

Richmond Sailfish

USA Swimming

The Richmond **Sailfish** are a club member of USA Swimming. For more information go to www.usaswimming.org

Sailfish Mission Statement

The mission of the Richmond Sailfish is to encourage and empower young people to develop to their fullest potential as athletes, individuals, and role models in their community through participation in a competitive swim team program. The program especially aims to provide inner-city youth throughout Richmond with an opportunity to develop swimming skills, character and self-discipline in a supportive environment that fosters work ethic, teamwork, good sportsmanship and personal improvement.

Coached Workout Schedule

Sailfish coached pool workouts at the Plunge will begin on September 13th. The workouts will be held Monday through Friday from 4:30 to 6:00 pm. Duration of workout will depend on age and ability of swimmer.

Basic Swimming Skills Needed to Join

Youth are not required to be proficient swimmers to join the **Sailfish**, but some basic water skills are needed.

To be "Swim Team Ready", children should be able to:

1. Float like an airplane or jellyfish (without moving) for 7-10 seconds with their face in the water.
2. Propel themselves by kicking for about 20 feet and should be able to take a few bites of air, using a dog paddle without touching the bottom of the pool.
3. Be comfortable blowing bubbles in the water.
4. Jump into the deep end of a pool and comfortably swim over to the side.
5. Move their arms and kick in a freestyle (big arms) and backstroke – although it doesn't have to look pretty.

Richmond **Sailfish** is operated by RichmondSwims.org

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6. Coordinate their arms to their strong kick with instruction.
7. Either open their eyes under water or be comfortable with goggles.
8. Be happy in the pool without a parent.

For the younger swimmers we will first be teaching how to side breathe during freestyle, which is critical as it develops proper form and technique. Once they get stronger and develop a nice clean freestyle, it isn't very difficult to add the backstroke. Introduction to Butterfly and Breaststroke as well as learning and practicing turns and dives will also help the swimmers gain a strong understanding of competitive swimming.

Older swimmers will spend more practice time focusing on specific stroke technique work, cardiovascular training, and race strategy, with longer practice times and an increase in intensity.

Registration and Fees

USA Registration. Everyone is required to register with USA Swimming and pay annual dues, which cover insurance and subscription to Swimming World Magazine. Annual dues are currently \$60.

The USA Swimming membership information can be found online at <http://pacswim.org/11athletere-gap.pdf> Once you receive your membership card, please e-mail your USA Swimming membership number to the **Sailfish** Club Registrar, Bart Hackworth, at bbjasail@sonic.net. Swimmers should carry their cards with them at swim meets or other USA Swimming events as they may be required to show it.

Sailfish Swimming Fees. Swimming fees cover pool rental costs, coach's salary, equipment and various overhead expenses for the **Sailfish**. The team dues listed below are for a 3-month quarterly session (Jan-Mar, Apr-Jun, Jul-Sept, Oct-Dec).

QUARTERLY DUES FOR FULL TIME SWIMMERS

	1 st Child	2 nd Child	3 rd Child
Minnows	\$135	\$120	\$105
White	\$150	\$135	\$120
Blue	\$165	\$150	\$135
Senior	\$225	\$210	\$195

The above fees for Fall 2010 have been established in recognition of the fact that the bulkhead for the Plunge will not be in place until late 2010, requiring that swimming be limited to the 20-yd width direction in the Plunge. It is anticipated that there will be a modest increase in fees beginning in January 2011 once the bulkhead is in place for regulation 25-yd swimming length.

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Fees should be paid by check made out to “Richmond Swims/RFOR”, and given to the Coach or sent to the attention of the Club Registrar at P.O. Box 70105, Richmond, CA 94807.

Rates for swimmers choosing to swim on a set twice-per-week basis (Mon/Wed or Tues/Thurs) are as follows; Minnow group \$90, White group \$105, Blue group \$120 per quarterly session.

Head Coach

The Head Coach is John Schonder. John grew up and began his swimming career in Reno, Nevada. He swam competitively through high school and into college. He spent several years teaching and coaching age group swimming with the City of Reno Parks and Recreation Aquatics Department and the Reno Aquatics Club from 1995 through 2000. He was Head Coach for the Holy Names High School (Oakland) swim team from 2005 through 2007. Most recently, he served as Head Coach and Executive Director of the Oakland Barracudas (age group and Masters swimming teams) from March 2007 until December 2009. While with the Barracudas he was active on the Pacific Swimming Diversity and Outreach Committee, and continues to volunteer his time as an instructor for the Oakland Special Olympics swim team. John holds a Level II Certification with the American Swimming Coaches Association (ASCA), is trained as a massage therapist and is also a Certified Professional Trainer through Aerobics and Fitness Association of America.

For More Information

If you are interested in learning more about **Richmond Sailfish** and/or would like to be included on an email list for updated information please contact any of the following:

- Coach, John Schonder at richmondswims@gmail.com
- Club Coordinator, Jon Mayer at jonorinnie@comcast.net
- Club Registrar, Bart Hackworth at bbjasail@sonic.net