

CALIFORNIA CAPITAL AQUATICS

Character ❖ Family ❖ Community

PO Box 368 Roseville, CA 95678



US MASTERS SWIMMING IS COMING BACK TO THE RAC!

Join us on February 28th at 6:30pm at the Roseville Aquatics Complex for a Meet & Greet with the Coaching Staff with workouts officially beginning **TUESDAY APRIL 3rd!!!**

California Capital Aquatics (CCA) is excited to announce the return of Masters Swimming to Roseville! Our goal at CCA MASTERS is provide a fun training and learning environment for anyone 19 years and up who want to continue to improve in the water! Our practices will cater to a diverse group- those who are looking to stay in shape to those who want to compete in USMS meets and/or triathlons. We will find a lane that will work for you!

Head Coach Ronald Buda

Coach Ron Buda comes to CCA after extensive previous coaching experience. Ron received his teaching credential at Sacramento State University in Physical Education and Biology and his Masters in Education and Personnel Services at Redland University. Coach Ron has his Masters Coaching Certificate, and has coached both in the Unites States an internationally at Catholic University and Stadio Italiano in Santiago, Chile. Coach Ron's accomplishments include coaching a World Champion Breaststroker , National Record Holders in 100 Breast and Medley Relay, a Bronze medalist in the 1988 Seoul Olympics, and 3 time guest coach at the Olympic Training Center in Colorado Springs! In preparation for this new program, Ron has been selected to attend a Swim Smooth Certification Training in Perth, Australia during the month of March. Swim Smooth is world famous for their "swim types" approach to swimming freestyle and their successful training of triathletes and open water swimmers. (Learn more at www.Swimsmooth.com).

Great Training for swimming both in and out of the pool: Triathlon and open water training is part of the plan at CCA Masters! 2-3 workouts a week will have a focus emphasizing the training and skills needed to succeed in these swim disciplines.

Practice Times beginning TUESDAY, APRIL 3rd!!!

PM: Mon-Thurs 645-8pm

Weekday AM: Tues/Thurs/Fridays 5-615am

Saturday & Weekday Lunches: Coming soon after start up!

How do I start? Go to www.ccaswimming.org and click on the Masters Swimming tab on the right side of the page to register if you are ready to go!

Fees: USMS Registration: \$56 (visit US Masters Swimming for more info)

CCA Monthly Fee: \$65