

Buckeye Swim Club

2018-2019

Information Packet

Competition Team, Recreation Team and Introduction to Competitive Swimming



Welcome to Buckeye Swimming's 29th Year!

Buckeye is dedicated to developing and motivating swimmers at all levels. We recognize the contribution of all our members and strive to maintain athletic excellence in a supportive team environment. Buckeye has a caring and innovative coaching staff that strives to help swimmers find their best. We excel at finding pathways for individuals to progress in a team environment. Buckeye has high achieving athletes; from nationally ranked swimmers to top rated scholars, we are proud of our athletes in and out of the pool!

Our Program

We are primarily a competition swim program, with offerings that extend into recreational swimming. We are unique in Central Ohio in that your swimmer does not have to be the fastest or most dedicated swimmer to have access to our top coaches. **We are Inclusive!** While we do have 'try-outs' these are generally to find the right fit for our swimmers. If a swimmer can demonstrate basic stroke knowledge and safety in the water, we will likely find a group that fits.

Comprehensive training schedule. Very few programs in Columbus can offer more than 4 practices each week for their age group swimmers. Buckeye offers up to 6 practices weekly. This gives young swimmers the opportunity to attend 3- 4 practices each week with some flexibility to participate in activities outside of swimming. This also allows older swimmers that have decided to commit fully to swimming, the opportunity to attend and improve at a higher level.

Small Team/Big Results

We are a small team of about 100 swimmers. For us, this means that every swimmer is important. As a result, our swimmers see improvement in their swimming unmatched by other programs. Swimmers and families that immerse themselves in our program, especially on the competitive side, will find that every teammate will support and get to know them, including those in different age groups. We regularly finish in the top three in Ohio in the small team division at the State Age Group Championships. We regularly finish well ahead of teams that are much larger than ours. We do not do this by being ultra-selective in who we bring into our program, we do this through commitment and coaching.

Winter Season: September 4 through last meet (February/March 2019)

Summer Season: April 15 through last meet (July/August 2019)

Our Indoor Pool is conveniently located inside the Columbus North Sports Club at 888 E. Dublin Granville Rd, 43229

Silver Program

Our Silver program is geared towards our youngest swimmers, swimmers wishing to explore competitive swimming and/or swimmers interested in swimming for fitness or recreation.

Silver Competition Group

This group will attend a minimum of one USA Swimming competition each month, with competitions beginning in October. The primary focus will be on improving each swimmer's technique and learning how to work with teammates. This is a terrific group for young swimmers that would like to explore competing in swimming or are new to swimming competitively. Recommended for swimmers age 6-9, maximum age in this group is 10. By the end of the program swimmers should be able to compete in 50 yards of each stroke and a 100 Individual Medley.

Entry Prerequisite: Minimum age 6. 25 yards of freestyle with face in the water between breaths. 25 yards of backstroke. Some knowledge of breaststroke and butterfly kick.

Because this is a competition group it is offered by the season rather than session. Winter season is September 4 to early March (ends at last meet). Spring and summer runs from April 14 to July 15. Fees and schedule can be found in the team schedule and fees detail portion of this packet.

Silver Introduction to Competitive Swimming

This is our introductory group for swimmers that are interested in competitive 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. Swimmers entering this group should be in the advanced stage of swim lessons. Minimum age is 5. Cost is \$135 per session, plus an annual \$150 registration fee.

Fall session 1: September 13-October 21

Fall Session 2: October 25 – December 13 (no practice Thanksgiving weekend and December 9)

Winter Session: January 10 – February 28

Spring Session: April 14 – May 30 (no practice Easter Sunday), Summer May 31 to July 15

Silver Recreation Group

This group will not be required to attend USA Swimming Competitions; the primary focus will be on improving each swimmer's technique and endurance in the water. This is a terrific group for youngsters that participate in other sports, are interested in swimming for fitness or are generally uncomfortable in competitive situations. Swimmers will be taught proper technique for butterfly, breaststroke, starts and flip turns. By the end of their second session swimmers should be able to swim a continuous 500 freestyle with turns and a breathing pattern. In addition, we will measure progress through a variety of timed 25-yard, 50 yard and 100-yard swims. Cost is \$275 per session plus an annual \$150 registration fee.

Entry Prerequisite: 50 yards of continuous freestyle, with face in the water between breaths. 50 yards of continuous backstroke.

Fall Session 1: September 4 – October 27

Fall Session 2: October 28 – December 20

Winter Session: January 3 -February 28

Spring Session: April 14 – May 30 (no practice Easter Sunday), Summer May 31-July 15

Scarlet Program

Our Scarlet program is our competitive program for swimmers age 9-15. Swimmers will attend a minimum of two to three meet days per month. 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 modules. It is acceptable for swimmers in this group to participate in other sports. Multi-sport athletes will have attendance requirements waived during the **fall season** only. The program is divided into four training groups that are based primarily on age as we believe working within peer groups is an important part of childhood development. New this year, we will offer a three day a week program to help transition older swimmers from Silver or lessons to competitive swim team. Lead Coach Laurie Karr.

Entry minimums (groups within this program may have more demanding prerequisites) – can swim 100 yards of each of the four competitive strokes within USA Swimming stroke rules, can swim a 200 Individual Medley, can swim 500 yards continuously.

Scarlet Gold, Age 12-15

The scarlet Gold group is open to Scarlet 2 members by invitation only. Swimmers in this group add more conditioning and training in and out of the water. This group is an excellent progression into our Junior group and Senior program. Goals of achieving JO, Zones and Sectional time standards are discussed frequently within the members of this group. Swimming in High School and beyond is also emphasized. Practices will be offered 6 days a week during the school year with additional practices offered during the summer. 80% attendance is required.

Scarlet 2, Ages 10-13

This group will continue to develop the skills learned in Scarlet 1 with a greater emphasis on training for competitive success. Practices will be offered five days a week with a minimum attendance requirement of 70%. This group will emphasize achieving National BB and faster time standards, including Zones and JO'S.

Scarlet 1, age 9-11

This group will continue to develop skills learned in Silver Competition. Practices will be offered five days a week with a minimum attendance requirement of 65%. Attendance averages will be checked monthly.

NEW! Scarlet 3, Ages 11-14

This is a new group for swimmers that want a greater challenge and more competitive opportunities than Silver Recreation group but are not ready for more than three Scarlet practices a week. This is open to swimmers that are new to the Scarlet program. There is no attendance requirement in this group. This group will offer sessions of training throughout the year (Fall Session 1: September 4 – October 27, Fall Session 2: October 28 – December 20, Winter Session: January 3 -February 28, Spring Session: April 14 – May 30 (no practice Easter Sunday) & Summer May 31-July 15).

EXIT SKILLS – our goal is to promote swimmers from Scarlet to our Senior program by the summer prior to entering High School. Swimmers will work on improving their skills at meets and practices with the following exit skills as part of their goals: Legally compete in the 4/500 Free, 400 IM & 200 of each stroke; complete 10 x 100 freestyle kick on 2:00; complete 10 x 100 freestyle swim on 1:30; complete 6 x 100 of stroke on assigned intervals; complete timed 2000 yard freestyle swim with bilateral breathing in under 28 minutes; read the pace clock; able to actively listen and ask questions to gain understanding; makes a habit of paying attention to details; properly applies stroke drill to complete stroke technique.

Senior Program

NPG

Invitation only group for high achieving Seniors. This group adds two mornings per week during the school year at Planet Fitness. Training fee does not include the cost of the Planet Fitness membership. 95% attendance is required.

Senior Program Lead Coach: Lewis Timberman

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, recommended for swimmers age 16 and over. 90% attendance is required.

Junior

This group is designed for those athletes with quality competitive and training experience who are entering high school or by coach invitation. Emphasis will be on continued skill development, holding specific pace times in training, advanced race strategy, goal-setting, and increased training loads. This group is also available for high school 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 5-6 days per week during the short course season. Additional practices will be offered during the summer season. Minimum age, 12. Recommended age, 14 -15. 80% attendance is required.

Entry minimums – To enter prior to high school we consider prior training load and experience, plus competitive success. Minimum practice standards are listed in the Scarlet exit goals. Meeting a minimum does not guarantee entry into this group. Emphasis is given to what is best for long term success in swimming.

High School Practice Groups

High School swimmers have several options at Buckeye:

Option 1: Join the Senior or Junior program which is a year-round commitment to the program, with attendance requirements. Senior Program requirements are outlined above.

Option 2: Join the Scarlet program which is also a seasonal commitment to the program, has a slightly relaxed attendance policy, and is appropriate for less experienced swimmers.

Option 3: Fall High School Prep Program. This year will offer a High School Prep program from September 4 to the conclusion of the Senior Meet in November. This is an 11-week program. Participants attend all offered Scarlet or Junior practices (pick one group please) with no attendance requirement. The training fee for this group is only \$220. All swimmers must pay a \$150 annual registration fee. Please contact Coach Karr at laurie@bkyswim.com for registration instructions.



Buckeye Swim Club

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Practice Schedule & Fees

The competition seasons are Winter (Short Course Yards) with our first in water practice on September 4 and competitions & training concluding in late February or early March. The Summer Season (Long Course Meters) is mid-April through the end of competition in July or August. The season is longer for swimmers that qualify for higher level meets.

FEES INCLUDE:

- ✓ Current USA Swimming & Ohio Swimming Membership fee
- ✓ Annual Buckeye Swim Club registration fees
- ✓ Swim group training fees (includes coaching fees and pool rent)
- ✓ Team T-shirt
- ✓ General group dryland training

FEES DO NOT INCLUDE:

- ✓ Swim meet entry fee and travel expenses
- ✓ Booster fees and fundraising requirement
- ✓ Specific Dryland training and facility use fees
- ✓ Training and competition uniforms and equipment

FUNDRAISING REQUIREMENT

Each swimmer in our competitive programs will be responsible for either fundraising \$75 in proceeds or writing a check to Buckeye Swim Club Boosters for the amount. In addition, each *family* will be charged a \$25 booster club membership fee. This will be collected by the boosters which is a separate organization run by a parent board that supports our club.

MEET FEES

Meet fees will be charged on the day that we are admitted into the meet (1-3 weeks prior to the meet). Once entries are finalized and submitted, the meet host does not issue refunds. During the 2018-19 year we will charge a 5% admin fee per meet. Travel meets may include an additional coaching fee.

MEET PARTICIPATION & REGISTRATION

Each swimmer is required to DECLINE or ACCEPT meet invitations before the indicated deadline. We reserve the right to charge a \$5 administrative fee to your account for each meet in which you fail to do so. New families will be given a two-meet grace on this requirement.

DISCOUNTS & REFUNDS

We have family discounts. With 2 siblings, all fees are 5% off, 3 siblings are 9% off and 4 or more siblings are 12% off. This discount does not apply to registration or meet fees.

Scholarships are available to those who qualify for financial reasons.

We DO NOT REFUND for any reason.

2018-19 Practice Group Fees

All competition groups will pay a \$195 at registration and training fees as listed below:

| Competition Groups | 2018-19 Fees (commit to entire swim year) | Winter Season Only Fees | Spring & Summer Only Fees |
|--------------------|--|----------------------------|------------------------------|
| NPG | \$2425 (plus Planet Fitness membership) | N/A | N/A |
| Senior | \$2275 | \$1615 | \$830 |
| Junior | \$2025 | \$1400 | \$775 |
| Scarlet Gold | \$1775 | \$1260 | \$650 |
| Scarlet 2 | \$1530 | \$1085 | \$560 |
| Scarlet 1 | \$1280 | \$910 | \$470 |
| Silver Competition | \$1030 | \$730 | \$380 |

You can register for the above groups at <http://www.active.com/columbus-oh/water-sports/swimming-registrations/19-buckeye-swim-club-2018>

All session-based groups will pay a \$150 fee at registration and training fees as listed below:

There is no fundraising requirement for these groups

| Session Groups | Cost per Session | Notes |
|-------------------|------------------|---|
| Scarlet 3 | \$375 | There is no fundraising fee, however all swimmers are asked to pay the \$25 Booster fee when enrolling for their 2 nd session. |
| Silver Recreation | \$275 | |
| Intro | \$135 | |
| High School | \$220 | |

You can register for the session based groups above at: <http://www.active.com/water-sports/swimming-registrations/buckeye-swim-club-fall-2018>

PAYMENT METHODS AND SCHEDULE

Competitive Training Fees will be invoiced through QuickBooks Online.

If you have chosen to commit to the entire swim year:

Full year training fees are due in three payments, on October 1, December 1 and February 1.

If you have chosen to commit to one season:

Winter program training fees are due in full by October 1.

By the session:

Session based fees are due at registration.

NOTES:

- You may pay fees online or write a check to Buckeye Swim Club.
- Declined payments will be charged a \$25 administrative fee.
- We will not collect competitive training fees through active.com due to the high processing fee.
- We are happy to break training fees into monthly payments. Simply inform us that you plan to do so then make regular payments by the first of the month against your invoice. We will charge an initial \$25 set up fee and will send regular reminders of payments due.



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Practice Schedule

First day in the water for most swimmers is September 4

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------|--------------|-----------|--------------|-----------|--------|------------|-----------------|
| NPG at Planet Fitness | 5:30-6:45 am | | 5:30-6:45 am | | | | |
| SENIOR | 6:00-8:30 | 4:00-7:00 | 4:00-7:00 | 6:30-9:00 | | 7:00-10:00 | 6:00-8:00 |
| JUNIOR | 6:00-8:30 | 4:30-7:00 | 4:30-7:00 | 6:30-9:00 | | 7:00-10:00 | 6:00-8:00 |
| SCARLET GOLD | 4:30-7:00 | 6:15-8:30 | 6:15-8:30 | 4:30-6:30 | | 7:00-9:00 | 4:30-6:00 |
| SCARLET 2 | 4:30-6:00 | 6:45-8:30 | 6:45-8:30 | 4:30-6:30 | | | 4:30-6:00 |
| SCARLET 1 | 5:45-7:00 | 7:00-8:30 | 5:45-7:30 | 5:45-7:00 | | Bonus 9-10 | 3:30-5:00 |
| SILVER COMPETITION | 5:45-7:00 | | 5:45-7:00 | 5:45-7:00 | | 9:00-10:00 | Bonus 3:30-4:30 |
| SCARLET 3 | 4:30-6:00 | | 7:00-8:30 | 4:30-6:00 | | | |
| SILVER REC | 5:45-7:00 | | 5:45-7:00 | | | 9:00-10:00 | |
| INTRO | | | 6:30-7:15 | | | | 3:30-4:15 |

All practices are at Columbus North Sports Club unless otherwise noted.

Last practice is prior to your last meet of the season (February or March) or at the end of your session.

Team Uniform

Swimmers are required to wear the team suit and cap at all competitions. Caps are provided to swimmers as needed at meets. All swimmers are required to have their own pair of Fins & Kickboard at practice. Coaches may also require additional training equipment.

Team Supplier

Our official team supplier is Speedo and SwimOutlet.com. Per our contract with Speedo, Speedo suits are required to be worn at all meets. In turn Speedo & swimoutlet.com provide our team with discounts. Additionally, our National level swimmers receive free items from Speedo. We will schedule a team fitting day this fall to order our suits and equipment. Additionally, you may shop our team items at www.swimoutlet.com/bkys throughout the year.

Optional Uniform Items (our logo can only be added to items that are in our team colors):

- Speedo Backpack in frost gray
- Speedo Streamline jacket in red and black
- Speedo Color Block Parka in gray/red
- Technical suit for championship meets (not necessary for novice and 10-under)



Buckeye Swim Club 2018-2019 Meet Schedule

| Date | Meet Name | Location | Notes |
|---|--|--|--|
| October 7 | OSI Safe Sport Pentathlon | Columbus School for Girls | All |
| October 20-21 | John Bruce Memorial | Worthington Pools | Junior (14-un), Scarlet & Silver Comp Groups |
| October 21 | UAC Senior Meet | Columbus School for Girls | NPG, Senior & Junior (HS or older) |
| November 2-4 | UASC Golden Bear | Upper Arlington High School | All Competition groups |
| November 10 | Worthington Developmental | Worthington Pools | Silver Rec, Scarlet 3, Intro |
| November 11 | OSSC Thanks for Giving | McCorkle Aquatic Pavilion (OSU) | All Competition groups EXCEPT those attending senior meet |
| November 16-18 | Ohio Swimming Senior Championships | Miami University Aquatic Center (Oxford, OH) | High School and Older, prelim/final meet |
| Dec 5-8 Speedo | Winter Junior Championships | Greensboro, NC | National Junior Standards |
| December 7-9 | Mako Speedo Holiday Classic | Miami University Aquatic Center (Oxford, OH) | All comp groups, Age 9-over prelim/final |
| December 15 | GCSTO Holiday Cheer | Columbus Academy | All Silver & Scarlet groups |
| December 16 | Ohio Swimming Virtual Distance Challenge | Columbus Academy | Anyone interested in swimming a distance event |
| December 22 | Mason IMX Meet | Mason Community Center | Anyone able to swim longer events of each stroke & a long IM |
| January 5-6 | UASC Triple Crown | Upper Arlington High School | Silver Comp, Scarlet, Junior |
| January 25-27 | Circle City Classic | IU Natatorium, Indianapolis | Natl BB Standards Prelim/Final for 13+ |
| January 27 | UAC Frosty Fun | Columbus School for Girls | All Silver & Scarlet groups |
| February 23-25 | Ohio Central Regionals | McCorkle Aquatic Pavilion (OSU) | 8-14 under Ohio JO, prelim/final |
| March 2-3 | Barbara Kay Mini Meet | Worthington Pools | All 8-under |
| March 1-3 | Auburn Classic | Auburn, AL | Senior Group Travel Meet, by invitation |
| March 8-10 | Ohio Junior Olympics | McCorkle Aquatic Pavilion (OSU) | 14-under, Ohio JO Standard, prelim/final |
| March 28-31 | Central Speedo Champions | Cleveland, OH | Senior, Sectional time standard |
| LONG COURSE (50 Meter Pool) Season begins! | | | |
| May TBA | May meet to be added | Akron or Kenyon | All |
| June 7-9 | Flag City Invitational | Riverside Park Pool, Findlay | All |
| June 14-16 | Jill Griesse Memorial | Denison University, Granville | All |
| June 21-23 | Summer Splash | Ohio University, Athens | All |
| June 26 | Ohio Open Water Champs | Acton Lake, Oxford, OH | National BB Standards |
| July 5-7 | Ohio Central Regionals | Ohio University, Athens | All 14-under, prelim/final |
| July 11-14 | Ohio Senior Championships | Denison University, Granville | High School & older, prelim/final |
| July 18-21 | Ohio JO Championships | Oxford, OH | Ohio JO Times, 14-un, prelim/final |
| July 18-21 | Central Speedo Champions | Cleveland, OH | Senior, Sectional time standard |
| Aug 6-10 | Speedo Junior Nationals | Palo Alto, CA | National Junior Standards |