

Buckeye Swim Club

Summer 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.

Training Group Assignments

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.

Summer Season: April 13 – Labor Day

**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**

**Summer Evenings are at Northland Swim Club
5006 Almont Dr, Columbus, OH 43229**

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.

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.

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.

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.

Summer Session may be added in mid-June, space permitting

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 be responsible for either fundraising \$200 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.

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	\$650 (plus Planet Fitness membership)
Senior	\$650
Junior	\$625
Gold	\$550
Scarlet 2	\$445
Scarlet 1 & 3	\$370
Silver Competition	\$300
Intro to Team	First session is included with registration fee, \$150 per session after

You may register for the above groups at <https://cui.active.com/sports-reg/login?a=fb70b8a8-e278-4c65-8244-f204b51009ac>

PAYMENT METHODS AND SCHEDULE

Competitive Training Fees will be invoiced through QuickBooks Online.

All training & registration fees must be paid in full prior to first day in water

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 Summer Practice Schedule

Tentative Start Date June 1*

**Start date is dependent on weather and local DPH regulations*

Practices at Minerva Park June 1-12

These practices will accommodate 12 swimmers per practice group with swimmers assigned to start and stop at opposite ends. Groups may have a limit to the number of practices they can attend, as noted. We are using these two weeks to help the swimmers learn how to navigate physical distancing rules and new safety procedures. All practices are available Monday through Friday.

Senior, Junior and NPG 6 – 7:30 am (swimmers will be split into two groups dryland and water), no limit.
Gold 7:45-8:30, no limit
Scarlet 2 7:45-8:30 or 8:45-9:30, 7 practices
Scarlet 3 7:45-8:30 or 8:45-9:30, 5 practices
Scarlet 1 9:40-10:20 or 10:30-11:10, 6 practices
Silver Competition 9:40-10:20 or 10:30-11:10, 5 practices

Full Practice Schedule June 15-September 4

Adjustments will be made as school resumes. This schedule does not include dry land which could be added at a later date. We can accommodate 24 swimmers per practice at Minerva and 36 at Northland.

Senior, Junior & NPG, no practice limits
Minerva Park 6-8 am Monday through Friday
Northland 6-8 pm Tuesday & Thursday

Gold, no practice limits
Minerva Park 8:15-9:45 am Monday through Friday
Northland 6-7:30 pm Tuesday & Thursday

Scarlet 2, 5 practices per week
Minerva Park 8:15-9:45 am Monday - Friday
Northland 6-7 pm Tuesday & Thursday

Scarlet 3, 4 practices per week
Minerva Park 8:15-9:45 am Monday - Friday
Northland 6-7 pm Tuesday & Thursday

Scarlet 1, 5 practices per week
Minerva Park 10-11 am Monday through Friday
Northland 7-8 pm Tuesday & Thursday

Silver Competition, 4 practices per week
Minerva Park 10-11 am Monday through Friday
Northland 7-8 pm Tuesday & Thursday

Swimmers will be required to come in and leave in their suits

Restrooms will be for emergency use only

Everyone will be assigned physically distanced spaces for practice use, equipment (and parents).