

# EL MONTE SHARKS AQUATICS CLUB

**11001 Mildred Street  
El Monte, CA 91731**

***Front Desk:***  
**(626) 580-2213**

***Swim Team:***  
**(626) 258-8693**

***Website:***  
**[www.ElMonteCA.gov](http://www.ElMonteCA.gov)**

**Elaine Liao - Head Coach**  
**Jennifer Perera - Assistant Coach**



## ABOUT THE EL MONTE SHARKS AQUATICS CLUB

The El Monte Sharks Aquatics Club is a **competitive USA swimming team** offering instruction, training, and physical fitness. This year round program gives swimmers the opportunity to improve their athletic ability as well as build integrity, sportsmanship and dedication.

The following are offered during the course of membership:

- 1. Swim Practices** – Swimmers participate in routine practices to increase stamina and develop pivotal skills. To maximize their training, it is expected that swimmers attend all practices. (*Note: Every day missed takes two days to make up. Poor attendance affects swimming performance.*)
- 2. Swim Meets** – Swim meets allow swimmers to use their skills in order to compete against others in their own age groups. Competitions include many swimmers from all over Southern California and offer opportunities to win ribbons, medals, and trophies.
- 3. Fundraisers** – Two mandatory fundraisers per year to increase the opportunity for swimmers to participate in swim meets and other activities and to help alleviate extra expenses for team equipment
- 4. Other Events** – Even though swimming is an individual sport there is an element of a team that we try to promote with events such as team parties and outings.

**Novice Team:** Beginning swimmers with little or no competitive swim team experience. Training will mainly focus on technique refinement and occasional speed and endurance. Team practices 3 days per week.

**USA Team:** Advanced swimmers training to become a USA Swimmer. Training will focus on technique, speed and endurance. Team practices in the water 5 days per week and dry-land 2 days per week.

## WHERE DO THEY TRAIN?

The El Monte Sharks Aquatics Club practices at the state of the art El Monte Aquatic Center, home of Olympic Swimming Champions Lance Larson and Sandy Neilson. With both an outdoor and indoor pool, the facility offers year-round programs. The pool is also equipped with state of the art competition equipment, which includes a competition scoreboard, touch pads, and starting blocks.

## TEAM OBJECTIVES

To provide adequate physical fitness, conditioning and provide a positive self-image through motivating practices.

- 1.** To provide a healthy environment that fosters self-improvement.
- 2.** To promote integrity, good sportsmanship, and team loyalty through competitions.
- 3.** To challenge the swimmer to meet maximum potential.
- 4.** To foster community involvement with various activities designed to allow the children to be recognized by the city.

## HOW DO YOU JOIN?

The El Monte Aquatics Club is for children between the ages of 5 and 18. In order to join you must follow these steps:

1. Arrange a tryout by speaking with the Swim Team Coach. Call 626-258-8693 to schedule a tryout. *(Individuals who have taken lessons at the El Monte Aquatic Center must have completed at least 2 sessions of Level E. Proof of completion may be requested.)*
2. Pass a swim test (determined by the coaches) that allows the swimmer to demonstrate needed competitive swim skills and strokes.
3. If passed, fill out registration forms in the Swim Team Office
4. Pay appropriate fees for membership. (See *Membership Fees*)

## WHAT TO DO IF YOU DON'T MAKE THE TEAM

We understand it is hard and sometimes intimidating to try out for a team. Therefore, tryouts are held on a monthly basis at the discretion of the Swim Team Coaches. We highly recommend students have proper swim training prior to applying. This is designed to make sure that all students have the appropriate competitive skills needed. The Aquatic Center also offers swimming lessons and private lessons for swimmers in need of stroke refinement.

## MEMBERSHIP FEES

Fees are paid monthly to cover the facility costs.

### **Costs:**

#### **Year-Round Swimmers:**

Novice Team: \$64/swimmer<sup>1</sup>

USA Team: \$79/swimmer<sup>1</sup>

**Registration Fee:** \$50 per swimmer<sup>2</sup>

#### **Seasonal (summer) Swimmer** *(June - September)*

Novice Team: \$64/swimmer<sup>1</sup>

USA Team: \$79/swimmer<sup>1</sup>

**Registration Fee:** \$50 per swimmer<sup>3</sup>

<sup>1</sup> Team membership fees are subject to change

<sup>2</sup> One time Registration Fee applies **new year-round swimmers**

<sup>3</sup> Annual Registration Fee applies to **Seasonal Summer Swimmers**

*(Seasonal membership is for swimmers who do not swim year-round. High school swimmers are an exception to this rule)*

### **Payments:**

1. Fees are due by the second Friday of every month.
2. Please pay with cash or check. Checks are payable to the "City of El Monte".
3. Fees that are not paid on time will be charged a \$5 late fee (per swimmer). Refusal to pay will result in suspension or termination of membership.

## SWIM TEAM EQUIPMENT

In order to participate in swim competitions and perform at their best, swimmers must obtain the following required items. Recommended items are highly encouraged.

### **Required Items:**

- ❖ Competition Suit
- ❖ Goggles
- ❖ Swimming Cap

### **Recommended Items:**

- ❖ Team T-Shirt
- ❖ Team Hoodies
- ❖ Swimming fins/flippers
- ❖ Kickboard Mesh/Sports Bag

### **Parkas**

Parkas are also offered and help keep swimmers warm and ready for all events especially during cold weather.

Parkas = \$120\* - \$140\*

*\*sales tax include*