

# DANVILLE SEA DEVILS

# 2010 FALL PROGRAM

DANVILLE STATION POOL  
Monday, September 13<sup>th</sup> to Friday, December 10<sup>th</sup>

The fall program at Danville Station is a competitive United States Swimming program open to all **Danville Station Club members and Guest**. This is an extension from the summer recreational Sea Devils swim team that runs from September through December. The program is designed to offer more extensive training with an increase in intensity and volume within each group.

In our efforts to provide a structured environment we have implemented time standards for each group. This will assist in the development of each swimmer to complete all tasks required within their practice at a pace that is challenging, yet productive.

<u>GROUP</u>	<u>TIME</u>	<u>AGE-CRITERIA</u>	<u>FEE and DAYS OF THE WEEK</u>
Novice	3:45 to 4:30 p.m.	6-10 beginning swimmers	T, TH \$185, M,W,F \$200, M-F \$225
Pre-Team #1	4:00 to 5:30 p.m.	8-10 White patch time	T, TH \$225, M,W,F \$250, M-F \$300
Age Group	5:00 to 6:45 p.m.	9 & Older White patch time	Mon-Fri only \$345
Juniors	5:00 to 7:00 p.m.	11 & Older County time	Mon-Fri only \$375

**NOTE:** This year we are offering a 2-Day, 3-Day, and 5-Day option for those with other schedule activities.

- 2 – Day is Tuesday and Thursday with a strong emphasis on drills with minimal endurance training
- 3 – Day is Monday, Wednesday, and Friday drills, endurance, and race preparation for meets
- 5 – Day is Monday thru Friday drills, endurance, strength, interval training, and racing concepts.

**Novice Group** is a 7 week program (Sept. 13 to Oct. 29) for next years' summer rec. 6 and under and first year 7/8 year old swimmers who have previous swim team experience. The swimmers will perform each of the four strokes, dives and under water works using the Danville Sea Devil Drill Progression Program. There are no time standards for this group however each swimmer must be able to swim 25 yards Freestyle unassisted in under 45 seconds.

**Pre-Team Group** is a 10 week program (Sept 13 to Nov. 19<sup>th</sup>) for highly competitive 8-10 year olds who plan to compete in USS meets this fall. Swimmers need to have experience with interval training, equipment use, and volume up to 2,500 yards in 60 minutes. Swimmers in this group will focus on and compete in the 100's, 200's, of each stroke and IM and the 500 free during meets this fall. *Dryland: 4:00 to 4:30, swim time 4:30 to 5:30pm*

**Age Group** is a 13 week program (Sept 13 to Dec. 10) for next summer's 9/10's and 11/12's. Training objectives will include; Increased volume and intensity, a strong emphasis on IM and aerobic training, basic dry land exercises, and maintaining proper stroke technique under physical and mental stress. Time standard for this group is any White Patch time or faster for both boys and girls 9&Older. *Dryland: 5:00 to 5:30pm, swim time 5:30 to 6:45pm.*

**Juniors** is a 13 week program (Sept to Dec 10) for all swimmers 11 and older planning to commit to swimming through high school and college. Training objectives will include; Perfecting technical efficiency and precision, continue to refine racing concepts and pace strategies, and increase power and flexibility through volume/intensity and daily dry land exercises. This is open to all swimmers 11 and older with any 2010 county time standard. *Dryland: 5:00 to 5:30pm, swim time 5:30 to 7:00pm.*

# DANVILLE SEA DEVILS FALL PROGRAM APPLICATION

Please have all information completed before parent orientation on Wednesday Aug. 18 @ 4:00pm. Hand deliver or email to reserve spots ahead of time coahholm@yahoo.com

Last Name	First Name	M.I.	Birth Date	Gender	Practice Group	Summer Team	T-Shirt Size
_____	_____	_____	_____	_____	_____	_____	YM YL S M L XL
_____	_____	_____	_____	_____	_____	_____	YM YL S M L XL
_____	_____	_____	_____	_____	_____	_____	YM YL S M L XL

Address: \_\_\_\_\_ Primary e-mail: \_\_\_\_\_  
 City: \_\_\_\_\_ Zip: \_\_\_\_\_ Other e-mail: \_\_\_\_\_  
 Father: \_\_\_\_\_ Mother: \_\_\_\_\_  
 Phones: \_\_\_\_\_ Home \_\_\_\_\_ Work or Cell \_\_\_\_\_  
 Phones: \_\_\_\_\_ Home \_\_\_\_\_ Work or Cell \_\_\_\_\_

**PARENT ORIENTATION**  
**WEDNESDAY AUG. 18.**  
**2010**  
**4:00 pm at the**  
**SAN RAMON POOL**  
**Swim practice starts**  
**Monday Sept. 13**

**Emergency Contacts if parents cannot be reached:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Family Physician: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Family Dentist: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Medical Insurance Company: \_\_\_\_\_ Policy No.: \_\_\_\_\_  
 Special Medical Information (problems, allergies, etc.): \_\_\_\_\_

**EMERGENCY:** In case of emergency, I understand every attempt will be made to reach our family physician. If he/she is not available, I give my permission to use the closest medical facility. I also authorize the appointed team representative to approve medical or dental treatment for my child in my absence.

\_\_\_\_\_  
 Father's signature and date

\_\_\_\_\_  
 Mother's signature and date

**MEMBERSHIP:** In consideration of the privilege of membership in the Danville Station Swim Team fall program, we the parents/guardians of the above swimmer(s) hereby hold the team, it's parents organization, and employees, free and harmless from any liability for injuries or damages they, or our swimmer(s) may incur as a result of our swimmer(s) participation in team events and activities, including practice and meet sessions, and we assume the team's responsibility for the same.

\_\_\_\_\_  
 Father's signature and date

\_\_\_\_\_  
 Mother's signature and date

**FEE STRUCTURE – Danville Station Pool**  
 Monday, September 13<sup>th</sup> to Friday, November 10<sup>th</sup>

Group	2-Day	3-Day	5-Day
Novice	\$185	\$200	\$225
Pre-Team	\$225	\$250	\$300
Age Group	N/A	N/A	\$345
Juniors	N/A	N/A	\$375

No pro-rating for missed days. No Refunds.

**PAYMENT INFORMATION**

Swimmer	Group	Amount
1 <sup>st</sup> swimmer	_____	_____
2 <sup>nd</sup> swimmer	_____	_____
3 <sup>rd</sup> swimmer	_____	_____
<b>Total</b>		_____

€ Pay by check (pay to the order of Danville Sea Devils)  
 € Pay with Cash

**FOR OFFICE USE ONLY**

Check #: \_\_\_\_\_ Amount: \_\_\_\_\_ Date: \_\_\_\_\_ Entered: \_\_\_\_\_ CC: \_\_\_\_\_

# 2010 SEA DEVILS FALL SWIM TEAM MEET CALENDAR

DATE	STANDARD/GROUPS	MEET HOST	LOCATION
Sept 25	Open/Water	Lake Natoma	Folsom Ca
Sept 25-26	C/B/A+ (Z2)	East Bay Silver Dolphins	Hercules Ca
Oct 9-10	C/B/A+ (Z2)	Orinda Aquatics	Walnut Creek Ca
Oct 23-24	C/B/A+ (Z1S)	Alameda Islanders	Hayward Ca
Nov 5-7	C/B/A+ (Z3)	Napa Valley Swim Team	Napa Ca
Nov 20-21	B/A+ (Z2)	Livermore Aqua Comboy	Livermore Ca
Dec 3-5	JO (Pacific)	Junior Olympics	Pleasanton Ca

## Meet Description

1. All meets are optional. We will encourage all swimmers to participate in meets through the fall.
2. All swimmers competing in meets need to register with USA Swimming and Swimconnection.com
3. Club-Series; Walnut Creek Aquabears, Pleasanton Seahawks, and Livermore swim teams host
  - a. Time Trials that will run like a USS meet; check in, heats/lane assignments, and officials
  - b. 50, 100, and 200's of each stroke available for swimmers to experience dates TBD
  - c. other fall programs are invited for a casual morning; Danville, Diablo, HOX
4. Time Standards Definitions C/B/A+ (PC) (Z2) (Z3) (AZ)
  - a. On the schedule you will see which meets have time standards and what they are
  - b. C/B/A+ are standards USA Swimming uses and meets open to all swimmers
  - c. C = no time standard required. Any meet that has a "C" is open to any swimmer registered
  - d. A/B = the first time standard (equivalent to a racer patch or blue star) some meets are B/A only
  - e. JO = Junior Olympic time standard "JO" this is the championship meet in December
  - f. (PC), (Z2) = which area a team competes in, we are "Pacific PC Zone 2" we are Zone 2 of 4 in Pacific swimming. The "S" or "N" after the Z is North or South.
  - g. SR/JR = meets for swimmers 13 and older who achieve a SR/JR time standard
  - h. You can find all time standards for our area at PACSWIM.ORG
5. Travel Meets in other Zones (Z1 or Z3) also looking into Reno or Mission Viejo their meets aren't listed
  - a. Since Santa Cruz is in Zone 1 and Napa is Zone 3, all (Z2) teams have last priority to this meet after (Z1 and Z2) teams enter the meet. It can be difficult to get into these meets.
  - b. These will be fun travel meets for the swimmers and families staying overnight on Sat.
6. JO Championship meet
  - a. For those who qualify we will find additional pool time and space the last two weeks of practice
  - b. The time standards can be found at PACSWIM.ORG.
  - c. We will discuss this in detail during the parent orientation.

All meet entries are done online at swimconnection.com which requires a small fee. Go online and register your son or daughter to swimconnection and then you can enter each meet on our schedule when it opens. Do your entries early as each meet has a capacity of about 700-800 swimmers and can fill within 2-3 days of opening. This is something you can do before our program starts on September 13.