

Buckeye Swim Club
Spring & Summer 2018 Practice Schedule and Fees

Our Summer Competitive Season is April 16 to July 31, 2018
Spring Training ends June 1, 2018

All practices are at Columbus North Sports Club (888 E. Dublin Granville Rd) unless otherwise noted.

Buckeye Swim Club is dedicated to developing and motivating swimmers at all levels. We support student athletes in the sport of competitive swimming by developing the character traits, technical skills and intense desire necessary for maximum realization of everyone's potential. Buckeye provides a fun & challenging, team-building experience. BKYS recognizes the contribution of all its members and strives to maintain athletic excellence in a supportive team environment.

New Swimmers! There is a \$125 registration fee to join Buckeye. This will include your summer USA Swimming Membership.

Silver Program

Silver 2, Ages 9-14. This is a recreational swim practice group for swimmers that are interested in swimming but do not wish to attend competitions. Additionally, this is a great place for older swimmers to start that have never competed. This group will meet three times a week for one to one and half hours of swimming and/or conditioning. The group will emphasize stroke development and conditioning. Competing in practice will take on a smaller role.

Spring Schedule:

Sundays: All girls, 3-4:30 (optional dry land 4:30-5) & All Boys 4:30-6:00 (optional dry land 4:00-4:30).

Mondays 4:30-6:00

Wednesdays 5:45-7:00

Bonus Practice with Scarlet (earn with 90% attendance): Tuesdays 7-8:30

Summer Schedule TBA – typically offer 3-4 evenings per week

Fees: \$440 for Spring & Summer (\$235 for Spring or Summer only).

Lead Coach: Jess Ward

Silver 1, Ages 10 & Under. This group is geared to 8-under competitive swimmers and first year nine to ten-year-old competitors. The group will emphasize stroke development, conditioning & practice rules/etiquette. Swimmers are expected to attend 6 meets per year.

Spring Schedule:

Sundays: All girls, 3-4:30 (optional dry land 4:30-5) & All Boys 4:30-6:00 (optional dry land 4:00-4:30).

Mondays & Wednesdays 5:45-7:00

Bonus Practice with Scarlet (earn with 90% attendance): Thursdays 5:30-6:45

Summer Schedule TBA – typically offer choice 3-4 evenings per week OR 4 mornings per week.

Fees: \$425 for Spring & Summer (\$220 for Spring or Summer only).

Lead Coach: Jess Ward

Intro to Swim Team, ages 10-under. This is our introductory group for swimmers that are interested in swimming but aren't sure if they are ready. This group offers two 45-minute practices per week with a focus on stroke development, swimming language and practice rules/etiquette. The spring session will be April 19-May 31 (no practice on May 27) and will be offered Sundays from 5:00-5:45 and Thursdays from 6:45-7:30. Total fee is \$125 (new swimmers must also pay a an additional \$75 registration fee).

Scarlet Program

This group is designed for those athletes with competitive experience who are in middle school, or younger athletes that are currently competing at the Ohio JO level. Emphasis will be on continued skill development, introduction to race strategy, advancing stroke technique, positive self-talk, taking responsibility for own progress, fitness, and an introduction to training. Continued dry-land activities designed to reinforce technique and core strength will also be introduced. It is acceptable for swimmers in this group to participate in other sports. This season we will specify shorter practices and a greater emphasis on technique for our youngest Scarlet members to help protect from over training (this group will not exceed 90 minutes in water). We will also add an additional practice for our highest achieving Scarlet members. A minimum of three practices a week are required to stay in this group.

Scarlet 1, Ages 10-Under Spring Practice Schedule:

Sunday All girls, 3-4:30 (optional dry land 4:30-5) & All Boys 4:30-6:00 (optional dry land 4:00-4:30)

Monday 5:45-7:00

Tuesday 6:30-8:00

Wednesday 6:30-8:30

Thursday 5:15-6:45

Scarlet 2, Ages 11-14

Sunday All girls, 3:00-5:00 & All Boys 4:00-6:00

Monday 4:30-6:00

Tuesday & Wednesday 6:30-8:30

Thursday 4:30-6:30

Summer for both groups will include available practices of up to 4 mornings a week and 2- 3 evenings. Morning practices will be expected of Scarlet 2. We will try to plan those to be early enough for a before work drop off so that working parents can manage carpools with stay at home/work at home parents.

Gold Group – Scarlet 2 plus Saturdays 7-9 am. This group will train dryland with Junior on Mondays and Wednesdays at 6:00.

Fees:

\$625, Scarlet Gold

\$575, Scarlet 2

\$525, Scarlet 1

Lead Coach: Laurie Karr

Senior Program

Junior

This group is designed for those athletes with competitive experience who are ready to transition from Age Group to Senior swimming. Scarlet Gold swimmers and high school freshmen must have competed in a 400 IM and meet training prerequisites as listed in team information. Emphasis will be on continued skill development, advanced race strategy, goal-setting, and an introduction to increased training loads. Continued dry-land activities designed to reinforce technique and core strength will also be introduced. This group is also appropriate for athletes who enjoy competitive swimming but are not yet ready to dedicate themselves to swimming as their primary sport or need more time for a demanding academic schedule. Practices are offered 5 days per week during the short course season. Additional practices will be offered during the long course season. Minimum age – 12, recommended age 14-15.

Spring Practice Schedule:

Sunday 6:00-8:00 pm

Monday & Thursday 6:00-8:30

Tuesday & Wednesday 4:30-7:00

Saturday 7-10 am

Summer schedule will include 5 mornings per week and a minimum of 2 evenings

Fee: \$780 – NEW swimmers only. Returning Juniors do not pay beyond their current agreement.

Senior

This group is designed for those athletes wishing to swim in college and possess a desire to set Sectional and National meet qualifications as their primary goals. Emphasis will be on continued skill development and race strategy, seasonal planning, and increased training loads. This group is designed for athletes who are committed to swimming as their primary sport. Practices are offered 5-6 days per week during the short course season. Additional practices will be offered (and required) during the long course season. The coaches will be planning an optional travel trip after the high school season. Travel expenses and meet fees for this experience are not included in group fees. Minimum age – 14

Spring Practice Schedule:

Sunday 6:00-8:00 pm

Monday & Thursday 6:00-8:30

Tuesday & Wednesday 4:00-7:00

Saturdays 7:00-10:00 am

Summer schedule will include 5 mornings per week and 2 evenings

Fee: \$910 – NEW swimmers only. Returning Seniors do not pay beyond their current agreement.

NPG: Invitation only group for high achieving Seniors. Add two mornings per week during the school year at Planet Fitness. Additional fees to include cost of facility use.

Senior Program Lead Coach: Lewis Timberman