D.Z. SWIM, INC.

Foothills Tennis & Swim Club
Fletcher Middle School

Palo Alto Stanford Aquatics

TEAM MEMBER INFORMATION & REGISTRATION PACKET

2023 – 2024
Swim Year

Pool Locations for our Site
Foothills Tennis & Swim Club / 3351 Miranda Avenue, Palo Alto CA 94304
Ellen Fletcher Middle School / 655 Arastradero Rd, Palo Alto, CA 94306

Contact D.Z. SWIM, INC / PASA FTSC
Website: dzswim.com
Email for Head Age Group Coach & Site Director: Dave Zapp / 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

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

PASA Sites:

- DZ Swim (our site)
- Alpine Hills
- Rinconada
- DKS
- Los Altos Golf & Country Club

PASA Websites:

- Overall PASA Website: www.pasa-swim.org.
- DZ Swim (our site) Website: www.dzswim.com

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 all our groups (Pre-Competitive, Competitive, and Senior groups) 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 cubbies or by the basketball court away from the walkways.

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

Communication with Coaches

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
Senior Coach – Scott Shea: cscottshea@gmail.com
Coach – Evi-Lynn Byer: evebyeryoung@gmail.com
Coach – Augy Ruiz: augy1024@gmail.com
Coach – Michelle Komet-Felici: mkomet03@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.

DZ Swim 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 1st and 2nd 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
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

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

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

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

Augy Ruiz – Age Group Coach

Coming Soon….

Michelle Komet-Felici – Age Group Coach

Coming Soon….

USA Swimming (USAS) 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 (LSC). Our LSC, Pacific Swimming, includes teams as far north as the California-Oregon border, as far east 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. .

All swimmers, regardless of which Club they swim for, must be registered with USA Swimming which requires an annual membership costing $89. Renewing a membership or purchasing a new membership must be done by each family on the USASwimming.org website. Every swimmer also receives a free 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.

Swim Connection & USA Swimming Websites

If your child has ever swam at a USA sanctioned swim meet, their times will be put in a national database and their times will be ranked nationally. If you desire to see how your child matches up with other swimmers around the nation, go to www.usaswimming.org. You can also look up their times by going to Swim Connection at www.swimconnection.com to view all their best times on one spreadsheet with standards achieved and future goal times for their next races.

Team Gear and Equipment

PASA team members should have team gear on at all swim meets. Each swimmer should wear a PASA 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 equipment they might need for their group. You can purchase team gear online with our sponsored vendor, Swim & Tri (http://www.swimandtri.com/TeamView_PaloAltoStanfordAquaticsDZS.aspx). Our program will get 10% from all orders purchased through this link.

Parents' Role

BE SUPPORTIVE of your swimmers. Get them to practices and 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 swimmers to succeed, they must believe 100% in both.

COMMUNICATE. Appropriate, honest communication is always appreciated.

NO PARENT COACHING WILL BE ALLOWED

Parents are expected to help time at swim meets, and parents may be asked to become USA swimming officials.

Attending USA Swim Meets

It is mandatory for all Competitive group swimmers to attend most swim meets. We understand that you will have other obligations over the weekends and we will be flexible with your schedule. 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 MEET THAT OUR SITE IS NOT ATTENDING.

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

Candy Meets: This is for C & B level 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. To compete at these meets, swimmers must achieve a qualifying time.
Travel Meets: Our site usually attends 2 travel meets per year. One that requires traveling in an airplane (location like Texas or Arizona), and the other will be one in driving distance (like Clovis).

PASA D.Z. Swim 2023-2024
Group Descriptions and Practice Times

FLETCHER POOL:

Pre-Competitive Groups:

PC Level 1:	**5:00 – 5:30 p.m.**
PC Level 2:	**5:30 – 6:00 p.m.**
PC Level 3:	**3:45 – 4:15 p.m.**
PC Level 4:	**4:15 – 4:45 p.m.**

Competitive Groups:

SPRINT	Novice / Intermediate Swimmers	
	Monday – Friday	**3:45 – 4:45 p.m.**
RAPIDS	Intermediate / Advanced Swimmers	
	Monday – Friday	**6:30 – 8:00 p.m.**
SENIOR 2	Advanced Swimmers in High School	
	Monday – Friday	**6:30 – 8:00 p.m.**
SENIOR	Elite Swimmers in High School	
	Monday – Friday	**4:45 – 6:30 p.m.**
	Dryland (Mon/Tues/Thurs)	**6:30 – 7:30 p.m.**
	Morning Practice (Mon/Thurs) @ FTSC	**5:45 – 7:15 a.m.**
	Saturday Morning @ FTSC	**7:00 – 10:00 a.m.**

FOOTHILLS TENNIS & SWIM CLUB POOL:

Pre-Competitive Groups

PC Level 2:	**4:00 – 4:30 p.m.**
PC Level 3:	**4:30 – 5:00 p.m.**
PC Level 4:	**5:00 – 5:30 p.m.**

Competitive Groups:

RACERS	Novice Swimmers	
	Monday – Friday	**5:30 – 6:15 p.m.**
PERFORMANCE	Intermediate Swimmers	
	Monday – Friday	**4:00 – 5:00 p.m.**
PRIME	Advanced Swimmers	
	Monday – Friday	**6:30 – 8:00 p.m**
	Saturday Morning	**TBA**
PRE-SENIOR	Elite Swimmers	
	Monday – Friday	**5:00 – 6:45 p.m**
	Saturday Morning	**9:00 – 10:30 a.m.**

2023-2024 PASA DZ SWIM DUES

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

FALL **= Sept – Dec** ***WINTER*** **= Jan – April** ***SPRING*** **= May – July**

Fee Structure: Total Fall Session Dues = Annual Team Registration Fee + Fall Group Session Fee

Annual Team Registration Fee (paid once a year):

- Swimmers in our **COMPETITIVE** groups must pay an Annual Team Registration Fee as well as a separate Annual USA Swimming Registration fee (which must be completed online). This year, the **Annual Team Registration Fee is $320** which covers your personalized team parka, two PASA t-shirts, latex swim cap, pool rentals, relays at certain meets, general overhead and administration.

- Swimmers in our **PRE-COMPETITIVE** groups must pay an **Annual Team Registration Fee of $185 (or $150 for FTSC members)**. This fee covers two PASA t-shirts, latex swim cap, pool rentals, general overhead and administration.

Group Session Fee (paid each session):

- The Group Session Fee for COMPETITIVE groups (except the Senior Group) includes the cost of 3 USA Swimming sanction C/B/A Meets.

- The Group Session Fee for PRE-COMPETITIVE groups includes the cost of 3 Candy Meets.

Group	Annual Registration Fee	Group Session Fee	Total Owed (check payable to DZ Swim, Inc.)
PC1, PC2, PC3, PC4	$185 ($150 for FTSC members)	$875 ($675 for FTSC members)	**$1060** ($825 for FTSC members)
Racers	$320	$1025 ($825 for FTSC members)	**$1345** ($1145 for FTSC members)
Sprint	$320	$1025 ($825 for FTSC members)	**$1345** ($1145 for FTSC members)
Performance	$320	$1125 ($925 for FTSC members)	**$1445** ($1245 for FTSC members)
Rapids	$320	$1125 ($925 for FTSC members)	**$1445** ($1245 for FTSC members)
Prime	$320	$1175 ($975 for FTSC members)	**$1495** ($1295 for FTSC members)
Pre-Senior	$320	$1175 ($975 for FTSC members)	**$1495** ($1295 for FTSC members)
Senior 2	$320	$1175 ($975 for FTSC members)	**$1495** ($1295 for FTSC members)
Senior	$320	$1200 ($1000 for FTSC members)	**$1520** ($1320 for FTSC members)

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 PAYABLE TO "DZ SWIM, INC." PLEASE GIVE CHECK TO COACHES OR MAIL TO: Foothills Tennis & Swim Club - 3351 Miranda Ave, Palo Alto, CA 94304