

# **Buckeye Swim Club 2020-2021**

## **Information Packet**

Welcome to Buckeye Swimming's 30<sup>th</sup> 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.

### **Winter Season begins September 8**

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

We train outdoors during warmer months at  
Minerva Park and Northland Swim Club

### **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.

## **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. Entry by invitation only. 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. 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, Age 12-15**

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. This group offers 10 hours in the water plus dryland each 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 2a swimmers will train alongside our Gold group. Swimmers choosing this group should demonstrate a good understanding of training principles, technique and pacing. Scarlet 2 groups are scheduled for 30 minutes of dryland and 1.5 hours of swimming each day.

### **Scarlet 1, age 8-11**

Entry level into the Scarlet program. There is no difference between Scarlet 1a and 1b. 1a is meant to give swimmers with siblings in Silver Competition the opportunity train at the same time as their siblings a few days a week. Scarlet 1 offers four 1.5 hour practices each week.

## **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. Can swim a length of butterfly and breaststroke, with an awareness of the rules of the strokes.

### **Introduction to Competitive Swimming**

#### **Held at SafeSplash Swim School + SwimLabs (2990 Hayden Rd)**

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. Entry level swimmers should be able to demonstrate 20 yards of Freestyle with rotary breathing, 20 yards of Backstroke. Able to demonstrate a basic knowledge of Breaststroke and Butterfly. Minimum age is 4.

Registration Fee includes first 6 practices. Practices are pre purchased at \$125 for a 10 visit package.

## FEE STRUCTURE

### All groups will pay \$250 at registration and monthly training fees

#### Fee Summary:

Training fees have been broken into 12 monthly payments. Due to the high cost to secure the pool this year, we will expect each swimmer to make a 3-month nonrefundable payment on fees by September 15<sup>th</sup>. The remaining 9 payments will be collected through automatic payments on the 1<sup>st</sup> of each month from October 1 through June 1. Swimmers may drop from the team and be removed from automatic withdrawals of fees with 30 days advance notice.

#### 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

#### COVID SURCHARGE

We reserve the right to charge up to \$50 additional each month due to unexpected COVID related expenses.

#### 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.

#### NOTES:

- 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.



## **Buckeye Swim Club**

**2020-21**

### **Practice Schedule**

*September 8-20 Outdoors at Northland and Minerva Park*

*Sign-Ups will be required at [bkys.timetap.com](http://bkys.timetap.com) for these practices (9/8-20)*

Tuesday September 8 at Minerva Park

2-4 pm Gold & Scarlet 2

4-6 pm Junior, Senior & NPG

6-7:30 pm Silver Comp, Scarlet 1, Scarlet 3

Wednesday, September 9 at Minerva Park

2:30-4 pm Scarlet 1, Silver Competition & Scarlet 3

4-6 pm Gold, Junior, Senior, NPG

6-7:30 pm Scarlet 2

Thursday, September 10 at Northland

6-8 pm Scarlet 2, Gold, Junior, Senior & NPG

Saturday, September 12 at Minerva Park

7-9 am Gold, Junior, Senior, NPG

9-10:30 am Scarlet 2

10:30-11:30 am Silver Competition, Scarlet 1 and Scarlet 3

Sunday, September 13 at Northland

6-8 pm Scarlet 2, Scarlet 3, Gold, Junior, Senior, NPG

Monday, September 14 at Minerva Park

2:30-4 pm Scarlet 1, Silver Competition & Scarlet 3

4-6 pm Gold, Junior, Senior, NPG

6-7:30 pm Scarlet 2

Tuesday September 15 at Minerva Park

2-4 pm Gold & Scarlet 2

4-6 pm Junior, Senior & NPG

6-7:30 pm Silver Comp, Scarlet 1, Scarlet 3

Wednesday, September 16 at Minerva Park

2:30-4 pm Scarlet 1, Silver Competition & Scarlet 3

4-6 pm Gold, Junior, Senior, NPG

6-7:30 pm Scarlet 2

Thursday, September 17 at Minerva Park

2-4 pm Gold & Scarlet 2

4-6 pm Junior, Senior & NPG

6-7:30 pm Silver Comp, Scarlet 1, Scarlet 3

Saturday, September 19 at Minerva Park

7-9 am Gold, Junior, Senior, NPG

9-10:30 am Scarlet 2

10:30-11:30 am Silver Competition, Scarlet 1 and Scarlet 3

Sunday, September 20 at Northland

6-8 pm Scarlet 2, Scarlet 3, Gold, Junior, Senior, NPG

Tuesday 9/15 & Thursday 9/17 we will offer an open practice at Northland from 6-8 pm (for anyone not able to get a practice in another time)



# Buckeye Swim Club

## 2020-21

### Practice Schedule

#### Beginning September 21

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

	Monthly Fee	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>NPG &amp; SENIOR</b>	NPG-\$255 SR-\$235	5:30-7:30 am or 4-7 pm	5:30-7:30 am or 4-7 pm	5:30-7:30 am or 4-7 pm	5:30-7:30 am or 4-7 pm		7:00-10:00	2:00-4:00 or 4-6 pm
<b>JUNIOR</b>	\$215	4-7 pm	4-7 pm				7:00-10:00	
<b>GOLD</b>	\$187.50	6:15-9 pm		6:15-9 pm	6:15-9 pm	4-6 pm		6:15-9 pm
<b>SCARLET 3</b>	\$130		6-7:30 pm		7:30-9 pm			11:45-1:15
<b>SCARLET 2a</b>	\$162.50	7-9 pm		7-9 pm	7-9 pm	4-6 pm		7-8:30 pm
<b>SCARLET 2b</b>			7-9 pm		7-9 pm	4-6 pm	10-11:30 am	6-8 pm
<b>SCARLET 1a</b>	\$140		6-7:30 pm		6-7:30 pm		7:30-9 am @SafeSplash	1-2:30 pm
<b>SCARLET 1b</b>		6-7:30 pm	6-7:30 pm	6-7:30 pm				12-1:30 pm
<b>SILVER COMPETITION</b>	\$120	6-7 pm		6-7 pm		4:45-6 pm @SafeSplash		1:00-2:00
<b>INTRO</b>	\$125/10 practices	9:15-10 am 6:45-7:30 pm at SS		1:30-2:15 at SafeSplash		6-6:45 pm at SafeSplash		10:30-11:15 @SS

#### Additional Training Opportunities

All swimmers may substitute one of the above practices for any of the following:

Scarlet 2, Gold, Junior/Senior:  
M, W, F 2-4 pm  
T, Th 8-10 am

Scarlet 1, Scarlet 3, Silver Comp:  
M, W, F 8-9:30  
T, Th 2:30-4

**These practices may also be purchased at an additional charge (to add on to your training). Price TBD**

#### Team Supplier

Our official team supplier is Speedo and [SwimOutlet.com](http://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](http://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)