



WELCOME TO SOUTH BAY AQUATICS

We are glad you have chosen SBA to provide your child with a high-quality competitive swimming experience!

Please use this booklet to answer any questions you may have as you begin your journey with us.

If you have further questions, please don't hesitate to contact me personally:

Head Coach Tom Paradowski

(619) 972-6946

tom@paradowskiswim.com

Don't forget to visit our website for up to date team information at:

www.southbayaquatics.org

ABOUT SBA

South Bay Aquatics is a 501 (c) (3) non-profit, charitable organization dedicated to promoting the sport of swimming in Southern San Diego County. It was established in 2001 when the teams of Chula Vista Aquatics Association, National City Swim Club and Eastlake Swim Team merged to become one of the strongest swim teams in the county. Together they provide over 50 years of swimming excellence in the South Bay Communities of Chula Vista, National City, Eastlake, Bonita, Rolling Hills Ranch and other surrounding areas.

The South Bay Aquatics USA swimming program provides a unified multi-pool environment conducive to training and quality instruction that allows athletes to systematically progress from novice to national caliber level. Our dedicated and trained coaching staff and parental participation instill in our athletes at all levels, positive lifelong values based upon teamwork, self-discipline and healthy competition.

SBA's swim program groups its members based on age and ability. Proper technique and education about the sport is the foundation upon which we base our practice groups: Novice, Jr. Age Group (Blue), Advanced Age Group (Gold) and Senior. As a swimmer develops certain skills, training and conditioning are introduced and increased

at levels appropriate for each individual's age and maturity. SBA is a member of the San Diego/Imperial Swimming LSC and United States swimming.

USA Swimming

USA Swimming is the National Governing Body for Amateur competitive swimming in the United States. The headquarters for USA Swimming is located at the Olympic Training Center in Colorado Springs, Colorado. Sixty-six percent (66%) of the revenues from the USA Swimming budget come from registration dues from athletes and membership fees from non-athletes and clubs. The current (2008-09) registration fee for year-round swimmers is \$55.00 per year or seasonal (summer) registration fees are \$31.00. When registered through USA Swimming, each swimmer has both liability and secondary medical insurance coverage. Each swimmer is covered at any organized practice of SBA and every competition that is USA Swimming sanctioned.

It is required of all SBA swimmers that they have a current USA Swimming membership. This membership not only supports swimming throughout the country, it also provides very important accident and medical insurance for every swimmer and club. **Check's for USA Swimming registration should be made payable to San Diego/Imperial Swimming. Forms are available at www.si-swimming.com.**

PRACTICE SCHEDULES *

March through May

Age Group Gold & Seniors @ Southwestern College (SWC):
Monday-Friday 5:00 – 7:30 p.m. (1/2 hour dry land, 2 hour swim)

Age Group Gold @ Loma Verde:
Monday – Friday 4:45 – 7:00 p.m.

Age Group Blue and Novice @ Eastlake:
Monday – Friday 4:45- 6:00 p.m.

Age Group Blue @ Loma Verde:
Monday – Friday 4:45 – 6:30 p.m.

Novice @ Loma Verde
Monday – Friday 4:45-6:00 p.m.

Age Group Blue and Novice @Southwestern College:
Monday – Friday 5:30 – 6:30 p.m.

Summer Schedule (June – August)

Senior and Age Group Gold from SWC move to National City 50 Meter Pool
Monday – Friday 4:30 – 6:45 p.m.

Age Group Gold from Loma Verde move to National City 50 Meter Pool
Monday – Friday 4:30 – 6:45 p.m.

Age Group Blue and Novice @ Loma Verde
Monday – Friday 4:30 – 6:00 p.m.

Age Group Blue and Novice @ SWC
Monday - Friday 5:00 – 6:30 p.m.

Eastlake Swimmers – no schedule changes

Rolling Hills Ranch: 4:30 – 6:30 p.m. (check with coach for exact times).

Fall/Winter Schedule (September – February)

Senior and Age Group Gold move from National City to Loma Verde (all practices are M-F)
Monday – Friday 4:45 – 7:00 p.m.

Age Group Gold @ Loma Verde
Monday – Friday 4:45 – 7:00 p.m.

Novice @SWC
Monday – Friday 4:30 – 5:30 p.m. & 5:30 – 6:30
Intermediate: 4:30 – 6:15 p.m.
Advanced: 4:30 – 6:30 p.m.

Eastlake Swimmers - no schedule changes

***Due to pool availability and holidays this workout schedule may change. See your coach for monthly calendars or visit the calendar page on our website at www.southbayaquatics.org.**

WHAT DOES IT COST TO BE ON SBA?

After your two week trial period, a prorated monthly fee will be assessed based on your child's age and ability level (see levels below).

USA Swimming Registration – Due after trial period is completed. **\$54.00 for year round membership or \$31.00 for Summer Seasonal Registration.** Checks should be made out to **San Diego/Imperial Swimming.** This fee goes to United States swimming, the governing organization for our sport. It allows the athlete to compete in all USA Swimming sanctioned meets and covers the insurance for the team. You must also fill out a new registration form and pay new fees after the summer session or at the end of the year (depending on which registration you apply for). **Registration with USA Swimming is mandatory for all SBA swimmers.**

Monthly Dues * * * are due on the first day of each month. Do not expect to be billed.

Novice: \$50 per month

Required equipment: swimsuit and goggles

Junior Age Group (Blue): \$65 per month

Required equipment: swimsuit, goggles, fins, pull buoy, team swimsuit

Advanced Age Group (Gold): \$75.00 per month

Required equipment: swimsuit, goggles, fins, pull buoy, team swimsuit

Coaches Suggest: Team parka, personal swim log

Senior Group: \$85 per month

Required equipment: swimsuit, goggles, fins, pull buoy, paddles, team swimsuit

Coaches suggest: team parka, personal swim log, team bag

***For those of you wishing to pay quarterly (three months), a 10% discount will be given per month.

A family discount is given. After the full fees are paid by the first member of the family, subsequent family members will be given a \$10 discount per month.

Low Income Discount of \$25.00 per swimmer is available to anyone who qualifies for the USA Swimming reduced registration card. If you are wondering if you qualify, please call the team treasurer at the number listed below.

If you know your swimmer will be absent for an extended period, please contact the treasurer beforehand so an adjustment can be made to your bill. Without proper notification, you will be charged for the entire month.

Checks for dues should be made payable to South Bay Aquatics. Payments will be accepted by your Pool Site Reps, Coaches or may be mailed to: South Bay Aquatics, c/o Melanie Hernandez, 4562 Paseo de la Vista, Bonita Ca 91902-1255. Melanie can be reached by phone at: 472-0386 email: boyswim@att.net.

HOW CAN I GET INVOLVED...?

THERE ARE SO MANY WAYS!

Become a USA Swimming Official

Without officials, we cannot host or attend sanctioned USA Swimming meets. To become certified you must attend a stroke & turn clinic where an open book test will be given, take a test online and be willing to train a total of 40 hours at any USA swimming sanctioned meet under a registered official. Upon completion, you will become a registered official. **Active SBA officials will be able to waive one swimmers monthly fee for every weekend (two days) they work a month.**

Help out at SBA hosted Swim Meets

One of SBA's main sources of income (and why we are able to keep our monthly fees among the lowest in the county) is by hosting swim meets. SBA hosts approximately 5-6 swim meets a year and parent volunteers are essential to the success of these meets. A variety of jobs are available from working in the snack bar, helping with hospitality, being a head time, helping swimmers check-in, working in the computer room to being the Awards director. If you would like to help with our next meet, please contact the **SBA Meet Director, John DeMoss at 203-5929.**

Become a Timing System Operator

SBA maintains and runs the timing system for all sanctioned swim meets in San Diego County. This is also a huge fundraiser for our team. Once you have become a certified Timing System Operator, you will start getting paid. **Running the timing system just one day a month, can pay for your child to swim all month! Call Brad Volgt @ (619) 302-1338** If you are interested in running the timing system.

Serve on the SBA Swim Board of Directors

President – Presides at all meetings of the board, performs duties assigned him/her by the board and actively participates in and oversees the committee assignments.

Vice President – Performs the duties of the president in the president's absence. Any other duties assigned by the president and/or board.

Secretary – Cares for the corporate records of the team. Keeps a record of all meetings, files, papers and documents and performs other assigned tasks.

Treasurer – Keeps all financial records up to date. Collects fees from families and pays all team bills.

Other elected board positions include: **Meet Director, Snack Bar Chairperson, Ways and Means, Team Store and Pool Site Representative.**

All positions are two year terms. For more information about becoming a member on the SBA Board, email President Mike Erickson: vistamlke@aol.com

What beginners need to know

How do we keep up-to-date on meets, practice schedule changes, etc.?

The first place to look is the SBA website: www.southbayaquatics.org. You may also call your coach or the board members for information. The coaches usually have team meetings at the beginning of practice on **Monday's**. Monthly calendars and the monthly newsletter are generally distributed on the first Monday of each month. Once a quarter, an all team parent meeting (team Booster meeting) is held to keep everyone informed. Usually an all team practice is held in conjunction with this meeting. An awards banquet is held each fall. This is a great opportunity to meet and socialize with fellow swim parents and to see what the team has accomplished this year!

What is “age-group”?

SBA is part of a USA Swimming-affiliated program, otherwise known as an “age-group” team. Competition is broken down into age groups, usually 10 & under, 11-12, 13-14, and 15 & over. Occasionally, meets will break down the youngest and oldest groups even further, depending on the number of swimmers participating. Boys compete with boys and girls compete with girls.

What strokes will my child learn?

The four competitive strokes are Butterfly, Backstroke, Breaststroke, and Freestyle. Events are held in all of the competitive strokes in varying distances depending on the age group of the swimmer. For an Individual Medley (IM), the four strokes are swum in

the above order in equal distances consecutively. Relays are comprised of four swimmers within the same age group and gender.

What is “short-course” and “long-course”?

The swimming year is divided into two different seasons. From mid-September through March, we swim “short course” (SC), meaning competitions are held in 25 yard pools. From April through August, we swim “long course” (LC), where meets are generally held in 50-meter (Olympic size) pools. Occasionally there are some short course meets held during long course season.

What is Junior Olympics?

Junior Olympics (J.O.'s) are held in late February for short course and late July for long course. J.O.'s are the county championships with swimmers progressing to regional championships from there. Team points and trophies are awarded. JO Max is held a few weeks after these championships for non-JO qualifiers. Team points and trophies are also awarded at this meet.

Dear SBA Parents and Members:

As our organization grows and we continue to expand our programs, we seek to establish or clarify our policies. Our policies help to guide the organization and ensure continued success. One of the first areas to be addressed is parent behavior - specifically, what type of behavior is expected of swimming parents.

South Bay Aquatics is fortunate to have highly experienced, professional coaches working to develop our children into better swimmers and more importantly, disciplined people. As parents, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose.

SBA as an organization highly encourages the following parental behavior:

- Open communication between parents, swimmers and coaches emphasizing goal-setting and focusing on the performance expectations of both the swimmer and the parents
- Meeting with the coaches/swimmers/parents during normal operating hours to discuss issues
- Positive reinforcement of all swimmers in all situations - team spirit, team loyalty
- Parental involvement on the Board of Directors and in organizing and running of meets and other team events

SBA as an organization will not tolerate the following behavior from parents:

- Coaching your children at practice or during meets, that is the coach's job
- Interrupting or confronting the coaching staff on the pool deck during practice or meets
- Abusive language towards coaches, swimmers, parents, officials and your own children

- Any behavior that brings discredit or disruption to our swimmers and our organization

Enclosed is a Parent Code of Conduct. The Code was developed as a standard to emphasize our organization's commitment to making everyone's involvement with our club a positive experience.

Sincerely,

Mike Erickson
President, South Bay Aquatics