

# **D.Z. SWIM, INC.**

**@ Foothills Tennis & Swim Club**



**Palo Alto Stanford Aquatics**

**TEAM MEMBER INFORMATION &  
REGISTRATION PACKET**

**2019 – 2020**

**Swim Year**

**Site locations: Foothills Tennis & Swim Club / 3351 Miranda Avenue, Palo Alto CA 94304**

**Ellen Fletcher Middle School / 655 Arastradero Rd, Palo Alto, CA 94306**

**D.Z. SWIM, INC / PASA FTSC website:**

<http://www.pasafoothills.com>

**Email for Head Age Group Coach & Site Director: Dave Zapp / [swim4zapp@dzswim.com](mailto:swim4zapp@dzswim.com)**

## **The Palo Alto Stanford Aquatics Philosophy**

The PASA coaching staff is committed to teaching and developing swimmers to their potential, both as athletes and people. We believe there is much more value to our sport than just learning the physical skills. Swimming provides an arena for children to learn to deal with success and failure as well as the value of hard work, goal setting and teamwork.

**Most of all, swimming should be fun.**

Educating athletes and parents on important aspects of sport, such as teamwork and winning are an important part of our program. Today, our society is primarily concerned with an outcome focus. People tend to associate first place with winning. Our coaches help internalize swimmers goals and focus them on improving, striving to reach their individual potential.

The PASA coaches realize they have a great responsibility with each child, and each day they have an impact on that athlete. Our coaches are committed to being positive role models and helping your child whenever possible. The team provides the best possible environment for each swimmer to achieve success.

### **Training and Coaching Style**

There are many different styles to coaching; different training philosophies, perspectives and approaches. Our team looks to develop athletes at their pace and build swimmers to reach their potential as senior athletes (high school and college age).

Our basic training philosophy is to teach our swimmers to swim correctly at a young age and progressively develop them as they grow. When a swimmer's talent is exploited early, you tend to see many swimmers drop out. When we look at our younger swimmers, we picture what we want to happen for them when they reach senior swimming. Taking time to teach our younger swimmers proper technique will increase their potential as senior swimmers and decrease risk of injury.

As our swimmers develop their stroke mastery we use:

- Stroke drills & Individual stroke technique opportunities
- Video work & Mental imagery
- Dry-land and flexibility exercises

### **General Team Information**

Name: Palo Alto Stanford Aquatics / Abbreviation: **PASA** / Colors: Red/White/Black

Sites: FTSC, Alpine Hills, Rinconada, DKS, & Los Altos Golf & Country Club.

PASA also has a group web page that can be very useful and informational [www.pasa-swim.org](http://www.pasa-swim.org) – go to [www.pasafoothills.com](http://www.pasafoothills.com) for our specific site website.

### **Team Policies / Rules for use of Foothills Tennis & Swim Club**

**FTSC is a Member owned Club and we (PASA) are guests, renting pool space from the club. Besides the pool and locker room, PASA members should not use the club as their own. This includes the showers inside the locker rooms (but outside showers are ok), baby pool, clubhouse, tea or coffee service, playground, and tennis courts.**

**We request that swimmers in our Pre-competitive groups through our highest Apex group are dropped off at practice so that members of FTSC can enjoy their club without feeling the need to compete for space. Swimmers should not arrive more than 15 minutes before the start of practice and leave 15 minutes after the end of practice. PASA swimmers will be given access to the locker rooms and outside showers, but should not abuse the privilege by taking long showers or leaving the lockers rooms a mess. All swim bags need to be left in the designated shed or by the sport court away from the walkways.**

**Our relationship with the pools that we rent is essential for our programs success. Please help us keep everything positive and constructive.**

## **Communication & the pool deck**

**The primary source of communication is via email.** Please make sure the coaches all know of any email changes. The PASA staff strives to keep an open line of communication between parents and coaches. If you have comments or concerns please voice them to your coaches early. Keeping coaches aware of any problems that a swimmer may be having helps them to be better coaches for that athlete.

Parents with a brief question, comment or concern should see a coach either before or after practice. Parents wishing to discuss something in detail should set an appointment by contacting the coach through email. **Parents should only approach a coach during practice time in an emergency.**

Head Coach and Site Director – Dave Zapp: [swim4zapp@dzswim.com](mailto:swim4zapp@dzswim.com)

Senior Coach – Scott Shea - [cscottshea@gmail.com](mailto:cscottshea@gmail.com)

Assistant Coach – Evi-Lynn Byer - [evebyeryoung@gmail.com](mailto:evebyeryoung@gmail.com)

Assistant Coach / Alex Kosaka – [akosaka@gmail.com](mailto:akosaka@gmail.com)

The deck is the province of the swimmers and coaches. If a swimmer is to leave practice early, the coach should be notified before practice starts. Parents should try not to communicate with their children during practice as it disrupts the coaches and other swimmers. If there is an emergency, communicate through the coaches.

## **D.Z. Swim, INC. = PASA/FTSC site Coaching Staff**

### **Dave Zapp – Head Age Group Coach/ Aquatics Director – ASCA LEVEL 4 COACH & TESTED THROUGH LEVEL 5**

Dave started swimming at age 5 for the RWC Recreation Sharks and stayed with the team for 15 years. After that, he began his coaching career there after finishing his last year of swimming. Dave also swam competitively for the Woodside Hills Aquatics year round program and captained for the Hillsdale High School swim team.

He coached with the RWC Sharks for 7 summers (Head Coaching for 5 years), and then moved on to coaching the year round swim team at Alpine Hills. His next coaching position was the Head Coach of the Covington Critters summer team and began to build the team through the SCRA year round program (the team Scott Shea, Amy Lehr, and Stephanie Fryberg started). SCRA grew and became very successful and later merged with the other programs to become PASA.

Dave has also enjoyed coaching the Crystal Springs High School team for 4 years. For PASA, Dave has had several swimmers make the National A list and had multiple swimmers break Pacific & National Records. Dave has coached Junior Olympic Champions, Far Western Champions, Futures and Jr. Nationals qualifiers, Western Zone Qualifiers and top 16 in the nation swimmers (a couple swimmers reaching 1<sup>st</sup> and 2<sup>nd</sup> in the nation).

Dave attended Christian Heritage College in San Diego and received a BA in Business Administration, with an emphasis on personal finance. He played soccer and was captain 2 of his 4 years, and later went on to play soccer all around the world.

### **Scott Shea – Senior Coach & Prime Coach – ASCA LEVEL 4 COACH**

Coach Scott comes from a rich swim background. Scott led PASA and he was instrumental in growing the team from a recreation team of 20 swimmers (at SCRA) to a strong swimming family of 1200 plus swimmers. He repeated that success with the Sierra Marlins, growing the team 50%, and placing top 5 at Junior Nationals.

His passion and drive to make the team its best is evident in the swimmers success. Under his leadership PASA won 2 women's national titles, 3 team Junior National titles, and numerous Sectionals and Far Western Championships. Since 2000, his Senior group has produced 80+ Junior National qualifiers, 30+ National qualifiers, 14 Olympic Trial Qualifiers, 4 National Junior Team members, 4 USA University Games Qualifiers and a National team member. In 2004, Scott was named Pacific Swimming coach of the year, in 2009 he was named co-coach of the meet at National Club Swimming Association's (NCSA) Junior Nationals, and 2014 was SN Coach of the Year.

Recently Coach Scott Shea served USA Swimming as the Western Zone development consultant, visiting and helping 80+ teams during his time. Additionally he taught USA Swimming club leadership and business management school.

Scott attended the University of California – Davis, where he received Bachelors of Science in Psychology. In addition to swimming, he has taken Level 1 CrossFit, CF endurance running, CF endurance swimming, and CF Football (all sport). He has earned American Swim Coaches Association Level 4 certification (top 8% of the swimming coaches in the nation).

### **Evi-Lynn Byer Young – Pre-Competitive Coach**

I grew up on Stanford University campus and swam competitively through college. I started swimming for SCRA when I was 3 and swam for PASC (now PASA) through high school. I swam for Stanford University from 1994 -1998, where we won Pac-10 Championships all 4 years and won NCAA's in 1995, '96, and '98. I also qualified for Olympic trials in 1996 in the 200 backstroke, where I ended up 14th overall.

I taught private swim lessons for ages 2 through adult and was a Head and Assistant Swim Coach at SCRA from 1992 - 2003. I taught elementary school (4th & 5th grade) at Slater Elementary in Mountain View from 2001 - 2004. During the summer of 2004, I was the Head Coach for Covington Aquatics. I was no longer able to coach once I took a full-time position at the Stanford Center for Professional Development (SCPD) at Stanford University.

I left my Associate Director position at SCPD in March 2012 to become a full-time mom, but have always wanted to return to my passion of coaching swimming. In the summer of 2012, I started to teach private swim lessons to children and adults at private residences. This year, I am excited that Dave has given me the opportunity to coach at Foothills!

### **Alex Kosaka – Speed and Racers Groups**

Alex was born in Los Altos in 1994 and started swimming at the age of five. At age nine, Alex began swimming competitively for SCRA under Dave Zapp. Progressing through the levels, Alex established himself as a butterfly and I.M. swimmer. In high school, he swam four years of varsity for Bellarmine College Preparatory, making finals in the 100 butterfly and 200 I.M. at CCS. Additionally, Alex played two years of J.V. water-polo and in college played club water-polo.

Alex began teaching private lessons for kids eight through twelve in high school. He began as an assistant coach for PASA in the summer of 2016. Alex is excited to be working with Dave again, this time as a coach, and hopes to bring enthusiasm and camaraderie to the program. In his free time, Alex enjoys body-surfing and playing guitar.

### **USA Swimming Information**

By joining Palo Alto Stanford Aquatics, each swimmer becomes a member of USA Swimming. USAS is the national governing body for the sport of swimming with over 250,000 members and over 2000 participating clubs across America. USA swimming is divided into local swimming committees. Our LSA, Pacific Swimming, includes teams as far north as Reno, Nevada, and as far south as Monterey. There are currently almost 100 teams in Pacific Swimming. For more information on Pacific Swimming, check out [www.pacswim.org](http://www.pacswim.org). Also, when signing up for year round swim meets, most meets will be posted on this website and you can directly sign up for the meets there.

Each D.Z. Swim, INC. = PASA/FTSC swimmer will receive a USA Swimming membership card with an individual USAS number that will remain the same for the length of a swimmers career. Every swimmer also receives a subscription to "Splash!" Magazine. All PASA swimmers are covered under USA Swimming's general liability insurance policy. For more information on USA Swimming, check out [www.usaswimming.org](http://www.usaswimming.org).

### **Swim Connection & USA swimming websites**

If your child(ren) ever swim at a USA sanctioned swim meet, their times will be put on a national website and their times will be ranked nationally if you desire to see how they match up with other swimmers around the nation (go to the website listed above). You can also look up their times by going to [www.swimconnection.com](http://www.swimconnection.com) to view all their best times on one spreadsheet with standards achieved and future goal times for their next races. Swim Connection is also a tool to sign up for year round swim meets. However, to access this tool, you must be a member that pays an annual fee of \$15. Please refer to the team manual to see how this process works and how to obtain your child's USA registration number.

### **Equipment**

PASA team members should have team gear on at all swim meets. Each swimmer should wear a team cap (or none at all), black/red Speedo team suit, team t-shirts and team sweats. A team parka is also recommended during the winter months. Swimmers should check with individual coaches for any training devices or specific fins they might need for their group. We provide an online link to our sponsored vendor "SWIM & TRI" that we have partnered with (the club receives 10% back from all our orders).

## Parents

BE SUPPORTIVE of your swimmers. Get them to practices & meets prepared and on time. Encourage them to communicate with their coach, and most importantly, be their biggest supporter regardless of their swim times. BE SUPPORTIVE of the coaching staff and program. For a swimmer to succeed, they must believe 100% in both. COMMUNICATE. Appropriate, honest communication is always appreciated. NO PARENT COACHING WILL BE ALLOWED Parent volunteering & participation: Parents are expected to help time at USA meets, and parents will be asked to become USA swimming officials.

## Attending USA swim meets

Attendance to swim meets is mandatory from our site. We understand that you will have other obligations over the weekends and will be flexible with your schedule (meets are typically 1 time per month). Competing is an opportunity for swimmers to gauge their progress throughout their season. Due to Pacific Swimming rules, swimmers may only compete in meets where their coaches are present. **DO NOT SIGN YOUR CHILD UP FOR A NON-SCHEDULED PASA/FTSC ATTENDED MEET.** Once swimmers are comfortable at meets, parents will need to transition to roles as timers and/or officials.

There are five tiers of meets that our team will participate in this season:

**Candy Meets:** This is for C & B swimmers (entry level). Swimmers earn a piece of candy per race. No judges and their times are not official and will not be posted on the official USA swimming database.

**C/B/A+ meets:** USA swim meets where all swimmers can participate, their times will count and will be posted on a website for you to see after the completion of the meet. Judges will officiate & disqualify swimmers for improper techniques.

**Sr. Level & Championship Meets:** These include Zone Champs, Junior Olympics, Far Westerns & Sectionals; all needing swimmers to achieve a qualifying time standard.

**Travel Meets:** Our site usually attends 2 travel meets per year. One that requires traveling in an air plane (location like Texas or Arizona), and the other will be one in driving distance (like Monterey).

## D.Z. Swim, INC. = PASA/FTSC site's Pre-Competitive swim program

The aim of the groups is to have fun, develop the swimmer who has previously taken private lessons and get them ready for age-group swimming. **Our pre-requisite: the swimmers must be able to float on front & back for 5 seconds, to know the arm movements of freestyle & be able to swim a ½ of the length of the pool unassisted.**

### **Curriculum for all Pre-Comp levels:**

#### **PC Level 1**

Torpedoes (2 hands, 1 hand), 6 kick drill (on back and front), Backstroke arms at side, rotation drill, Lots of breaststroke kick in streamline on back, Underwater recovery drill, Rainbow arms airplane arms, Monkey /airplane /soldier, Practice front and back floats, Lots of kicking, Backstroke arms

#### **PC Level 2**

Jellyfish skills and Fly kick, wiggles and jelly ride, arms at side first, Breaststroke kick on front (3 second glide drill), Dinner/dessert drill, pull breath kick pencil, Bubblegum ears, Tea cup hands, Streamline off walls for free and back, 25 yes freestyle and backstroke, Dolphin kicks with fins, arms at side

#### **PC Level 3**

Skills from jelly fish + manta rays and Streamline dolphin kick, Streamlines off wall mandatory, Double kick breaststroke, Triple kick fly with fins, Fly with fins and long pencil glide, Introduce breathing every three strokes for free, Fly progression: circle arm, magic button, torpedo arms

#### **PC Level 4**

Skills from all 3 groups and Doing 25 yds for all strokes, 50s for free and back occasionally, 25 kick and 25 swim as a workout, Introduce intervals, dives, flip turns, breast fly turns, pull downs, Streamline fly kicks, Fly without fins, Breathing every 3 for freestyle

### **For entrance into a Competitive group:**

50 yds freestyle, 25 yds of each stroke (backstroke, breaststroke, butterfly) streamlining off walls, knowing how to circle swim, knowing the drills appropriate for each stroke and knowing how to read the pace clock.

## D.Z. Swim, INC. = PASA/FTSC 2019-2020 Group description & practice times

**Pre-Competitive Levels:** **\$625 NM/\$450 Member**

### **PC Level 1: Coach**

Monday, Wednesday & Fridays @ Fletcher 5:15 – 5:45 p.m. & Tues/Thurs @ FTSC 5:15 – 5:45 p.m.

### **PC Level 2: Coach Evi-Lynn Byer-Young**

Monday - Fridays 4:15 – 4:45 p.m. & MWF @ Fletcher 5:45 – 6:15 p.m.

### **PC Level 3: Coach Evi-Lynn Byer-Young**

Monday - Fridays 4:45 – 5:15 p.m.

### **PC Level 4: Coach Evi-Lynn Byer-Young**

Monday - Fridays 5:15 – 5:45 p.m.

## **Competitive Levels:**

### **SPRINT**

Novice Swimmers - Approximate ages 7-11

#### **Coach**

**Monday, Wednesday & Fridays @ Fletcher from 6:15 – 7:15 p.m.**

**Tuesday & Thursdays @ FTSC from 6:15 – 7:15 p.m. \$650 NM/\$475 Members**

### **RACERS**

Novice Swimmers - Approximate ages 7-10

#### **Coach Alex Kosaka**

**Monday - Fridays @ FTSC from 5:45 – 6:45 p.m.**

**\$650 NM/\$475 Members**

### **PERFORMANCE**

Intermediate Swimmers - Approximate ages 8-11

#### **Coach Dave Zapp**

**Monday, Wednesday & Fridays @ FTSC from 6:00– 7:15 p.m.**

**Tuesday & Thursdays @ Fletcher from 6:15–7:15 p.m. \$675 NM/\$500 Members**

### **SPEED**

Intermediate Swimmers - Approximate ages 10-15

#### **Coach Alex Kosaka**

**Monday - Fridays @ FTSC from 6:45 – 8:00 p.m.**

**\$700 NM/\$525 Members**

### **PRIME**

Advanced Swimmers - Approximate ages 11 & up

#### **Coach Scott Shea**

**Monday, Wednesday & Fridays @ Fletcher from 6:00 – 7:15 p.m.**

**Tuesday & Thursdays @ Fletcher from 6:15–7:30 p.m. \$725 NM/\$550 Members**

### **PRE-SENIOR**

**Monday, Wednesday & Fridays @ FTSC from 4:15 – 6:00 p.m.**

#### **Coach Dave Zapp**

**Tuesday & Thursdays swim @ Fletcher from 4:15 – 6:00 p.m.. & Saturdays**

**Dry-land @ Fletcher from 3:30-4:15pm (Tue/Thur)**

**\$750 NM/\$575 Members**

### **SENIOR**

**Monday - Fridays @ Fletcher from 4:15 – 6:15 p.m.**

**Dry-land @ Fletcher from 3:30-4:15pm (4 days a week)**

#### **Coach Scott Shea**

**There will be 1 morning a week practice days and times to be decided on and Saturdays will typically be 8:00-10:00am @ FTSC & other locations**

**\$800 NM/\$625 Members**

**Palo Alto Stanford Aquatics USA Swim Team**  
**D.Z. SWIM, INC. = PASA – FTSC site Dues, Policy & Contract**

**Duration:** D.Z. SWIM, INC. bills in three sessions annually.

**FALL** = Sept – Dec

**WINTER** = Jan – April

**SPRING** = May – July

**Fee Structure:** Each swimmer whether you are in our Pre-competitive groups or our competitive team - must pay an Annual Team & USA Swimming Registration fee – prorated for each session you start in. This fee covers your team t-shirt, team cap, USA swimming membership (insurance), pool rentals, relays at certain meets, general overhead and administration.

	<b><u>Non-members of FTSC</u></b>	<b><u>FTSC Members</u></b>
<b>Session 1 -Fall</b>	<b>\$185</b>	<b>\$110</b>
<b>Session 2-Winter</b>	<b>\$145</b>	<b>\$110</b>
<b>Session 3-Spring</b>	<b>\$120</b>	<b>\$110</b>
<b>Group</b>	<b>Fees for <u>Non-members of FTSC</u></b>	<b>Fees for <u>FTSC Members</u></b>
<b>Pre-Competitive</b>	<b>\$625</b>	<b>\$450 per session</b>
<b>RACERS</b>	<b>\$650</b>	<b>\$475 per session</b>
<b>SPRINT</b>	<b>\$650</b>	<b>\$475 per session</b>
<b>PERFORMANCE</b>	<b>\$675</b>	<b>\$500 per session</b>
<b>SPEED</b>	<b>\$700</b>	<b>\$525per session</b>
<b>PRIME</b>	<b>\$725</b>	<b>\$550 per session</b>
<b>PRE-SENIOR</b>	<b>\$750</b>	<b>\$575 per session</b>
<b>SENIOR</b>	<b>\$800</b>	<b>\$625 per session</b>

Fees are expected within the first 20 days of each session. After 30 days past due, swimmers will not be allowed to participate in practices until fees are current. It is the sole responsibility of each family member to make these payments.

**Invoices/receipts will only be given upon request.** If you need to make payment arrangements please contact Dave Zapp at swim4zapp@dzswim.com

**MAKE CHECKS TO “D.Z. SWIM, INC.”**

PLEASE GIVE REGISTRATION & DUES TO COACHES OR MAIL TO:  
 Foothills Tennis & Swim Club - 3351 Miranda Ave, Palo Alto, CA 94304