



The Buckeye Swim Team and the United Swim Association have finished our third season "United as 1". It has been an extremely successful merger. Buckeye Swim Team was recognized in the USA Swimming National Club Excellence Program as a 2024 Bronze Medal Club. Some other highlights have been a 4th place combined large team finish at the 2024 Short Course and Long Course Ohio Junior Championships with our 11-12 girls winning Large Team High Point!

The coaching staffs have come together to offer Central Ohio swimmers a great opportunity. Buckeye is excited to announce that all of our swimmers of similar ability and age will be combined in many different practice group offerings starting this short course season. The Buckeye Swim Team has full access to the Powell Aquatic Center and Columbus North Sports Aquatics. This allows Buckeye to offer many different practice groups at consistent and convenient times throughout the entire year.

Buckeye is proud to continue a Premier Senior Program for Central Ohio's High School age swimmers. Buckeye has installed and maintained 4 rooms of Dryland equipment at Columbus North for an excellent strength and conditioning program included in our Premier Senior Programs.

We welcome existing members, new members, or old members to join us this coming swim year to do GREAT things!

Go Bucks!

Chris Hadden
Head Coach

Laurie Karr
Managing Director

Attention families of swimmers new to the sport without any competitive swim team experience - please refer to pages 10 and 11 to view our Recreational and Novice Programs



Competitive Swim Registration Information Package

The Buckeye Swim Team is pleased to announce our 2024 – 25 Short Course and Long Course Registrations will open July 29. The competitive swim team is a year-round training program that emphasizes competitive success at the local, state, regional, and national levels. Buckeye provides programs for all ages, skill, and commitment levels. Below are the instructions required to register. If there are any questions, please address an e-mail to:

Head Coach Chris Hadden cahadden@gmail.com
Managing Director Laurie Karr laurie@bkyswim.com

Required Registration Materials:

Registration is done through the Team's Website www.buckeyeswimclub.com. This package is intended as an informational package for all interested participants. We will always honor our commitment to our swimmers to be a Quality not Quantity Focused Swim Program.

New swimmers will be provided slots on a first come, first serve basis. Space is available for new swimmers in most practice groups, but we do anticipate filling our groups – **please don't wait to register.**

All **new** swimmers will need to complete a medical form online when prompted during registration.

Practice Group Assignments

- Returning Swimmers – The coaching staff emails practice group assignments for the new season. Contact Chris Hadden if you have questions about practice group selection.
- **New Swimmer Evaluations** – Every new swimmer needs to be evaluated for proper placement to a practice group. All new swimmers considering Buckeye need to attend ONE of the following evaluations:

July 15, 17, 22, 24, 29 at Powell Aquatics Center

Signups will be available at www.buckeyeswimclub.com/registration

August 5 and 8 at Columbus North at 6 pm

Signups will be available at www.buckeyeswimclub.com/registration

Please contact Head Coach Chris Hadden at cahadden@gmail.com to set up an evaluation if you are unable to attend the evaluations listed above.

- Swimmers may move between practice groups during the season at the coaches' discretion. Upcharges or swim fee reductions will be debited / credited in the monthly billing cycle following the practice group change.
- ***Please note that ages listed for the practice groups below are strictly parameters. Final practice group assignments are at the Head Coach's discretion. Every practice group will be filled to capacity.***
- ***Please be aware that there are training requirements to be invited to the Senior Select, Senior Group, Age Group Select and all Scarlet practice groups. Space is limited and the level of training ability must be met. There are minimum performance requirements and intervals per 100 free/IM required to attain an invitation.***



Practice Group Descriptions:

Senior Select: Advanced and Select High School Swimmers 15 years old or over. Emphasis on advanced competitive stroke technique, rigorous physical conditioning, competitive racing strategies, and dryland conditioning. The goal for this group is to qualify for national level meets. There are time standards, minimum training intervals and a coach invitation to be able to register for this group. This group is coached by the Head Coach Chris Hadden and an assistant coach.

Senior Group: High School Swimmers 14 years old or over. Emphasis on advanced competitive stroke technique, rigorous physical conditioning, competitive racing strategies, and dryland conditioning. The goal for this group is to compete and place at the Ohio Senior Championships and qualify for USA Sectionals. There are minimum training intervals to be able to register for this group. This group is coached by Head Coach Chris Hadden and an assistant coach.

Age Group Select: This is a new group we are excited to announce. This is Buckeye's top 24, 12 – 14 year old swimmers combined in one training group. This group is by invitation only. Swimmers can choose to not participate as there is still an Age group 1 Scarlet group. This is our best swimmer's final step in age group swimming. The goal for this group is to compete and place at the Ohio Junior Championships, Central Zone Championships, and to qualify for USA Sectionals. The Lead Coaches are Laurie Karr and Kaylyn Froebel.

Age Group 1 Scarlet: Experienced and advanced 13 years old or over swimmers. Emphasis on advanced competitive stroke technique and rigorous physical conditioning. The goals for this group are to qualify for and place at Ohio Junior Championships & Central Zone meets and prepare for training in the Senior Groups. The Lead Coach is Grant Horton joined by an assistant coach.

Age Group 2 Scarlet: Experienced and advanced 11 – 12 year olds. Training emphasizes stroke technique and aerobic conditioning. The goals for this group are to qualify for and place at Ohio Junior Championships & Central Zone Championships. Lead Coaches are Thomas Clark, Ezra Ferguson, JK Kim and Laurie Karr as a collaborative Lead.

Age Group 3 Scarlet: Experienced 9 – 10 year olds. Focus on learning the proper mechanics of all 4 competitive strokes, starts and turns. The goals for this group are to excel in competitions, place at Regional's, and qualify for Ohio Junior Championships. The Lead Coach is Heath Patterson joined by assistant coaches.

Age Group 4 Scarlet: Experienced 8 and unders and less experienced 10 and under swimmers. Focus is on learning proper mechanics of all 4 competitive strokes, starts and turns while building confidence at swim meets. The goals for this group are to gain experience in USA Swimming competitions, learn how to compete in all four competitive strokes, and be able to progress through the program. Lead Coaches are Matt Celik and Lauryn White plus assistant coaches.

Buckeye Alumni: College swimmers returning home to Buckeye or USA to train for winter break and the spring and summer. These swimmers compete with Buckeye at Championship meets. This group trains with the Senior Select group.



Practice Schedules for Columbus North September 9 – March 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Select	3:30 – 5:30p	5:45 – 7am 5:15 – 7:15p	3:30 – 5:30p	5:45 – 7am 5:15 – 7:15p		7 – 9:30a	8 – 10a
SS DL	5:30 – 6:30p		5:30 – 6:30p	4:15 – 5:15p		9:30 – 10:30a	
Senior	5:30 – 7:15p	3:30 – 5:15p	5:30 – 7:15p	3:30 – 5:15p	3:30 – 5:30p	7 – 9:30a	
Senior DL	4:45 – 5:30p		4:45 – 5:30p			9:30 – 10:30a	
Age Group Select	DL 6:30p 7:15 – 8:30p		DL 6:30p 7:15 – 8:30p	7 – 8:45p	5:30 – 7p	8 – 9:30a DL to 10	8:30 – 10a
AG1 Scarlet	7:45 – 9:15p	DL 6:45p 7:15 – 8:45p		DL 6:45p 7:15 – 8:45p	7 – 8:30p		DL 9:30 10 – 11:45a

	Practices held at Columbus North, 888 E. Dublin Granville Road, Columbus, OH
	Practice held at Powell Aquatics Center, 168 E. Olentangy Street, Powell, OH

Practice Schedules for Powell Aquatics Center September 9 – March 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AG2 Scarlet A	4:15 – 5:45p		4:15 – 5:45p		4:15 – 5:45p	9:30 – 11a	6 – 7:30p
AG2 Scarlet B		7 – 8:30p	7:45 – 9:15p		4:15 – 5:45p	11a – 12:30p	7 – 8:30p
AG3 Scarlet A		5:45 – 7p		5:45 – 7p	5:45 – 7p		5:30 – 7p
AG3 Scarlet B		4:30 – 5:45p		4:30 – 5:45p	5:45 – 7p		5:30 – 7p
AG4 Scarlet A	5:45 – 6:45p		5:45 – 6:45p			9:30 – 10:30a	4:30 – 5:30p
AG4 Scarlet B	6:45 – 7:45p		6:45 – 7:45p			9:30 – 10:30a	4:30 – 5:30p

	Practices held at Powell Aquatics Center, 168 E. Olentangy Street, Powell, OH
	Practices held at Columbus North, 888 E. Dublin Granville Road, Columbus, OH

Practice Schedule Notes:

- Short Course practices begin September 9 and finish March 2 for most practice groups. Senior Select and Senior Group will practice until the last championship meet in March.
- Senior Select will have optional practices August 19 – September 9. A practice schedule will be sent to Senior Select families.
- **Please note that the published practice schedules are at full capacity of membership for every group. If any groups are smaller or larger in size, there will be practice schedule adjustments to maintain a full pool and quality practices.**



- The Long Course practice schedule will be announced in January. The season will begin April 7 and will end July 31. National/Central Zone meet qualifiers will have practices until their National Meet.
- Any High School swimmers who are “required” to ONLY train with their HS team will be given a credit of \$300 to their team account at the end of the season. This is determined and approved by the Head Coach.
- DL = Dryland strength and conditioning, all times above without this designation are swim training
- An updated calendar of practice times and locations will be kept on the team’s website on the “Schedule” page.
- **There are no swim practices during team meets. Specific practice groups not assigned to a meet will have swim practice.**
- Practices will not be held for all groups on the following holidays: Thanksgiving, Christmas, and New Year’s Day, Easter, Memorial Day and July 4. Practices held on other holidays may be canceled at the Head Coach’s discretion.
- **Please note that there is a revised practice schedule during Thanksgiving and Christmas breaks from school.** These changes will be communicated via email and posted on the website closer to the respective holidays.
- Swimmers can only attend practices for their assigned practice group. A swimmer must get permission from the Head Coach to try to make up a practice.
- **No Parents on Deck Policy** – parents are not allowed to sit or stand on the pool deck during practices at any of our facilities. This is a United States Swimming recommendation, and it is important for each swimmer to be focused on their coach’s instructions with no distractions to the coaching staff for safety reasons.
- **Practice schedule is subject to change. There could be some groups combined on certain days pending practice group numbers following team registrations.**

Meet Schedule Notes:

- *Meet schedule is subject to change. Buckeye could get closed out of a meet due to over subscription.*
- All 14 and under swimmers are required to swim the Ohio Regionals meet that have not achieved Ohio Junior Championship qualifying times.
- All swimmers who qualify for the Ohio Junior Championships are required to compete in individual events and to represent the team on relays. Relay teams will be set at the end of the Ohio Regionals.
- All senior (15 and over) swimmers are required to attend the Ohio Senior Championships.
- All swimmers that qualify for any United States Swimming National level competitions representing Buckeye are required to attend.
- USA Swimming Central Zone Championships – qualifiers are encouraged to attend but it is not a requirement. This is an All Star meet and swimmers are representing Ohio Swimming **not** Buckeye.
- Parents are responsible for selecting the meets the swimmer will participate in. Coaches will select the swimmer’s events for each meet. Meet participation acknowledgement is done on-line through the team’s Commit website and should be completed early in the season.
- **Meet Volunteers:** It is becoming more common for meet hosts to require visiting teams to supply timers at meets. There will be a “Signup Genius” link to sign up and help whenever Buckeye is asked to provide timers. Please plan to help throughout the season.
- Buckeye’s Head Coach and/or Coach Lew Timberman attends all national meets for qualified swimmers.



2024-25 Swim Year Meet Schedule

Short Course Season

Date	Meet Name	Location	Recommended Participation
September 28	DCST Dan Ave Memorial	Dublin Community Center	AG3 and AG4
October 25 – 27	BSC Spooktacular Invite	Ohio University	AG2, AG3, AG4 and any swimmers unable to attend UA
November 1 – 3	UA Golden Bear	Upper Arlington High School	All 9 and over swimmers
November 10	GCSTO November Splash	Columbus Academy HS, Gahanna	All 8 and under swimmers
November 22 – 24	Ohio Swimming Senior Invitational	Bowling Green State University	All 15 and older Required
December 6 – 8	NCAT Winter Invitational	Cleveland State, Cleveland, OH	All 9 and over swimmers with National BB qualifying times
December 6 – 8	GCSTO Holiday Cheer	Columbus Academy HS Gahanna	Everyone not competing at NCAT Winter Invitational
December 22	Ohio Swimming Virtual Distance Challenge	Kettering Rec Center, Kettering, OH	All distance swimmers are encouraged to attend
December 11 – 14	USA Swimming Winter Junior Nationals	Greensboro Aquatic Center, Greensboro, North Carolina	All with qualifying times
January 12	GCSTO Winter Open	Columbus Academy HS Gahanna	All 12 and unders not traveling to Indianapolis
January 17 – 19	FAST Mudsock Classic	Fishers HS, Indianapolis, IN	All swimmers willing to travel
January 24 – 26	UASC Classic Invitational	Upper Arlington HS	All 9 and over swimmers with National BB qualifying times
January 31 – February 2	GCSTO Last Ditch	Columbus Academy HS, Gahanna	All not attending UASC Classic
February 1 – 2	Barbara Kay Mini-Champs	Thomas Worthington HS	All 8 and under
February 21 – 23 (Friday is swum AM)	Ohio Swimming Regional Championships	Ohio University Athens, OH	All 9 – 14 year old swimmers not already qualified for Junior Champs
February 27 – March 2 (Friday is swum AM)	Ohio Senior Championships	McCorkle Aquatics Pavilion Ohio State University	All 15 and older
March 1	Buckeye Spring Celebration Intrasquad Meet	Powell Aquatics Center	All 14-under swimmers not attending Junior Champs
March 6 – 9 (Friday is swum AM)	Ohio Junior Championships	McCorkle Aquatics Pavilion Ohio State University	All 14 and under with qualifying times
March 27 – 30	USA Swimming Speedo Sectional Championships	IU Natatorium, Indianapolis, IN	All with qualifying times



2025 Long Course Season – TENTATIVE

Date	Meet Name	Location	Recommended Participation
May 3	Buckeye vs Worthington Dual Meet	Worthington, OH	All competitive swimmers encouraged to participate
May 17	Buckeye Swimming Spring Challenge	McCorkle Aquatic Pavilion Ohio State	Team hosted meet, all swimmer participate, all parents volunteer
May 31- June 1	Bowling Green June Invitational	Bowling Green State University Bowling Green, OH	All competitive swimmers are expected to participate
June	Jill Griesse Memorial Invitational	Denison University Granville, OH	All competitive swimmers are expected to participate
June	USA Swimming Central Zones Open Water Championships	Pleasant Prairie, Wisconsin	All qualifiers only
June	TEAM Travel Trip	TBD	All invited competitive swimmers are encouraged to participate
June Wednesday	Ohio Open Water Championships	TBD	All competitive swimmers BB time or better 200 free 10&U BB time or better 500 free 11&O
July	Ohio LC Regional Championships	Kenyon University Mt Gambier, OH	All 14 & under (w/out OH JO qualifying times only) All competitive swimmers are required to compete
July	Ohio LC Senior Championships	TBD	All 15 & over swimmers are required to compete
July	USA Swimming Speedo Sectional Championships	TBD	All qualifiers are required to compete
July	Ohio Junior Championships	TBD	All qualifiers are required to compete, including relay only swimmers
TBD	USA Swimming Futures Championships	TBD	All qualifiers only
TBD	USA Swimming Speedo Junior National Championships	TBD	All qualifiers only
TBD	Phillips 66 National Championships	TBD	All qualifiers only
TBD	USA Swimming Central Zone Championships	TBD	All 14 & under qualifiers only All qualifiers are encouraged to attend

Hotel information for away meets is posted on the team's Slack, [Bkys.slack.com](https://bkys.slack.com)



2024 – 25 Swim Year Practice Group Fees

Training Group	Annual Fee, including Registration	Nonrefundable Registration Fee	Training Fees - 11 Monthly Installments
Senior Select	\$3348	\$279	\$279.00
Senior	\$2988	\$249	\$249.00
AG Select	\$2868	\$239	\$239.00
AG1 Scarlet	\$2748	\$229	\$229.00
AG2 Scarlet	\$2268	\$189	\$189.00
AG3 Scarlet	\$1968	\$164	\$164.00
AG4 Scarlet	\$1728	\$144	\$144.00

Fees include:

- Swim group training fees including but not limited to coach pay, pool rent, etc.
- Team silicone cap and team T-shirts
- On-site dryland training

Fees DO NOT include:

- Annual United States Swimming membership fees and Ohio Swimming membership fees
- Swim meet entry fees and expenses (see below)
- Training equipment
- Travel expenses

Payment Methods and Schedule:

- Payments are made on-line with a debit / credit card through the website at time of registration or by check (see guidelines for paying by check in “Additional Comments and Considerations”).
- **Cancelation of team membership: We require 30 day’s notice to remove you from billing. Your registration fee will not be reimbursed.**
- Our monthly installments are billed to your account on file on the 1st of each month beginning September 1. The last payment for your short course season is Feb.1, First installment for long course swimming is March 1, with the last installment collected on July 1.
- There is no Zelle option this year, there are no additional admin charges with your monthly installments.

Swim Meet Entry Fees and Expenses:

- Swim meet entry fees vary by meet and are set by the meet host team.
- Swim meet entry fees include but are not limited to the event fees, Ohio Swimming surcharge and credit card processing fees.
- Families will be billed for swim meet entry fees the week of every meet they attend.
- ALL swim families MUST have a credit card on file to pay for swim meet entry fees.
- Due to the cost of collecting fees via electronic payment, there will be a small admin fee at each meet equal to \$1.25 per meet day, this is based on the number of days offered in the meet, not the number of days a swimmer is attending.
- Meet Fees will be collected on the 1st of each month.



Additional Comments & Considerations

- Unresolved payment issues from previous seasons need to be reconciled prior to registration.
- **All existing families need to re-register on Commit for the new year. There will not be continuous billing.** This will help reset rosters and maintain an accurate database of swimmers.
- Registrations will only be accepted while there is room in the program.
- **By enrolling in the Buckeye Swim Team, families understand that they are financially obligated to pay the total balance of all fees as outlined for the season (regardless of attendance at practice).** There are no options to discontinue financial obligation. Refunds will not be issued. If a swim family feels they have a special circumstance, they will need to send a written request to the Head Coach and Managing Director for consideration.
- Practice lane assignments will be made at practice, allowing like ages, abilities, and skill levels to participate together.
- Practice schedules may change based on unforeseen or unexpected issues. If changes do occur all athlete families will be notified, and changes will be posted to Slack.
- Swimmers who are unsure about joining the team are encouraged to tryout or arrange to attend a practice, meet the coaches, and talk to swim parents and swimmers. We welcome all swimmers and would love to meet all interested swimmers. Please contact by e-mail -- Head Coach Chris Hadden at cahadden@gmail.com.
- **No more Zelle payments accepted.** Please note that payments will go through the Commit website moving forward. Zelle is no longer an option. There are no additional administrative charges with your monthly installments. Please cancel any recurring Zelle payments you have established.
- **Credit Card Processing Fees** – The team has tried negotiating rates. The team has chosen to pay the processing fees this year with a small team fee increase and a \$1.25 “admin fee” per swimmer per day of each meet to be able to not pass on these processing fees to our members.
- **Checks will be accepted.** You can pay by check but need to wait until each month’s invoice drops. We are also doing roll up invoicing, so meet fees will be included in the monthly installment. Checks are due by the 10th of each month. If check payments are not received by the 10th of the month the credit card on file will be charged and a \$10 late fee will be assessed.
- With the electronic payment option once your account is approved you will have immediate access to your own private account that will enable you to easily declare for swim meets, see your children's swim times history, maintain your own contact information (email and text), and more.
- **Family Discount:** Siblings receive a discount as follows: 2 swimmers, 4%; 3 swimmers, 6%, 4 or more swimmers 8%.



Junior Program

The Buckeye Juniors Program is designed to introduce swimmers to the concept of competitive swimming. Our Buckeye Juniors swimmers will join USA Swimming as Flex Members and may participate in intrasquad meets, virtual competitions, Buckeye hosted events and a select number of local Ohio Swimming events. These optional competitions are an additional cost to your monthly dues.

Sprouts

This is an instructional level that focuses on the fundamentals of all four competitive strokes. Practice for this level is focused on the refining technique of all four swimming disciplines with an emphasis on: kicking, rotary breathing, starts, proper body position, and streamlining. Requirements: Minimum ability to swim one length of the pool unassisted in freestyle and backstroke and demonstrate knowledge of breaststroke and butterfly. Practices are offered in a once a week or twice a week option and are 30 minutes in duration. Program size 8 swimmers. Monthly fee \$50 for one practice per week, \$90 for twice a week.

Seedlings

Practice at this level focus on stroke refinement, begin to build some endurance and introducing flip-turns. This level reinforces the fundamentals of all four competitive strokes and builds on swimming techniques with increased cardiovascular conditioning. Minimum ability to swim one length of the pool unassisted in all four disciplines. Practices are offered in a once a week or twice a week option and are 45 minutes in duration. Program size 10 swimmers. Monthly Fee \$65 for one practice per week, \$117 for twice a week.

Saplings

Practice at this level will continue to focus on stroke refinement, training concepts including use of the pace clock and how to read a practice set. This level reinforces the fundamentals of all four competitive strokes and builds on swimming techniques with increased cardiovascular conditioning. Minimum ability to swim one length of the pool unassisted in all four disciplines. Practices are offered in a once a week or twice a week option and are 60 minutes in duration. Program size 10 swimmers. Monthly fee \$75 for one practice per week, \$135 for twice a week.

Silver Recreation

Newer/novice swimmers 9 – 14 years old. Emphasis is on learning competitive stroke technique and aerobic conditioning to become a more efficient swimmer. Coaches will work on growing a love for the sport of swimming and help swimmers work on competitive skills should they desire to race. A number of swimmers in this program are new to swim team or do not have interest in competitions. Fee: \$125 monthly, with a non-refundable \$125 registration fee. The monthly fees follow the same guidelines as outlined in our competitive team packet. Please reference pages 8-9

FEES DO NOT INCLUDE:

Your required current USA Swimming & Ohio Swimming Membership fee; Swim meet entry fee and travel expenses; Training and competition uniforms; Training equipment; Personalized Team Caps.



Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver Recreation					7-8p	10:30-11:30a	3:30-4:30
Saplings			6:45-7:45			12-1p	2:30-3:30
Seedlings	6:45-7:30					12-12:45	2:30-3:15
Sprouts		4:15-4:45		4:15-4:45		11:30-12	

2024-25 Meet Schedule

Our meet schedule is designed to give our Silver Recreation and Junior swimmers a fun competitive option without too big of a commitment. Swimmers that catch the racing bug are welcome to move up to the competitive Buckeye Swim Team once they can show control over each of the 4 competitive strokes and their racing dive.

DATE	EVENT	LOCATION	ELIGIBLE
October 11	Buckeye Fall Fun Meet	Powell Aquatics Center	All Junior and Silver Recreation swimmers
November 10	GCSTO November Splash	Columbus Academy HS, Gahanna	All Junior and Silver Recreation swimmers
December 13	Buckeye Holiday Sprints	Powell Aquatics Center	All Junior and Silver Recreation swimmers
January 12	GCSTO Winter Open	Columbus Academy HS, Gahanna	All Junior and Silver Recreation swimmers
February 1-2	Barbara Kay Mini Meet	Worthington Pools	All 8 -Under Swimmers
March 1	Buckeye Spring Celebration	Powell Aquatics Center	All Junior and Silver Recreation swimmers