

East Bay Bat Rays Swimming Fall Clinic

About The Program

The East Bay Bat Rays Swim Team (EBAT) is a non-profit organization that teaches year-round competitive swimming. This clinic is an excellent opportunity for high school and summer league swimmers to learn more about competitive swimming, with an emphasis on sprinting for age groupers and training for high schoolers. Swimmers in this program will learn many new drills and games to enhance stroke technique in all four of the competitive strokes. Proper starts and turns will be taught and practiced and sprinting will be an important skill we focus on throughout the clinic. Other aspects such as sportsmanship, goal setting, nutrition, racing strategies, etc. Will be discussed and focused on throughout these 12 weeks. Swimmers must be at least 9 years old.

Location

California State University, East Bay (Hayward)
2500 Carlos Bee Blvd.
Hayward, Ca. 94542

Outdoor heated pool, locker rooms and showers available

Directions: Heading north on Mission Blvd., turn right on Carlos Bee Blvd. Heading south on Mission Blvd., turn left on Carlos Bee Blvd. Stay to the right and follow the CSUEB signs. Turn right at the top of the hill at the stop sign. The pool is next to the first parking lot on the left. This lot is for drop off and pick up only. **Limited metered parking available on the street.**

For More Information, Contact

Mark Sand

510-733-9527

delasand5@sbcglobal.net

Or visit our website

www.batrays.org

Scheduling

- ~ 12 week session September 21 - December 10
- ~ Classes are one hour in length, Monday - Thursday
- ~ **No Practice** on Fridays
- ~ **No Practice** on Thanksgiving

Practice Times

All practice times: 7:00 - 8:00pm

- **Note:** the practice times and dates are subject to change, however, not significantly. In the past, scheduling conflicts have arisen beyond our control. We will make up any cancelled classes on Fridays or Saturdays.

Cost: \$320 per swimmer

Family Discount: 2nd swimmer in same family 80% of \$320 (\$256), 3rd swimmer in same family 50% of \$320 (\$160), 4th swimmer is free.

For our age-group swimmers, (8th graders and younger), we have divided our program into three phases. The first is the **Preparatory Phase** where we focus on proper stroke mechanics as we get the athletes aerobically fit for future training sessions. The second phase, **Skills Training**, is where we focus more on the individual competitive strokes, starts & turns as well as breakouts, breath control, and distance per stroke. The **Sprint Training** phase is where we will be using equipment for resistance training as well as doing dryland exercises on a regular basis to improve core strength. This focus is for making our clinic swimmers the best possible summer league sprinters for their upcoming season.

Our high school age swimmers will be focusing more on aerobic conditioning and training to better prepare them for competition at the high school level. Their **Preparatory Phase** will consist of drills, learning good practice habits, and aerobic conditioning. We will then move into our **Training Phase** where there will be more demanding sets that prepare swimmers for the longer high school swimming events.

EBAT Fall Clinic

Fall, 2009 Mail-in Registration Form

Swimmer's

Name _____

Age _____

2nd swimmer _____

Age _____

3rd swimmer _____

Age _____

Parent's Name _____

Phone Number _____

Emergency Number (cell) _____

E-mail address _____

Address: _____

Street

City

zip

**please post mark by September 7th. You will receive confirmation by phone or e-mail during the week before the clinic begins.*

Registration

Early Registration by MAIL ONLY!

First Come/First Serve!

Send in a check or money order for the FULL AMOUNT made out to EBAT with this registration form to:

EBAT

20049 Sapphire St.

Castro Valley, Ca. 94546