

Buckeye Swim Club/Hilliker YMCA

Fall & Winter 09-10

General Information

Welcome to a new season at Buckeye Swim Club! If you are new to Buckeye, you will find that we have the most professional coaching staff in Central Ohio, offering innovative and quality swim instruction in a fun and motivational environment. We are a close knit team with strong friendships between swimmers and parents alike. Buckeye loves to welcome new families into our program! Below you will find a summary of our programs. If there is anything that we have left out, or that you need clarified, please don't hesitate to e-mail or call Coach Laurie Karr (laurie@buckeyeswimclub.com or 614-562-0544).

COLUMBUS PRACTICE LOCATIONS:

Columbus North Sports Club

888 E. Dublin-Granville Rd.

The Ohio State University *(schedule pending)*

Information you need to know for 2009-10:

New Programs

We have revamped all of our training groups this year in order to better fit our program with our families, our tremendous growth from last year, and our primary training facility (Columbus North Sports Club). The new program will give families and swimmers the opportunity to match their swim schedule with their commitment level. Those whose primary sport is swimming should choose to participate in the Elite team program which includes a full training and competition schedule. Multiple sport athletes and those new to swimming can choose to participate in our Select program which will have a more recreational feel and participates in a smaller number of practices and meets.

A primary goal of ours in making this revamp was to continue the small team feel and great individual instruction for which we are so well known.

All-Inclusive Fees

Our fee includes all training fees, USA swimming registration, YMCA membership (elite only), COSA membership, a team t-shirt and 2 team caps. Meet fees are included for all of our Select program participants (those participating in the Elite program will continue to pay for meets as they go). We challenge you to find a local swim club that prices these items together!

Fundraising

While we will have some fundraising opportunities this year, it will play a very small role and will be purely optional. We will be using approximately 50% of any fundraising dollars raised this year for social activities &/or team gifts. The remainder of our fundraising dollars will support our National Team. If you would like to volunteer for our FUN committee to help decide where the money goes, please contact Coach Laurie Karr.

Meet Leagues: YMCA and USA Swimming

All of our Columbus swimmers are members of USA swimming (USA-S) & our elite team members are members at the Hilliker YMCA. Membership in USA-S, allows our swimmers the opportunity to compete in local, regional and national meets. USA-S membership also gives our swimmers an extra insurance protection at team functions, practices and meets. We are also members of the Southwest Ohio YMCA League, one of the foremost YMCA leagues in the country, comprised of teams west of Columbus, south to Cincinnati.

Flexible scheduling

We will work hard to help you schedule so that your kids are all swimming within the same 2 hour block. Please let us know if you need help making your schedule work for your family.

www.buckeyeswimclub.com
Head Coach Laurie Karr
614-562-0544
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Winter 2009-2010 Program

Practice Group Descriptions

Senior Elite

September 8 – March 21

Designed for swimmers age 13 and over, this group will improve conditioning through participation in more intense training. Stroke mechanics will continue to be fine tuned based on individual needs. Swimmers will fine tune their race strategies and will work towards attaining a higher competition level each year. Dryland/strength training will be included in the daily practice schedule.

Scarlet Elite

September 14 – March 14

The Scarlet Elite training group is for swimmers age 10-14 that have chosen swimming as their primary winter sport. Swimmers will learn various training methods, with dryland conditioning as part of the weekly routine. Stroke mechanics are still stressed as swimmers deal growth changes. Swimmers will learn a variety of race strategies best suited for their abilities.

Brutus Elite

September 14-March 14

The Brutus Elite group is our introductory elite level program, designed for swimmers age 8-11 that enjoy swimming and would like multiple practice opportunities a week and a variety of competition experiences. Stroke mechanics will be the focus of this groups training, along with conditioning to support their strokes and an introduction to racing strategies.

Silver Select

Optional Fall Stroke Clinic September 21-October 24

Regular Season October 25- February 28

Designed for swimmers in grades K-8 that wish to continue to improve stroke mechanics, and learning to control strokes through growth spurts. This group will improve conditioning levels & begin to learn the basics of training and race strategies. Price includes 3 one-day local meets and one multi day championship meet (also local).

High School Pre-Season, September 21-November 6

Training to help swimmers prepare for the upcoming high school season. This is a non-competitive group and will not participate in Buckeye meets.

Pre-Competitive Program

Little Bucks is our introductory group for youngsters ages 3-8 who are comfortable in the water and ready to learn beginning swimming skills. Schedule is TBD.

Big Bucks is our group for swimmers age 5-8 that are interested in learning to compete in the sport of swimming. Swimmers should already know some freestyle and backstroke. The swimmers will improve their free and back and will learn butterfly and breaststroke. Schedule is TBD.

Reduce your Fees

- You may participate in our SCRIP program in which retailers give us a percentage back of your gift certificate purchase. That discount is directly credited to your fees.
- 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, YMCA dues or meet fees.
- Scholarships are available to those who qualify for financial reasons.

Swimmer Registration

Pre-Registration

All swimmers should pre-register by August 12 via our online registration system. Pre-registration is \$50 and is FULLY refundable and will be applied to winter registration. At the close of pre-registration, we will announce our final schedule and fees and begin taking registrations for the winter. **Please check our website after July 20 for pre-registration.**

Registration

Once again we are partnering with active.com to handle registrations. This will allow each family to pick their preferred payment method and one of 3 payment schedules. This also gives each family an account on active at which they can view their charges anytime. This system will also save you time; once you create an account at active you will not need to reenter your information each season! We will email all pre-registered swimmers the moment winter registration is available.

Required information at registration

Besides the basics (swimmers name, age, and contact info) we will need basic medical information (medications, emergency contact, medical conditions and insurance) on each swimmer at registration. We will also ask for each swimmer's t-shirt size. Please have this information available when you register online.

Team Uniform

Required Meet Items

At all meets swimmers are required to wear the team suit and cap. Each swimmer will be provided 2 team caps (one red & one silver).

Required Practice Items

All swimmers are required to have their own pair of fins, kickboard and a pullbuoy.

Team T-Shirt

Each swimmer will be provided with a red team t-shirt. Parents and swimmers can order extra red and optional dark grey (last year's design) team t-shirts at registration.

Team Supplier

Our official team supplier is TYR and Kastaway swimwear. Per our contract with TYR, TYR suits are required to be worn at all meets. While the \$500 Speedo's might be tempting they cannot be worn while representing Buckeye. In turn TYR & Kastaway provide our team with discounts. Additionally, our YMCA National swimmers receive free items from TYR.

Required team items can be purchased at (please let the desk know that you are Buckeye so that you get a discount):

Kastaway Swimwear
Thomas Worthington Natatorium
400 W. Dublin-Granville Rd.
Worthington, OH 43085
Local Calls: (614) 781-9040

Retail Store Hours:

Monday, Thursday & Friday - 9:00am - 6:00pm
Tuesday & Wednesday - 9:00am - 7:00pm
Saturday - 10:00am - 5:00pm, Sunday – CLOSED

www.buckeyeswimclub.com
Head Coach Laurie Karr
614-562-0544
laurie@buckeyeswimclub.com

Program Guide

Selecting the group that fits your needs

Are you not sure where you belong: Silver Select vs. Elite? Please use the following comparison chart to help. If you still are unsure, please feel free to call or email Coach Laurie Karr with questions: (614)562-0544 or laurie@buckeyeswimclub.com

	Silver Select	Elite groups
Practice Schedule	Our most flexible practice schedule, with multiple age swimmers in one family able to practice at the same time	Our most extensive practice schedule. Training includes all aspects of being an athlete; nutrition, rest, mental (goal setting, relaxation, etc.) and physical preparation. Mind – Body – Soul ☺
Meets	3 one day regular season local meets are included, plus a local championship meet. Swimmers may optionally choose to attend additional USA meets	Meets are offered every 2-3 weeks. Local meets and travel meets (up to 3 hours) are offered. A variety of competition experiences are offered from intense to laid back.
Fees Include	<ul style="list-style-type: none"> • USA Swimming Membership • Training Fees, 10/25-2/28 • Meet Fees (for 3 local and one championship meet) • T-shirt • 2 caps • COSA membership 	<ul style="list-style-type: none"> • USA Swimming Membership • Hilliker YMCA Membership • Training Fees from September through last meet or March 12. • T-shirt • 2 caps • COSA membership
Practice Philosophy	Learn technique and training skills. Competition is taught to be a fun benchmark/method of tracking practice progress.	Learn technique and competition skills. Succeeding in competition is stressed more in this group than in Select.
Meet requirements	Swimmers are encouraged to attend their 3 regular season meets and championships to celebrate their season successes.	3 YMCA meets and all appropriate championship meets. Coaches will strive to qualify all swimmers to YMCA league championships in March, and as many as possible to zones and Nationals.
Rate Yourself	Like to try different sports New to winter swimming	Swim NUT Can't get enough of the smell of chlorine
Fundraising Requirement	None, you will be asked to participate only. NO pressure (we promise).	None, you will be asked to participate only. NO pressure (we promise).
Volunteer Requirement	None	The occasional timing job at YMCA meets. We have never had to require volunteerism or fine for shifts not worked.
Attendance	Not required	Encouraged, if you have a fall sport conflict we will work with your schedule.