



Los Altos Mountain View  
Aquatic Club

[www.lamvac.org](http://www.lamvac.org)

**Year-Round Swim Team  
Program Information**

**\*Why Join A Swim Team?\***

- Swimming is an excellent form of exercise-cardiovascular, all muscle groups, low-impact, and a sport you can stick with throughout life.
- Swim teams mean camaraderie and friendships outside school.
- Swimming is a great individual sport, where you can challenge yourself and push yourself to achieve personal goals and develop to your full potential.
- Swimming is a sport that never gets rained out and is pleasant in hot weather.

**\*Why Join OUR Swim Team?\***

- Our priorities are teaching excellent technique while nurturing a lifelong love of swimming, year-round.
- We are NOT all about competition, though swim meets are available and we encourage them as an important challenge for the well-prepared swimmer.
- Our professional coaches serve all levels of swimmer from novice to national, ages 5 on up.
- We are affiliated with USA Swimming and have served swimmers since 1960.

To register: go to [www.lamvac.org](http://www.lamvac.org)  
Click on **Join Our Team!**

**Swim Team Levels**

Coach assigns a swimmer to a practice group at try-out, considering physical and mental readiness. Descriptions of the groups are as follows.

**Tadpoles (Beginner and Advanced levels)**

- Age 5+
- Prerequisites: able to enter water on own, float on back, and swim basic freestyle across 25-yd pool.
- Develop a strong foundation in stroke techniques.
- Maximum class size of fifteen. No swim meets until Advanced Tadpole level.

**Piranhas (Beginner and Advanced levels)**

- To qualify, swim 25 yards of freestyle, backstroke in good form and have a working knowledge of breaststroke kick and butterfly kick.
- May go to swim meets when coach recommends.

**Tiger Sharks**

- Needing more stroke development before Juniors.
- Must use proper stroke technique for all 4 competitive strokes.
- For kids ready to swim for 2-hour sessions.
- Encouraged (not required) to attend swim meets.

**Juniors**

- For kids age 11+
- Must be proficient in all strokes, starts, and turns.
- Encouraged (not required) to attend swim meets.

**Seniors**

- For swimmers ready for elite training, regional/national competition.
- Expected to attend 90% of all workout sessions offered.
- Required to attend the strength training program at Foothill College.

**Masters**

- For swimmers age >18.
- Excellent for conditioning, stroke technique drills, stroke advice, and competition.

**Sept-June Swim Team Practice Schedule**

**Eagle Pool**

Group	Days	Time	Freq
<b>Beginner Tadpoles</b>	M-Th	3:45-4:30	--
<b>Advanced Tadpoles</b>	M-Th	4:30-5:15	--
<b>Piranhas</b>	M-Th	3:35-4:30	2-4x/wk
- @Foothill*	Fri	4-4:45	
<b>Tigersharks</b>	M-Th	4-6	3-5x/wk
- @Foothill*	F	4-6	
-@Foothill*	Sat	7-9am	

\* Swimming practice occurs at Foothill College Pool

**Foothill Pool**

Team	Days	Time	Freq
<b>All Tadpoles</b>	Tu,Th	5-5:45	--
<b>Piranhas</b>	M-F	4-4:45	2-4x/wk
<b>Tigersharks</b>	M-F	4-6	3-5x/wk
	Sat	7-9a	
<b>Juniors</b>	M-F	4-6	4-6x/wk
	Sat	7-9am	
<b>Seniors/ Masters</b>	S:MWF M:M-F	6-7:30am	90%/ As desired
	S:M-F M:MWF	4-6pm	

	Sat	7-9am	
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### **Schedule details (continued)**

- Arrive <15 minutes early; pick-up <15 minutes late; late fee \$5 for each 5 minutes after that- in cash to the coach.
- Check for updates on pool maintenance and holiday schedule changes @ [www.lamvac.org](http://www.lamvac.org).

### **Fees**

See Member Fee list for details.

### **Family Volunteer Requirement**

- We *rely* on required family volunteer hours to run the club: for Piranhas on up, 20 hrs/family from Sept-June or 10 hrs/family, if joining after 3/1. 10 hrs/Advanced Tadpole family.
- Fulfill requirement by
  - working at meets
  - working at club-sanctioned events
  - donating food for the events above
  - administrative tasks for club
- Volunteer coordinator emails opportunities.
- Penalty fee of \$25/hour for volunteer hours not completed per season.

### **Board members**

- Board of parent volunteers is responsible for the administration of club.
- Head coach Jose Bonpua is responsible for the swim program.

### **Competition**

- LAMVAC attends swim meets on a monthly basis.
- Coaches recommend appropriate meets for each swimmer and encourage participation.
- Meets allow swimmers to test their skills and personal growth.
- Participation in meets is not required at any level of the club.
- Most meets are Saturday and Sunday and involve participation in 2-3 events per day from 7am-12pm or 12:30pm-6pm.

### **More Information**

Team Website: [www.lamvac.org](http://www.lamvac.org)

Membership questions:

[MembershipFoothill@lamvac.org](mailto:MembershipFoothill@lamvac.org)

[MembershipEagle@lamvac.org](mailto:MembershipEagle@lamvac.org)

Billing questions: [billing@lamvac.org](mailto:billing@lamvac.org)

Coach questions: [coach@lamvac.org](mailto:coach@lamvac.org)