

Everything you want on a Swim Team

Come and join our Gators Family!

- ◆ Year-round competitive swimming for ages 4 to 18
- ◆ High School Training Program
- ◆ U.S. Masters Training



Gilroy Gators Swim Team

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AMERICA'S
SWIM TEAM



speedo



Swim with Pride! Win with Honor! Build Character!

Mission Statement

The mission of Gilroy Gators Swim Team is to provide the opportunity and encouragement for ALL of our swimmers to be the best they can be in both their athletic and academic pursuits.

Team History

The Gilroy Gators Swim Team (GGST) was founded in 1970 as a competitive age group swimming program within Gilroy's Parks and Recreation Department. In 1981 the team was incorporated as a non-profit corporation "to promote and encourage grade school and high school children to compete in swimming athletics for their own athletic and educational advancement." GGST has since separated from Parks and Recreation to become an independently managed and financed organization.

Our team philosophy is to emphasize and reward continuous self-improvement. Self-improvement is usually the result of hard work and dedication, and these are life traits that we would like our swimmers to possess. Swimming not only teaches dedication and hard work but also the importance of perseverance and the courage to set goals and reach for them.



We love the sport of swimming here at GGST and want every one of our swimmers to reach their potential both in and out of the pool. We hope that our swimmers develop a love of the sport and use it as a lifelong physical conditioning program.

Gators Practice Groups

The Gilroy Gators Swim Team offers training and practice groups for swimmers of all ages (4 -18) and ability levels. It is the goal of the Gilroy Gators Swim Team to offer age specific training for all of our athletes geared towards challenging each individual and developing each individual to the best of their abilities.

- Water Lizards (Min Age 4)
- Mighty Gators (Min Age 6)
- Cruisin' Crocs I & II (Min Age 9)
- Iron Gators (Min Age 10)
- Bronze Gators (Min Age 11)
- Silver Gators (Min Age 11)
- Gold Gators (Min Age 12)
- Sr. Development (Min Age 12)
- Senior (Min Age 14)

US Masters Swimming



We are a very flexible masters swim program with coached workout four days a week for swimmers of all levels, so no matter your ability you will fit in.

We have swimmers who have never really swam before to members who swam in age groups when they were younger. We do swim drills to help everyone better their strokes, regardless of ability. We have a few USMS competitive swimmers as well as triathletes but most of us swim for fun and fitness. If you don't want to partake in the coached workout we can usually accommodate lap swimming. Our goal is to get you in the pool.



High School Training Program

Gilroy Gators Swim Team is offering a High School Training Program open to all High School Athletes. This program will focus on improving stroke technique, maintaining physical conditioning for both swim and water polo seasons and prepare athletes for specific high school events.

Joining the Gilroy Gator High School Training Program will take place in two separate sessions and allow you the opportunity to continue during the off-season without having to pay year-round registration fees.

Summer Session: Mid-May through August (end of HS Swim Season to start of HS Water Polo Season)

Winter Session: November-January (end of HS Water Polo Season to start off of HS Swim Season)

Why Gators? If you don't use it, you lose it. Think about all those hours, laps and miles you dedicated to your High School Swim Season. By continuing to train during the off season, you can improve your skills and enter the next season faster and stronger. There's no pressure to compete in any USA swim meets, although it is encouraged to give you the best experience possible. Each of our coaches is certified under USA Swimming and return to clinics every year to learn the newest strategies for helping you achieve your highest level of swimming.



Gators volunteers at the Gilroy Garlic Festival