 practices per week and are expected to compete with the team in swim meets.

Black Group: 4:15 – 5:15pm (Mon-Fri)

The focus of the group will be on developing proper stroke technique for all competitive strokes and preparation for competitive swimming. This group will continue with stroke work but also begin to incorporate race theory and endurance training. Swimmers must attend a minimum of 3 practices per week and are expected to compete with the team in swim meets.

Pre Junior: 4:00 – 5:15pm (Mon-Fri)

A combination of stretches, drill work, speed sets, and distance swimming make up this program. Swimmers strokes are perfected and improved upon along with learning the importance of a team sport and responsibility. Swimmers must attend a minimum of 4 practices per week and are expected to compete with the team in swim meets at least once a month.

Varsity: 4:30 – 6:15pm (Mon thru Fri)

For swimmers 13 y/o or older. A combination of stretches, drill work, speed sets, and distance swimming make up this program. Swimmers strokes are perfected and improved upon along with learning the importance of a team sport and

Campbell Wave

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responsibility. Swimmers must attend a minimum of 4 practices per week and are expected to compete with the team in swim meets at least once a month.

Juniors: 4:45 – 7:15pm (Mon- Fri)

A combination of drill work, speed sets, and distance swimming make up this program. In this group swimmers are preparing for the senior/national group therefore, practices are focused around endurance and improving upon turns, dives, and strokes. These swimmers have mostly “A” + times and are close to Junior Olympic times. Swimmers must attend a minimum of 4 practices per week and are expected to compete with the team in swim meets at least once a month.

Seniors: 4:45 – 7:15pm (Mon – Fri)

For swimmers 13 y/o or older. This group also participates in a full cross training program including running, weight training, bands and stretch cords and stretching. Along with dedicated swimmers and rigorous workouts all swimmers in this group are expected to compete regularly in scheduled team meets. Swimmers must attend a minimum of 5 practices per week.

Non-Competitive Swimmers: if you don’t intend to participate in competitive swimming, please communicate to our staff to best accommodate your swimmer at the time of the try-out. Fees, equipment, workouts and parent volunteer hour are the same as for competitive swimmers.

NOTE: As a courtesy to our coaching staff, swimmers should not be dropped off more than 15 minutes before the start of their practice, nor should they be picked up any later than 15 minutes after the established completion time. Thank you for your cooperation.

PAYMENT SUMMARY

REGISTRATION FEE: \$40

MONTHLY DUE	RESIDENT OF CAMPBELL	NON RESIDENT
PRE COMP	\$48	\$53
WHITE	\$53	\$60
GRAY	\$70	\$77
BLACK	\$70	\$77
PRE JR’S	\$78	\$85
VARSITY	\$83	\$90
JUNIORS	\$92	\$99
SENIORS	\$108	\$115

MULTIPLE CHILD DISCOUNT \$10

USA SWIMMING REGISTRATION (renewable every December) \$73*

*It should be mailed to Pacific Swimming within the first 15 days of joining the team.

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EQUIPMENT

All swimmers must bring a suit, towel, goggles, and a cap. We encourage bringing a second set in case of necessity. Team suits are not to be worn at practice and are required for all swimmers who attend swim meets.

Pre Comp / White / Gray / Black: Fins, kickboard, pull buoy, mesh bag.

Varsity / Pre Juniors / Juniors: Fins, kickboard, pull buoy, paddles, snorkel and mesh bag.

Seniors: Fins, kickboard, pull buoy, mesh bag, snorkel paddles and tempo trainer

TRAINING EQUIPMENT



GOGGLES



SWIM CAP



FINS



KICKBOARD



PULL BUOY



MESH BAG



SNORKLE



PADDLES



TEMPO TRAINER

SWIM MEET EQUIPMENT



SWIM CAP



T-SHIRT



PARKA

CAMPBELL WAVE - EMERGENCY FORM

Tryout performed by: _____ Date: _____

Swimmer's Coach: _____

Group (Please Circle One): Pre Comp(4407) White(4309) Gray(4320) Black(4403)
 Pre- Junior(4409) Varsity(4405) Junior(4401) Senior (4301)

Please submit this form to the main Recreation Office, Monday to Thursday 8:00am to 5:30pm and Fridays 8:00 to 5:00pm

Swimmer's Name: _____ Birthday: _____
(Include: first, m.i., last)

Parents/Guardians: _____ Relation: _____

Street Address: _____ City: _____ Zip: _____

Home phone: () _____ Work Phone: () _____

Cell Phone: () _____ Email: _____

Primary Medical Insurance: _____ Phone # _____

Policy # _____ Group # _____

Secondary Medical Insurance: _____ Phone # _____

Policy # _____ Group # _____

Dental Insurance: _____ Phone # _____

Policy # _____ Group # _____

Doctor's Name: _____ Phone number: () _____

Dentist's Name: _____ Phone number: () _____

Medical Conditions: _____
(Please be specific)

Allergies: _____ Medications: _____

Emergency Contact: _____ Phone number: () _____

(Other than parents)

Other Comments:

Guardian Signature: _____ Date: _____

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PARENT VOLUNTEER HOURS

Parent Duties: Parents are asked to actively help and support the swim team as a whole. A swim family's obligation is to volunteer 20 hours per calendar year from January to December helping Campbell Wave by: timing at swim meets; chaperoning team trips and activities; becoming a swim official; assisting with team parties; and assisting with swim meet preparations; there are a number of other possible assignments that family members may assist with. If you join the team midway through the year your hours will be either due the following December or prorated – please ask the coaching staff for your hours. Swimmers who decide to leave the team, move, or go on vacation for a length of time, have the option of buying out their hours if they wish.

Requirements:

- 1) 20 volunteer hours per family - Anyone from the family can volunteer for the hours: mom, dad, brother, sister, cousins, nanny, etc.
- 2) Volunteer hours are annual: September through August.
- 3) Hours may be prorated or extended depending upon the swimmers start date with Campbell Wave.
- 4) Families have an option to buy out hours if they unable to provide volunteer time.
- 5) **A swimmer, or any child under the age of 18, may NOT help with the parent hours.**

Officials and Odd team jobs.

There are a number of jobs that are year round, however, the best is officiating. Officials are on deck, always up-to-date with current swimming knowledge, and get a free lunch at meets! In the year you become an official all your hours are automatically completed, however, you will need to obtain a level 2 status and work 3 meets per year with Zone 1 South Champs being one of the meets. In your second year of officiating your hours will be counted as normal parent hours would be and your USA swimming ID will be covered (up to 5 officials).

SWIMMER NAME _____ SWIMMER GROUP _____

EMAIL ADDRESS _____

MONTH STARTED ON WAVE SWIM TEAM _____

NUMBER OF VOLUNTEER HOURS FAMILY IS SCHEDULED TO PROVIDE IS: _____

I agree to the yearly volunteer hours (20 per family) as a parent to this team and to fulfill the obligation. I may opt for a buyout of hours if I am not able to complete the assigned volunteer hours.

Parent Signature: _____ Date: _____

Parent Print Name: _____

Staff Signature: _____ Date: _____

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