

# GREATER BALTIMORE SWIM ASSOCIATION

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## Mission:

- ☑ To create a positive environment in which potential can be brought to realization.
- ☑ To focus on improvement through hard work, technique, attention to detail, and encouragement by all members of the organization.
- ☑ To breed success through mutual respect, fostering desire, mental preparation, and interpersonal cooperation.

## Head Coach:

### Patrick Underwood

- ☑ 10 years Head Coach with GBSA at Catonsville.
- ☑ 6 years age group coaching with both GBSA-North & South.
- ☑ 7 years collegiate coaching as assistant for Johns Hopkins University.

## Training Groups

### Senior Gold:

12 and older athletes, By Invitation Only.  
6 practices per week expected, 5 required.  
Group focus is on the overall betterment of racing capacity, which includes intense base training, power development (including dryland training), speed, strategy, mental focus and relaxation.  
Training sessions: M, W, F 6-8:30 p.m. (20-30 minutes dryland, 120 minutes swim), T, TH 4:45-7:30 p.m. (90 minutes swim, 60 minutes dryland), Sat. 1-4 p.m. (120 minutes swim, 60 minutes dryland).

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### Blue Group:

Seniors – By Invitation 12 and older swimmers committed to a minimum of 4 practices per week (5 expected) who show the maturity, responsibility and motivation to pursue swimming at a high level.

Group focus is on stroke technique, development of base training, speed, power development and race strategy.

Training sessions: M 6-8:00 p.m., T, TH 4:45-7:00 p.m., W, F 5:45-8:00 p.m., Sat. 1-4 p.m.

Juniors – swimmers 9-13 (pre-high school) committed to a minimum of 3 practices per week and ready to train at a more intense level.  
Admission to this group decided by coaching staff based on individual's level of responsibility, maturity and stroke technique.

Training sessions: M, T, TH 4:45-6:30 p.m., W 6-7:30 p.m., Sat. 1-2:30 p.m.

### White Group (1 or 2):

Pre-high school aged swimmers (13 or younger) attending 2-4 practices per week. Divided by ability into two distinct groups Requirements: able to swim all four competitive strokes, able to swim for 90 minutes, willingness to listen, learn and improve stroke technique.

Group focus is on stroke technique, training terminology, use of pace clock and base training development.

**TRY OUT FOR THIS GROUP MANDATORY!**

Training sessions: M, T, TH 5-6:30 p.m., W 4:30-6 p.m., F 6-7:30 p.m.,

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### Mini Development:

10 and under swimmers attending 2 to 4 practices per week.

Requirements: able to swim 25 yards of freestyle and backstroke repeatedly, show ability to quickly learn breaststroke and able to “dolphin” kick.

**TRYOUT FOR THIS GROUP MANDATORY!**

Group focus is on stroke development and general swimming skills/knowledge.

Training sessions: M 5-6, 7-8 p.m., W 4:30-5:30, 5:30-6:30 p.m., F 6-7, 7-8 p.m., Sat 1-2:30 p.m.

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### High School Development:

High school aged swimmers attending 2 to 4 practices per week.

Requirements: willingness to listen, learn, improve stroke technique and expand base training.

Group focus is on stroke and base training development.

Training sessions: M, W 6:30-8 p.m., F 7-8:30 p.m., Sat. 2:30-4:00 p.m.

# "Prepare for Success"

We at GBSA have a desire to build a program that focuses on self-betterment, as people and athletes. This can be achieved through maximum involvement by the members and a maximum interaction with the coaches in an environment of dedication, respect, desire and work ethic. With the support from everyone involved, these things will come naturally and our children will grow and improve. It takes work from everyone, and this organization is ready to work hard to ensure the success of its members.

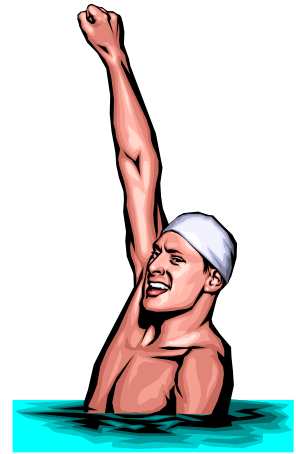
Attend placement practices/tryouts at:  
Community College of  
Baltimore County-Catonsville Campus  
**\*\*Open Tryouts M-F, 8/17-21: 10  
and under 6:30, 11+ 7:30pm Please  
visit [gbsaswim.org](http://gbsaswim.org) for further info!**

For further information please contact:  
Patrick Underwood 410-241-9292

**8-Lane Training Venue**  
Community College of  
Baltimore County  
Catonsville Campus  
800 South Rolling Road  
Catonsville, MD 21228

# GBSA

## Greater Baltimore Swim Association



**A USA Swimming Club**

**Training Year Round**