

## *Buckeye Swim Club* *2017-18 Program Information*

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Welcome to Buckeye Swim Club! We are just finishing yet another incredibly successful year, and are looking forward to seeing everyone back at the pool this fall. If you are new to Buckeye, you will find that we have the most dedicated & devoted coaching staff in Central Ohio, offering innovative and quality swim instruction in a motivational environment. We are a close-knit team with strong friendships between swimmers and parents. The following is a summary of our program offerings for 2017-18. If there is anything we have left out or that you need clarified, please do not hesitate to call or e-mail Coach Laurie Karr (614-562-0544 or [laurie@bkyswim.com](mailto:laurie@bkyswim.com)).

### **2017-18 Team Highlights**

The team is just finishing a fun filled and fast year of swimming. Our Senior Program had a very successful return trip to Auburn this spring. Two of our swimmers advanced to the OHSAA State Championships and one has qualified for USA Futures. Two of our swimmers are nationally ranked in the top 100 & a third of our age groupers advanced to Ohio JO's. Beyond the pool, our swimmers have been learning how to apply their experiences in sport to become better leaders.

### **Fees**

Our registration & group fees include all training fees, pool time, coach's fees, coaching at meets, current USA swimming registration, and a team t-shirt. Our fees do not include meet event fees.

### **Fundraising**

The Booster Club is now fully budgeted on its own and is a great support group to our program. Booster fees are collected separately by the group and are outlined in the fee section of this packet.

## **PROGRAM STRUCTURE**

Buckeye offers instruction, training & competition for all levels of swimmers seeking individual development in a unified team environment. We strongly believe in the importance of peers in a swimmer's development. We will offer competitive group programs for seasoned swimmers that can't get enough of the water. These groups ask swimmers to attend between 75-90% of practices (attendance requirement increases with age/group). We also have a terrific starter program for new competitive swimmers or kids that have interests beyond the pool. These groups typically offer three practices a week and we like to see the kids twice a week. Those wishing to join our age group & competitive programs may need to participate in a tryout for correct group placements. Tryouts will be offered in July & August, Thanksgiving week and at the completion of the winter competition season.

### **COLUMBUS PRACTICE LOCATIONS:**

Columbus Sports Club: 888 E. Dublin-Granville Rd., 43229

Summer outdoor/additional training: Minerva Park & Northland Swim Club

General Program Notes: Our Scarlet, Junior & Senior training groups are a year-round commitment to attend competitions and practices. Training breaks are offered twice a year after the last championship meet of each season (Senior & Junior breaks are typically 3 weeks; Scarlet & Silver breaks are typically 4-6 weeks). Scarlet & Senior program spots are granted by ability, tryouts may be required to earn a spot in a group. Swimmers may need to maintain a minimum attendance at practices in meets to keep their spot. Those that dip below the required attendance will work with their coach to bring attendance to the desired minimum.

[www.buckeyeswimclub.com](http://www.buckeyeswimclub.com)

Head Coach Laurie Karr

614-562-0544

[laurie@bkyswim.com](mailto:laurie@bkyswim.com)

### **Our Mission**

*To develop the character traits, technical skills and the desire necessary for maximum realization of each individual's potential.*

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**PROGRAM INFORMATION**  
**Silver Program**

This group is designed for those athletes with some competitive experience who are competing at the local level and are interested in exploring swimming competitively at a higher level. Emphasis will be on continued skill development, learning to control speed, introducing age appropriate stroke techniques, learning to work cooperatively with teammates and learning how to swim a training set. This group is designed for athletes who enjoy competitive swimming and fitness but are not yet ready to dedicate themselves to swimming as their primary sport. Practices are offered 2-4 days per week during the winter season. Additional practices will be offered during the long course season.

**Silver 2** Ages 9-14. This is a recreational swim practice group for swimmers that are interested in swimming but do not wish to attend competitions. Additionally, this is a great place for older swimmers to start that have never competed. This group will meet two-three times a week for one to one and half hours of swimming and/or conditioning. This group will provide a mixture of training and stroke technique coaching and will be offered seasonally year-round. Lead Coach: Jess Ward

Sundays: 4:30-6:00

Mondays & Wednesdays 5:45-7:00

**Silver 1**, Ages 10 & Under. This group is geared to 8-under competitive swimmers and first year nine to ten-year-old competitors. The group will emphasize stroke development, conditioning & practice rules/etiquette. Swimmers are expected to attend 6 meets per year. Lead Coach: Jess Ward

Sundays: 4:30-6:00

Mondays & Wednesdays 5:45-7:00

Bonus Practice (earn with 90% attendance) with Scarlet, Thursday's 5:30-6:45

**Silver Fit**, Ages 9-16. This is a recreational swim practice group for swimmers that are interested in swimming but do not wish to attend competitions. This is a great introduction to swim training group & also a terrific fitness activity between sport seasons. Practices will focus on fitness with little stroke instruction. This group will be offered in three 6-week sessions: Fall October 8 -November 17, Winter January 2-February 5 and Spring April 15-May 25. Coach Lew Timberman

Sundays & Tuesdays 6:00-7:15 pm

**Intro to Swim Team**, ages 10-Under. This is our introductory group for swimmers that are interested in swimming but aren't sure if they are ready. This group typically offers one or two 45-minute practices per week with a focus on stroke development, swimming language and practice rules/etiquette. This group is offered seasonally when space is available. Fall Intro group will be Sundays from 3:00-3:45 with Coach Laurie. During this fall session, we encourage our swimmers to supplement our weekly sessions with a weekly small group swim lesson at a local swim school.

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### **Scarlet Program**

This group is designed for those athletes with competitive experience who are in middle school, or younger athletes that are currently competing at the Ohio JO level. 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. 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. This season we will specify shorter practices and a greater emphasis on technique for our youngest Scarlet members to help protect from over training (this group will not exceed 90 minutes in water). We will also add an additional practice for our highest achieving Scarlet members. Lead Coach Laurie Karr.

#### **Scarlet 1, age 10-un, Practice Schedule:**

Sunday 1:00-2:30  
Monday 4:30-6:00  
Tuesday 6:30-8:00  
Wednesday 6:30-8:30  
Thursday 5:30-6:45

#### **Scarlet 2, Ages 11-14, Practice Schedule**

Sunday 1:00-3:00  
Monday & Thursday 4:30-6:30  
Tuesday & Wednesday 6:30-8:30

Scarlet Gold Scarlet 2 plus Saturdays 7-9

### **Senior Program**

#### **Junior**

This group is designed for those athletes with competitive experience who are either in high school and not yet ready for Senior training or those age-group athletes nearing Sectional cuts and are preparing to transition to the Senior Training Group. Emphasis will be on continued skill development, advanced race strategy, goal-setting, and an introduction to increased training loads. This group is designed for athletes who enjoy competitive swimming and fitness 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 8<sup>th</sup> & 9<sup>th</sup> grade.

#### Fall Practice Schedule:

Sunday 6:00-8:00 pm  
Monday & Thursday 6:30-8:30  
Tuesday & Wednesday 4:30-7:00  
Saturday 7-10 am

#### **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

#### Fall Practice Schedule:

Sunday 6:00-8:00 pm  
Monday & Thursday 6:00-8:30  
Tuesday & Wednesday 4:00-7:00  
Saturdays 7:00-10:00 am

**NPG** Invitation only group for high achieving Seniors. Add two mornings per week during the school year at Planet Fitness. Additional fees to include cost of facility use.

Senior Program Lead Coach: Lewis Timberman

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### **High School Practice Groups**

High School swimmers have several options at Buckeye:

Option 1: Join the Senior program which is a year-round commitment to the program, with attendance requirements. Senior Program requirements are outlined on the next page.

Option 2: Join the Junior program which is also a year round commitment to the program, but has a slightly relaxed attendance policy. Junior Program requirements are outlined on page 4.

Option 3: Fall High School Prep Program. This year will offer a High School Prep program from mid-August to the conclusion of the Senior Meet in November. This is a 12 week program. Participants attend all offered Scarlet or Junior practices (pick one group please) with no attendance requirement.

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### **COMMITMENT HAS ITS ADVANTAGES**

At Buckeye, we like to recognize and reward commitment to our program. Swimmers that enroll in our year-round training group programs receive many benefits including:

- 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 at least 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.
- Individualized Instruction. The more a swimmer attends practice, the better the coach knows the swimmer. Attending consistently allows our coaches to learn what swimmers respond to, their individual learning needs and how to bring out their best in and out of the water. It is rare when a swimmer in our training programs needs to pick up private lessons.
- The Team Push & Pride in Effort. Being a part of a group that has committed to something challenging can create an amazing dynamic where everyone pushes each other to excel. This also can lead to tremendous pride in individual and group effort. Teams that perform at the highest level are just that – TEAMS. Individuals rise to the expectations of the team and, often, surpass what they perceive as their capabilities.

### **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 items.

### **Team Supplier**

Our official team supplier is Speedo and [SwimOutlet](http://SwimOutlet.com). Per our contract with Speedo, Speedo suits are required to be worn at all meets. In turn Speedo & [swimoutlet.com](http://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 [swimoutlet.com/bkys](http://swimoutlet.com/bkys) throughout the year.

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## Buckeye Swim Club 2017-18 Fees & Registration

Group	Training Fee	Registration Fee*	Booster Fee	Commitment
Senior	\$2275	\$250 Per swimmer.  Register by July 6 and receive \$40 off your registration fee!	\$25 per family	Year round (August 2017 to mid-July 2018)
NPG	SR+PF+\$150			
Junior	\$1950			Each swimmer will be asked to fundraise \$75 in addition to required booster membership
Scarlet Gold	\$1269			
Scarlet 2	\$1160			
Scarlet 1	\$1060			
Silver 2	\$870			
Silver 1	\$870			
Silver Fit	\$520			
High School	\$240			
			<i>Not required</i>	Winter (September 2017 to early March 2018)

**\*The registration fee is nonrefundable. By registering for Buckeye, you are committing to complete payment on fees outlined above. There will be a 5% processing fee added to your registration.**

### HOW TO PAY YOUR FEES

**Training Fees will be invoiced through QuickBooks Online.** Scarlet & Silver winter program training fees are due in full by October 1. Senior/Junior annual training fees are due in two installments, half by October 1, the remaining by March 1. You may pay these online or write a check to Buckeye Swim Club. Declined payments will be charged a \$25 administrative fee. We will not collect 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 \$10 set up fee then a \$5 late fee for all payments that aren't made by the 1<sup>st</sup> and as such require an administrative reminder.

### FUNDRAISING REQUIREMENT

Each swimmer 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.

### MEET FEES

Meet fees will be charged to your preferred method that you set on active.com 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 2017-18 year we will charge a 5% admin fee per meet. Travel meets might include an additional travel fee for coach hotel stays.

### MEET PARTICIPATION & REGISTRATION

Each swimmer is required to DECLINE or ACCEPT meet invitations before the indicated deadline. We will 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

- 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 or meet fees.
- Scholarships are available to those who qualify for financial reasons.

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### Registration

**Registration is Online!** Please go to <http://www.active.com/columbus-oh/water-sports/swimming-registrations/buckeye-swim-club-18-2017> to register. Please read all waivers thoroughly prior to finalizing registration.

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