

# PCCA Dolphins

## WINTER 2018

### Information Packet



*Fun, Friendship & Fitness!*

*“Our aim is not to produce champions, but to produce an atmosphere in which champions are inevitable. Swimming is a means to an end  
...to build self confidence, self discipline, integrity and courage for life.”*

*Forbes Carlisle, Swim Instructor & Australian Olympic Coach*

#### **NEW SWIMMER EVALUATIONS**

**(Required for class placement)**

At PCC

Thu, Dec. 28 at 4:15 PM

Thu, Jan. 4 at 4:15 PM

Sat, Jan 13 at 10:00 AM

No appointment is necessary

**Questions?** Please contact us at [pccaquatics@wearepcc.com](mailto:pccaquatics@wearepcc.com) or 650-364-6272 x244.

[www.peninsulacommunitycenter.com](http://www.peninsulacommunitycenter.com)

## PCC Aquatics Select Group Descriptions:

Select groups include the bronze, silver, and gold groups. Participation in the select groups is by arrangement with the coaching staff. Swimmers may join throughout the year. These groups are for advanced swimmers who will compete in USA Swimming meets. The Select Group programs are conducted throughout the year from September through July.

### Bronze Group

This group focuses on stroke technique, race readiness and training fundamentals to prepare for competition. Bronze group swimmers (ages 7-10) are strongly encouraged to participate in local and regional swim meets.

### Silver Group

Advanced age group and high school swimmers (ages 11-16) who have competed in our summer league program/PCA and high school competition can be members of this group. The silver group focuses on stroke technique, race readiness and training to prepare them for local and regional competition.

### Gold Group

Skilled and experienced age group swimmers ages 11 and older are welcome in this group. The group focuses on stroke technique, race readiness, and training to prepare athletes for local, regional and national competition. Additional morning practices are conducted throughout the year.

## Green, Red, Blue, Ruby Color Group Descriptions:

### Green Group:

Emphasis is on improving stroke technique for entry level 10 & under swimmers. Practices are offered twice a week for 30 minutes. Please see the sign-up page for practice times and availability.

### Red Group:

This group is for swimmers with skills that may include summer league/PCCA experience. Emphasis is on improving stroke technique and race preparation. Ages 7 to 14. Practices are offered twice a week for 40 minutes. Please see the sign-up page for practice times and availability.

### Blue Group:

This group is for swimmers who have completed PCCA's Red level group, and who are familiar with stroke drills, reading the clock and good technique for all four strokes. Ages 7 to 14. Practices are offered twice a week for 40 minutes. Please see the sign-up page for practice times and availability.

### Ruby Group:

This group prepares Red/Blue swimmers for the transition into the Bronze/Silver group. Ruby members focus on stroke technique, interval work and race readiness, while beginning to compete at local swim meets. Practices are three times a week for 40 minutes. Please see the sign-up page for practice times and availability.

**Registration forms will be available online at [www.peninsulacommunitycenter.com](http://www.peninsulacommunitycenter.com) or <https://pcc.clubautomation.com>**

# Green, Red, Blue, Ruby "Color" Group Practice Schedule

## Winter 2018

### **FALL SESSION: Jan 22/23 – March 2**

#### **Green Group @ PCC**

<b>2</b> Green	4:15-4:45PM	M&W
<b>4</b> Green	4:15-4:45PM	T&TH

#### **Red Group @ PCC**

<b>5</b> Red	4:45-5:25PM	M&W
<b>6</b> Red	5:25-6:05PM	M&W
<b>7</b> Red	4:45-5:25PM	T&TH
<b>8</b> Red	5:25-6:05PM	T&TH
<b>9</b> Red	6:05-6:45PM	T&TH

#### **Blue Group @ PCC**

<b>10</b> Blue	4:45-5:25PM	M&W
<b>11</b> Blue	5:25-6:05PM	M&W
<b>12</b> Blue	6:05-6:45 PM	M&W
<b>13</b> Blue	5:25-6:05PM	T&TH
<b>14</b> Blue	6:05-6:45PM	T&TH

#### **Ruby Group @ PCC**

<b>15</b> Ruby	4:45-5:25 Tuesday, Thursday and 3:45-4:25 Friday
<b>16</b> Ruby	6:05-6:45 Tuesday, Thursday and 3:45-4:25 Friday
<b>17</b> Ruby	6:05-6:45 Monday, Wednesday and 3:45-4:25 Friday

### **Color Group Fees – Jan 22/23 – March 2**

Green, Red, Blue Groups	\$ 135
Ruby Groups	\$ 160

**There will not be "Color Group" practices on: Feb 19 & Feb 20**

## Select Groups Practice Schedule

Select Groups swim throughout the year. Members are billed bi-monthly.  
Contact Coach Dave Knochenhauer at [davek@wearepcc.com](mailto:davek@wearepcc.com) for registration info.

When: Nov. 20 through Jan. 19, 2018

Where: All practices are at PCC  
(Sequoia High pool is closed for the season)

Bronze	Monday and Wed	3:45-4:55 PM	dryland 4:30-4:55
	Tue, Thu, Fri	3:45-4:45 PM	
Gold	Mon and Wed	4:30-6:00 PM	dryland 4:10-4:30
	Tue, Thu & Fri	4:45-6:15 PM	
Silver	Mon and Wed	5:30-6:45 PM	dryland 5:30-6:00
	Tue, Thu & Fri	6:15-7:15 PM	

Dryland requires – shoes and shirt. Shorts or pants too!

**There will not be “Color Group” practices on: 1/1, 1/2, 1/15, 2/19, & 2/20**



### PCCA DOLPHINS TEAM APPAREL

Goggles and Swim Caps are available at the PCC Front Desk.

Information on team apparel (suits, sweats, parkas) is available on the PCCA Dolphin website at [www.peninsulacommunitycenter.com](http://www.peninsulacommunitycenter.com)

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