

Buckeye Swim Club 2019-2020

Information Packet

Welcome to Buckeye Swimming's 30th 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 safely demonstrate competitive stroke knowledge and safety in the water, we will likely find a group that fits.

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.

Summer Season: April 13 through last meet (July/August 2020)

Training Group Assignments

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

**Summer Mornings are at Minerva Park
3032 Minerva Lake Rd, Minerva Park, Ohio 43231**

Swimmers are assigned to training groups based on age, training ability, and competitive experience. It is our goal to move swimmers from our age group program to our senior program the summer or fall that they begin high school.

Program Group Descriptions

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, 13. 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. 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.

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. Participants attend all offered Scarlet or Junior practices (pick one group please) with no attendance requirement. This is a high school preseason group only and ends with participation in the November Senior Meet.

AGE GROUP PROGRAM

Scarlet & Gold Overview

Training groups under Scarlet and Gold are geared towards competitive swimmers age 9-14. 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 several training groups that are based primarily on age as we believe working within peer groups is an important part of childhood development. 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. Swimmers will attend a minimum of three meets and championships each season. Lead Coach Laurie Karr.

Gold 1 & 2, Age 11-14

Goals of achieving Zone 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 3, Ages 11-14

The Scarlet 3 training group will place a greater emphasis on stroke technique work and less on workload. Swimmers in this group do not hold current National BB time standards but aspire to improve their swimming. This group will take an innovative approach towards to improve performance through quality coaching, training and attainment of improved technical skills.

Scarlet 2, Ages 10-13

This group will emphasize achieving National BB and faster time standards, including Zones and JO'S.

Scarlet 1, age 8-11

Entry level into the Scarlet program.

ENTRY LEVEL GROUPS

New to the sport, transition from lessons and/or 8-under swimmers

Silver Competition Group

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 rotary breathing, 25 yards of Backstroke. Able to demonstrate a basic knowledge of Breaststroke and Butterfly.

Silver Recreation Group

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 Freestyle, backstroke, butterfly, breaststroke, starts and flip turns. By the end of the season 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. Entry Prerequisite: 50 yards of continuous freestyle, with face in the water between breaths. 50 yards of continuous backstroke. Minimum age is 9, group is set up for swimmers age 11-14.

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.

Fall Session 1: September 9- October 27; Fall Session 2: October 28- December 18 (No practice 11/27)

Winter Session: January 6- February 26

Spring Session: April 13 – May 27; Summer Session: June 1 -July 15

FEE STRUCTURE

FEES INCLUDE:

- ✓ Current USA Swimming & Ohio Swimming Membership fee (you are registered prior to your first meet).
- ✓ Annual Buckeye Swim Club registration fees
- ✓ Swim group training fees (includes coaching fees and pool rent)
- ✓ Team T-shirt
- ✓ General group dryland training
- ✓ Team Caps

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 \$250 in proceeds or writing a check to Buckeye Swim Club Boosters for the amount. 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.

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.

2020 Practice Group Fees

All groups will pay \$250 at registration and training fees as listed below:

Competition Groups	Spring & Summer Only Fees
NPG	\$1075 (plus Planet Fitness membership)
Senior	\$830
Junior	\$775
Gold	\$650
Scarlet 3	\$605
Scarlet 2	\$560
Scarlet 1	\$470
Silver Recreation	\$300
Silver Competition	\$380
Intro to Team	First session is included with registration fee, \$150 per session after

You may register for the above groups at <https://www.active.com/columbus-oh/water-sports/swimmFing-registrations/2020-buckeye-swim-club-2019>

Buckeye Swim Club Boosters – REQUIRED FUNDRAISING

Each swimmer will be required to fundraise \$250 this year through the boosters (cap of \$400 per family). You can either right a tax-deductible check or participate in fundraising projects.

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 full by December 1. If you prefer to break this into monthly payments, we will extend the deadline to February 1.

If you have chosen to commit to one season:

Winter training Fees are due in full by December 1. Spring Training fees are due in full by May 1, Summer training fees by June 1.

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 may charge an initial \$25 set up fee if you would like regular reminders of payments due.



Buckeye Swim Club

2020 Spring Practice Schedule

First day in the water for most swimmers is April 13

Summer Schedule is on the next page

	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	6:00-8:30		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
GOLD	4:30-7:00	6:30-8:30	6:30-8:30	4:30-6:30		7:00-10:00	4:30-6:30
SCARLET 3	4:30-6:00		7:00-8:30			8:30-10:00	4:30-6:00
SCARLET 2	4:30-6:30	6:30-8:30	7:00-8:30	4:30-6:30			4:30-6:00
SCARLET 1	5:45-7:00	6:30-8:00	5:45-7:00	5:00-6:30			3:30-5:00
SILVER COMPETITION	5:45-7:00		5:45-7:00	6:00-7:00			3:30-4:30
SILVER REC	7:00-8:00		7:00-8:00			9:00-10:00	
INTRO	6:30-7:15			6:30-7:15			

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 Long Course Meet Schedule

Date	Meet Name	Location	Notes
May 15-17	Holy Toledo	Bowling Green	All
June 5-7	GCST Creekside	Gahanna Pools	All
June 12-14	Jill Griesse Memorial	Denison University, Granville	All
June 19-21	OSU Mike Peppe	McCorkle Aquatic Pavilion	Qualifying Standards
June 21-28	USA Olympic Trials	Omaha, Nebraska	Qualifying Standards
June 24	Ohio Open Water Champs	Acton Lake, Oxford, OH	National BB Standards
July 10-12	Ohio Central Regionals	Ohio University, Athens	All 14-under, prelim/final
July 15-18	Central Speedo Champions	McCorkle Aquatic Pavilion	Senior, Sectional time standard
July 16-19	Ohio Senior Championships	Denison University, Granville	High School & older, prelim/final
July 23-26	Ohio JO Championships	Oxford, OH	Ohio JO Times, 14-un, prelim/final
July 31-August 2	USA Swimming Futures	McCorkle Aquatic Pavilion	National Futures Standards

Summer - Tentative Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NPG, SENIOR & JUNIOR	MP 7:30-9 am CN 3:30-6 pm	MP 6:30-9 am CN 3:30-6 pm	OFF	MP 6:30-9 am CN 3:30-6 pm	MP 6:30-9 am CN 3:30-6 pm	CN 7:00-10:00 am
NPG @PF	5:30-6:45 am		6:30-7:45 a			
GOLD	CN 5:30-8 pm	MP 7:45-10am CN 5:30-8 pm	CN 5:30-8 p	MP 7:45-10am CN 5:30-8 pm	MP 7:45-10a	
SCARLET 3	Choose 4 practices from the Scarlet 2 schedule					
SCARLET 2	CN 6-8 pm	MP 8-10 am CN 6-8 pm	CN 6-8 pm	MP 8-10 am CN 6-8 pm	MP 8-10 am	
SCARLET 1 1 practice per day	CN 6:30-8 pm	MP 8:30-10 a CN 6:30-8 pm	CN 6:30-8p	MP 8:30-10a CN 6:30-8pm	MP 8:30-10 a	
SILVER COMPETITION	CN 5:30-7 pm	CN 5:30-7 pm	CN 5:30-7 p	CN 5:30-7 pm	MP 9-10 am	
SILVER REC	CN 7-8 pm		CN 7-8 pm		MP 9-10 am	
INTRO		CN 6-6:45pm		CN 6-6:45pm		

MP=Minerva Park CN=Columbus North PF=Planet Fitness

Summer Long Course Camp

Optional Training Camp at Gahanna Pool

May 26-30, \$125 for the week or \$40 per day

This is an age group training camp that will work on acclimation to long course swimming, endurance, pacing strategy, teamwork, land conditioning (on Tuesday & Thursday) and technique.

Sign up directly with Laurie Karr

Tuesday & Thursday 1:30-5:30

Friday 12:30-3:00

Saturday 10-noon

