



## What is Courtside Swim Club?

There's no need to end your child's fun at the pool! We swim 48 weeks of the year. Join our year-round swim team for your swimmer to advance their skill level, meet new friends and have a fun time

- Join the group based on your ability level
- Pay by the month (if you choose to sit out a month, just let Coach Marisa know via email before the start of the skipped month.)
- You can begin the program at anytime throughout the year
- Race against Bay Area swim teams in local USS and Dual Meets (one per month)
- Complimentary monthly clinics to work on technique
- Learn about nutrition and athletics
- Fun team activities
- Toasty pool temperature to lure the swimmers in the water during the cooler months
- Team Apparel is optional, but everyone who competes should be in a solid navy blue suit. Team caps can be purchased in the Aquatics Office.
- Family/Junior Aquatic memberships- \$70/PC, \$80/JV, \$95/Varsity plus \$50 Annual USA Swim Registration

## Fact Sheet about the Courtside Swim Club

Pre-Competitive (PC) group with Coaches Linda and Shaun

- For the beginners graduating from Stroke School, Spring or Summer Swim Team
- Able to swim 25 yards of Freestyle and Backstroke, familiar with Butterfly and Breaststroke
- Swimmers may compete in meets if they'd like
- Attend as many practices as you'd like, some weeks may be better than others for attendance!
- Practices are offered Monday-Thursday 4:30-5:00pm

Junior Varsity (JV) group with Coaches Linda and Shaun

- Swimmers may compete in dual meets if they'd like
- Ready to swim longer practices
- Attend as many practices as you'd like, some weeks may be better than others for attendance!
- Practices are offered Monday-Thursday 5:00-6:00pm

Varsity group with Coach Marisa

- Swimmers should compete in dual meets/USS meets
- For swimmers with the strongest strokes, ready for a challenge and willing to come to practice more often.
- Come to as many practices as you'd like, the more you attend, the faster you will become!
- Practices are offered Monday-Friday 3:30-5:00pm

*\*For more information, please contact Head Coach Marisa Watts Cozort (408) 395-7111 ext.347 or [mcozort@courtsideclub.com](mailto:mcozort@courtsideclub.com)*

