

HISTORY

The San Luis Obispo Swim Club (SLO) was founded in 1955 by a group of dedicated parents looking for a fun, safe activity for their children. This remains one of the club's major concerns today. However, the club has expanded its' goals to include establishing a comprehensive competitive program for our community. During the season of 1974 – 75 the San Luis Obispo Swim Club adopted the nickname of the Seahawks. SLO has not only become recognized as a premier program on the Central Coast, but has also stepped up into the national level by virtue of its' swimmers reaching the highest level of competition, including the Olympics.

COACHING STAFF

Nothing has a greater influence on the quality of children's sports than the excellence of the coach. The San Luis Obispo Swim Club coaching staff consists of professionally trained coaches. They, as member coaches in the American Swimming Coaches Association, have access to the most comprehensive training and certification program for youth coaches of any sport in the United States. Certified coaches in USA Swimming programs possess training and experience in the physiology and psychology of adolescent development. Our coaching staff provides the assurances that the time your children spend swimming will be quality time.

Current coach biographies are available on the team website.

COACHES RESPONSIBILITIES

The coaches' job is to supervise the entire competitive swim program. The San Luis Obispo Swim Club coaching staff is dedicated to providing a program for youngsters that will enable them to learn the value of striving to improve oneself--"to be the best you can be." Therefore, the coaches must be in total control in matters affecting training and competition.

1. The coaches are responsible for placing youngsters in practice groups. This is based on the age and ability level of each individual. When it is in the best interest of a swimmer, he/ she will be placed in a more challenging training group by the coach.
2. Sole responsibility for stroke instruction and the training regimen rests with the San Luis Obispo Swim Club coaching staff. Each group's practices are based on sound scientific principles and are geared to the specific goals of that group.
3. The coaching staff will make the final decision concerning which meets San Luis Obispo Swim Club swimmers may attend. The coaching staff also makes the final decision concerning which events a swimmer is entered into.
4. At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will offer constructive criticism regarding the swimmers performance. (It is the parent's job to offer love and understanding regardless of their youngster's performance)
5. The building of a relay team is the sole responsibility of the coaching staff.

The coaching staff is constantly updating and improving the San Luis Obispo Swim Club program. It is the swimmers and parents' responsibility to make the most out of the excellent opportunity this program provides for success in swimming.

TEAM LEVELS

The San Luis Obispo Swim Club uses a "progressive" age group program designed to develop the child physically, mentally and emotionally in a systematic fashion. A well defined, long-term approach of gradually increasing degrees of commitment is essential to reach peak performance levels during a swimmer's physiological prime. The emphasis in the early stages of participation must be placed on developing technical skills and a love for the sport. In the later years, a more demanding physical and psychological challenge must be introduced to the training program. In this respect, "too much too soon" is more often the cause of failure to achieve maximum potential in senior swimming than in the reverse situation.

In addition to emphasizing long-term rather than short-term results, it is also important that training groups of swimmers who are compatible in respect to abilities, commitment levels and goals are established. Unfortunately, this is not always the most convenient approach to take, but it is always the most productive. At each level, the goals and objectives are specific and directed toward meeting the needs of the swimmer. The long-term goal of total excellence is always in mind. As each child is different, he/she will progress at his/her own rate. The coaching staff recognizes this fact by making team assignments based on a swimmer's physical, mental, and emotional level of development.

Senior Team

The senior team consists of the high school age swimmers and other swimmers that exhibit a high level of swimming and workout ability. These swimmers are expected to be mature, dedicated, responsible, and dependable. As our more advanced swimmers increase their commitment to swimming, we insist that they also maintain good academic standing.

Pre-Senior Team

These swimmers have started to exhibit good swimming skills. They spend their time equally between stroke technique and training skills and processes. Pre-Senior swimmers are offered practices five to six days a week for two hours per day.

Advanced Age Group

The majority of time is spent working on refining stroke mechanics. These swimmers have started to exhibit good swimming skills and will be introduced to some training skills and processes. Advanced Age Group swimmers swim from Monday through Friday for one hour and fifteen minutes each day during the season.

Age Group Team

This is a novice group with a major emphasis on stroke technique. This group will be introduced to a few low-level competitions. These swimmers swim Monday through Thursday for 45 minutes each day.

Pre-Hawks

Pre-Hawks are where the fundamentals are taught in all four competitive strokes. These workouts are available Monday through Thursday for 30 minute