

Central Bucks Aquatics Frequently Asked Questions

General Questions:

Note: Team information is on the team website www.cbswimanddive.com. Other CB Aquatics programs are detailed along with registration information on the Central Bucks School District (CBSD) website. Follow the “Aquatics Programs” link in the District Links section of the home page.

What do all the acronyms mean?

CB – Central Bucks

CBCS – Central Bucks Community School (part of the CBSD)

CBSD – Central Bucks School District

CBST-SAL – Central Bucks Swim Team-Suburban Aquatic League – age-group club swim and dive team for athletes districted to attend one of the Central Bucks high schools (or athletes from the non-CB surrounding areas)

CBST-USAS – Central Bucks Swim Team-USA Swimming – age-group USA Swimming team for local swimmers; may also be referred to as CBST-MA (see MA below)

LSC – Local Swimming Committee – regional division of USAS

MA – Middle-Atlantic – the LSC in which CBST-USAS competes (comprised of teams in central and eastern Pennsylvania, southern New Jersey, and Delaware)

SAL – Suburban Aquatic League – dual meet swim and dive league in which CBST-SAL competes (comprised of teams in suburban Philadelphia)

USAS – USA Swimming - the governing body of competitive swimming in the United States

How do I know if my swimmer should be in lessons, pre-team clinic, or team?

Team is appropriate for swimmers who can swim all four competitive strokes (freestyle, backstroke, breaststroke, butterfly), have the endurance and attention span to practice for an hour or more (depending on age), and are able and willing to listen to and respond to coaches' instructions and suggestions in a team format – they must have the attention span and disposition to work cooperatively in a team practice setting (higher swimmer to coach ratio than pre-team clinic, independent from parent who will be off pool deck and out of locker rooms at all times).

Our pre-team and spring swim clinics are appropriate for swimmers who can swim freestyle and backstroke and may need additional instruction to be able to swim breaststroke and/or butterfly. These programs are also appropriate for swimmers who know all four competitive strokes (freestyle, backstroke, breaststroke, butterfly) but need more refining of the strokes to be ready for/more prepared for swim team. Clinic swimmers must have the endurance and attention span to practice for an hour (less rigorous as far as distance swum during time spent at practice than swim team), and be able and willing to listen to and respond to coaches' instructions and suggestions in a team format – they must have the attention span and disposition to work cooperatively in a team practice setting (swimmer to coach ratio is generally lower than team but higher than lessons, independent from parent who will be off pool deck and out of locker rooms at all times).

Lessons are appropriate for fully potty-trained swimmers (no swim diapers allowed) ages 3 ½ years old and over of all ability levels who may be familiar with some or all competitive strokes but may need introduction to all strokes. Lesson swimmers need to have the attention span to participate in a lesson lasting 30-45 minutes and be able and willing to listen to and respond to instructors in a lesson format – they must have the attention span and disposition to work cooperatively in a lesson setting (low swimmer to instructor ratio, independent from parent who will be off pool deck during lessons).

I am new to the program. How do I sign-up? Is registration or evaluation first?

Basic information is provided below. Please follow the instructions on the website page for the specific program in which you are interested. Please take careful note of deadline and evaluation dates as they are well in advance of program start dates to allow for registration to be completed and processed in time for participants to start when the program begins.

For group lessons, swimmers should be registered through My Payments Plus by the posted deadline and signed up for an evaluation slot through Sign-Up Genius prior to attending evaluations. Not all swimmers must be evaluated. Please see group lessons website page for details. Swimmers who do not need an evaluation must still be registered through My Payments Plus by the posted deadline.

For the spring dive clinic, divers just register - there are no evaluations. See the website for details.

For the swim clinics and SAL dive and swim team, new swimmers and divers attend evaluations and, if invited to join the program, receive registration instructions via email after evaluations. Note that if you are returning to the pre-team clinic or one of our teams and were on one of our teams last year you do NOT need to be evaluated. Athletes switching from swimming to diving or diving to swimming do need to be evaluated.

Cost and other details are available on the following websites:

- Clinics: www.cbsd.org/Page/2476
- All teams: www.cbswimanddive.com

For the USA Swimming team (CBST-USAS) new members have previous competitive winter team swimming experience and are able to swim all four competitive strokes (freestyle, backstroke, breaststroke, butterfly) legally, and an evaluation must be scheduled. Registration instructions will be provided via email after the evaluation. Such swimmers must make contact per the team website (see link on home page) by the indicated deadline which will be well in advance of the start of the season (generally more than two months prior to the season starting) to ensure that an evaluation can be scheduled in time to get paperwork and payment in by the registration deadline. Cost and other details are available on the team website www.cbswimanddive.com.

I am a return member. How do I sign-up for the team?

Swimmers who were on one of our teams during the immediately prior season are considered return members for just the team on which they previously swam. Swimmers who were on one team in the previous season but wish to register for another one of our teams (instead or in addition) should contact the aquatics office prior to registering for any team to obtain information regarding their registration status and appropriate procedures. Divers who were on the CB Diving team during the immediately prior season are considered return members. Both returning swimmers and returning divers should follow the instructions which are emailed each season to register. Registration for return members is accomplished online. Information is emailed to last season's participants as a courtesy, but it is the responsibility of the member to seek out the information rather than relying on emails- if you have not received information by mid-July for next season, contact the Aquatics office.

Why are the registration deadlines set when they are?

Each registration deadline is set to allow time for paperwork to be processed and any necessary evaluations conducted so that all participants will be able to start the program on time. When determining our registration deadlines, we must consider all the various groups that need to sign-up for each program (return members, new members, etc.), desired program start dates, and external deadlines (such as USAS annual registration and SAL roster meeting date).

I have missed the registration deadline – may I register late?

Requests for late registration cause considerable extra work for CBCS staff thus, in that event that late registration is possible, a late fee will be charged. Additionally, the program start date for the late registrants may be delayed. If you have missed the registration deadline for your program and wish to find out if late registration is possible, make contact per the webpage for the program in which you are interested immediately – the sooner the contact, the more likely your request will be able to be accommodated.

When does my physical have to be dated to be acceptable? May I send last year's physical?

First, always make a copy of your physical to have on hand should you need it for this or any other program. For our swim and dive programs that require physicals, physicals need to be dated within two years of a program's rough start date. So, for the pre-team clinic and fall teams, physicals must be dated no earlier than 10/1/20xx, spring team physicals must be dated no earlier than 4/1/20xx (xx being two years before the current year). If this year's appointment isn't until after the deadline, please send last year's physical if it is dated within two years. If it is not, contact CB Aquatics Staff right away (and well in advance of the registration deadline for your program).

Where do I turn in my paperwork and payments?

Paperwork for all Aquatics programs should be scanned and sent via email by the stated deadline to: jsteinberg@cbsd.org.

If you must deliver paper copies, email Jennifer Steinberg at the above address ahead of time to arrange delivery to:

Central Bucks Aquatics
16 Welden Drive
Doylestown, PA 18901

Payments are handled through the online registration system.

If I come to turn in my paperwork on or before the deadline date and the office is closed, may I leave it somewhere?

Please use one of the silver drop-boxes on the side of the building. Please place your items in a tightly sealed plastic bag as the boxes leak if it rains and sometimes retain moisture even when it seems dry outside.

Why are there no aquatic programs at CB West High School?

There is not a pool at CB West High School. Central Bucks School District has two pools – one at CB East High School and one at CB South High School.

Why are the programs held where they are (rather than at the other pool in the district)?

The location of all programs is carefully considered based on several factors including physical features of the pools and the other aquatic programs occurring during the same time frame. For example, one consideration regarding lessons occurring at CB East and not at CB South is

that the shallow end of the pool at CB South is too deep for most instructors to stand so they would not be able to safely instruct most lesson students.

How are times determined for the various programs?

Because our programs take place in schools, our programs need to fit in around the school needs and cannot occur during the school day. During the high school swimming and diving season (mid-November through March) there are five swimming teams and four diving teams using the two available pools. Timing (with respect to time of year and hour of day) for each program is determined based on pool availability, type of program, and staffing considerations.

Swim Lessons Questions:

How do I sign-up for private lessons?

Anyone interested in private lessons should click on the Private Lessons tab of the aquatics webpage as all information is contained there. Registration is accomplished online through My Payments Plus after making email contact to ensure availability.

How do I sign-up for group swim lessons?

Information about group swim lessons is available through the Group Lessons tab of the aquatics webpage. Registration is accomplished online through My Payments Plus.

May I just show up to the pool the first day of lessons and then sign up?

No, all participants must be registered online and their registrations processed by the Community School Office **BEFORE** your child will be allowed to participate.

May I make up a class at a different time or on a different day if I cannot make one of my child's lessons due to a conflict?

No, this creates too much chaos for our aquatic managers, instructors, and those enrolled in the class as it disrupts our instructor to swimmer ratios and class dynamics.

May I get my fees prorated if I am joining late or must miss a week or two due to a previous commitment?

No, this creates administrative issues for us and takes a spot from someone who could attend for the full session, so we have a blanket policy that makes it fair for all participants and staff.

Pre-team Swim Clinic Questions:

When are practices/meets for pre-team swim clinic?

Pre-team swim clinic practices are generally held in the evening twice per week in September (see webpage for details). There are no meets.

My swimmer can't attend evaluations at the designated time for the pre-team clinic. Is there another time that my swimmer can be evaluated?

This clinic is often full after scheduled evaluations so if you are unable to attend the offered evaluations contact CB Aquatics staff per the webpage immediately to find out if an alternate evaluation date will be possible.

Is my swimmer required to participate in the pre-team clinic to participate with the team?

Swimmers are not required to participate in the pre-team clinic to participate with the team, however, we often find (especially with the younger swimmers) that being out of the water for two months (from when their summer club team ends until our team evaluations) causes them to not be evaluated as ready for the winter team. Additionally, while it has not been the case in recent years, if space on the team was limited, any open spots would be first offered to qualified pre-team clinic participants.

Team Questions:

Would you explain the competitive swimming and diving options available through CBCS?

There are five different swim teams and four dive teams in the Central Bucks School District. Three are the high school swim and dive teams, one for each of our high schools, available to the students in 9th through 12th grades districted to Central Bucks schools. Information about these teams should be obtained by the athletes from the high school coach or school athletic office. The remaining two teams are age-group teams for community athletes, and both fall under the umbrella of the Central Bucks Swim Team (CBST). CBST-SAL is a club swim and dive team competing in the Suburban Aquatic League (SAL). Members of the CBST-SAL swim team generally have practice available four weeknights at one of the two CBSD pools, either CB South High School or CB East High School, depending on the night of the week. Dual meets (meets in which two teams compete against each other) are held on Saturdays. CBST-SAL swimmers also have access to many invitational meets (meets with several teams during which swimmers compete on an individual, rather than team, basis) which are usually held on Sundays. Divers typically have three practices available per week with similar meet opportunities. CBST-SAL is

designed for emergent competitive age group swimmers and divers and provides practices appropriate for developmental athletes (those newer to competitive swimming/diving) and more advanced athletes. For some new divers, the coaches may recommend practicing with the team for the first month to determine if they are ready for the team or should wait for the spring clinic. Divers who the coaches believe are ready for the team but are not ready to compete (due to not knowing enough dives) participate in practices until ready for competition. The remaining age group team is CBST-USAS, a USA Swimming (USAS) program. USAS is the governing body of swimming in the United States. Practice groups of CBST-USAS typically have practice available five or six days a week and all practices are at either CB South High School or CB East High School, depending on the time of the year and the night of the week. Meets are invitational-style. While the SAL program is highly competitive, the most serious and dedicated swimmers often chose to swim on our USAS team after they have at least one (and usually more) years of competitive winter swim team experience. Many of our USAS swimmers also choose to participate in SAL team meets.

What are the differences between the CBST-SAL and CBST-USAS swim teams?

Some of the basic differences between our CBST-SAL swim team and our CBST-USAS swim team are:

- CBST-USAS is part of USA Swimming which is a national swimming organization providing swimmers competitive opportunities at the local, regional, national and international levels. Qualified swimmers may compete at Senior and Junior Champs, Zone/Sectional meets, Olympic Trials and other high-level meets.
- CBST-SAL competes within the local Suburban Aquatic League (SAL) through dual meets, invitationals, and a series of season culminating championship meets
- CBST-USAS has more rigorous practices
- CBST-USAS has two seasons which provide for year-round swimming while CBST-SAL has one season in the fall/winter
- CBST-USAS practice groups are determined by ability while CBST-SAL practice groups are determined by age (lane placement within CBST-SAL practices is based on age and ability)
- Age for competition for CBST-USAS is determined on the first day of any given meet while age for CBST-SAL is determined as of 10/31 of the current season
- CBST-USAS meets are not dual meets – they are “invitational” style while CBST-SAL has dual meets and invitationals
- Most CBST-USAS meets do not have relays – relays are often available at championship meets, while all CBST-SAL dual meets have relays (typically no relays at SAL invitationals)

Also, please see previous answer and other information throughout this document and the team website.

Are new swimmers not yet proficient in all strokes able to be on the team?

CBST-USAS is not an appropriate placement for swimmers new to competitive swimming. CBST-SAL is designed to accommodate newer (developmental) swimmers and more advanced swimmers. Newer swimmers may not yet be proficient in all strokes. Within each age category practice group, swimmers are grouped in lanes with ability considered. All swimmers on the team are full members and should plan to attend meets.

Do swimmers participate in both CBST-USAS and CBST-SAL during the same season?

Swimmers who want to have the more rigorous USAS practices may also elect to swim SAL meets, assuming there is available space on the SAL team in the swimmer's age group. Many of our Central Bucks School District swimmers choose to participate with both our USAS team and our SAL team. Swimmers who do this practice with CBST-USAS only (practicing with CBST-SAL is not allowed) and participate in meets for both teams. They also participate in any other team functions such as time trials. (See cost question below for how this arrangement impacts pricing.)

Why can't swimmers attend whichever practice is most convenient for them each night?

In order to help keep practices from being over-crowded, ensure that the appropriate coaches are available for each group, ensure that swimmers are getting the appropriate practice sets, and meet insurance requirements, swimmers may only practice with their assigned group and team. Swimming with a different team or practice group is not allowed even for one practice and regardless of conflicts (CB or personal).

What are the costs, dates, and locations for each of the teams?

Costs: Pricing is available on the team website for each program. CBST-SAL participants pay a program fee, an association fee, and other fees such as apparel and invitational meet entry fees. CBST-USAS participants pay a program fee (determined based on season and practice group) as well as the annual USAS registration fee, meet entry fees, and other fees such as travel and apparel. Swimmers participating in CBST-SAL and CBST-USAS pay the CBST-USAS program fee as well as the annual USAS registration fee and meet entry fees in addition to the club swimmers' association fee. Such swimmers do NOT pay the CBST-SAL program fee. Swimmers who are also divers pay the swim fees related to their swim program as well as the diving program fee (and association fee if not already being paid as a swimmer). Families who do not reside in CBSD also pay an out-of-district fee for each season.

Dates: The season for SAL teams runs from the beginning of October through the end of January/beginning of February. The USAS program has two seasons: short course (beginning of September through March) and long course (mid-April through July). USAS swimmers may also choose a year-round option which provides cost savings for swimmers wanting to participate in both seasons.

Locations: Both our SAL team and our USAS team practice at CB East and CB South high schools depending on the time of year and the night of the week. CBST-USAS practices occurring outside of the SAL season are usually at CB South. Some practice groups also have practices available during June and July at a local outdoor long course pool.

When are practices/meets for the SAL team and the USAS team?

During the SAL team season, practices are held four evenings per week for swimmers (usually Monday through Thursday) and three evenings per week for divers (usually Monday, Wednesday, Friday) (see team website for details). Dual meets are held on Saturdays (generally early afternoon for swimming and late morning for diving, sometimes diving meets are on Friday nights or Sundays instead). Optional invitational meets are available on Sundays.

USAS team practices during short course and long course until Central Bucks schools get out for summer break are held four evenings per week (five afternoons most of the time for the senior group) and Saturday mornings (see team website for details). The senior group also has morning practices available on most weekdays. During long course while Central Bucks schools are on summer break, the senior group practices in the morning six days a week and the age group swimmers have morning practices available some days and evening practices available some days (five or six days of practice available per week). Most meets are held on Saturdays and Sundays.

Note that for all teams there are school conflict dates on which we cannot use the buildings so practices will not be held. All team members should watch email and the team website for such dates.

What are the volunteering requirements for the teams?

For CBST-SAL, all team members are needed as volunteers for our meets to run. The parent board will communicate specific requirements each season based on the number of swimmers and divers on the team. Swim families should expect to work most meets (home and away) their swimmer attends, and dive families should expect to work all meets (home and away) their diver attends. There is not a buy-out option as the teams really need everyone to help given that forty or more volunteers are needed to run each meet. The parent boards are happy to work with you if there is an issue and provide procedures to alert them if there is a particular meet for which you will not be available so that you are not assigned a job. The procedures also allow for you to indicate which jobs you prefer.

For CBST-USAS, parents are required to volunteer at CBST-USAS hosted meets. Parents must fulfill their volunteer requirement regardless of whether their child swims at our meets or not. (Exceptions are noted in the CBST-USAS Volunteering Agreement mentioned below.) There is an option to buy-out of the home meet volunteering, but it is substantial, and families are strongly encouraged to volunteer as they are truly needed. See details in the CBST-USAS Volunteering Agreement on the team website and watch for team emails regarding volunteering throughout the season. At away meets, hosts appreciate help and CBST-USAS is sometimes assigned volunteer jobs (particularly at championship meets). When the team has jobs assigned, parents are required to help. There is not a buy-out option for away meet volunteering.

What are the team practice/meet commitments?

For CBST-USAS swimmers, practice expectations by practice group are listed on the team website on the CBST-USAS resources page, practice group information section (Descriptions). For CBST-SAL swimmers, coaches would like to see swimmers practicing a minimum of three times per week but understand that other commitments might interfere with practice attendance. Our USAS swimmers are expected to attend all of our home (hosted) meets and there are several away meets available that are attended as a team. Our SAL swimmers and divers are expected to attend as many of the seven dual meets held each season as possible. Invitational meets in the SAL are optional.

Can swimmers who are not very fast qualify for the team?

CBST-SAL team try-outs have never been speed-based in the past and it is not expected that they will be this year (though if a very large number of swimmers were trying out that could become a component of the evaluation). What is considered is a swimmer's ability to do all four competitive strokes, endurance to complete a practice, willingness to be coached (listening, etc.). CBST-USAS team swimmers have all different ability levels but need to be able to swim all four competitive strokes legally, keep up with their designated practice group, and typically have prior competitive winter team experience. New CBST-USAS members will be invited to join the team regardless of speed as long as they are evaluated to be ready for this team by CB staff during a CBST-USAS evaluation.

Should my 9th grade swimmer or diver who is new to the sport join CBST for practice this year?

The best option for most 9th grade participants new to competitive swimming and diving is to join their high school team. Information about the high school teams is provided through the high school athletic offices. There are typically not high school athletes who practice with CBST-SAL. High school-aged athletes (including those new to the sport) are invited to help that team by participating in meets only (at no fee). The high school teams accommodate a wide range of abilities including swimmers and divers new to the sport. If your high school athlete finds that

the high school team is not a good fit at this time and would like to consider practicing with CBST-SAL (knowing that there will likely be no other athletes practicing with them of their age) please make contact per the “Our Teams” section of the team website as soon as possible. CBST-USAS is not an appropriate placement for swimmers new to the sport.

What team and instructional swimming and diving programs are offered for high school aged swimmers and divers?

Based on relative demand and high school team options, the Central Bucks Community School swimming and diving programs are mostly for athletes in eighth grade and below. Our group lessons, clinics, and CBST-SAL practices are typically not designed for athletes in ninth grade and above. Central Bucks high school swimmers and divers are invited to sign-up to participate in CBST-SAL meets at no charge. CBST-USAS is a swim team appropriate for younger athletes as well as high school aged swimmers but is not appropriate for swimmers inexperienced with competitive swimming. Our guidance for high school aged athletes new to the sport is to join their high school team and a local summer club team. Information about the high school teams is provided through the high school athletic offices. Information about the various summer club teams may be found on the website for each individual team.

CBST-SAL Questions:

Are non-Central Bucks residents allowed to participate with CBST-SAL?

Out-of-District swimmers are encouraged to swim with their local SAL team but if that is not a workable option for them, they are welcome to sign-up for a CBST-SAL evaluation. In addition to the regular team fees, there is an additional out-of-district fee each season.

May I practice with the USAS team or with a different age group within the SAL team’s practice if I’m only on CBST-SAL?

No, our SAL-only swimmers practice with CBST-SAL, not CBST-USAS, and with their age group (based on SAL age determination date which is 10/31 of the current season). The CBST-USAS practices are different, the coaches are different, the groupings of swimmers within the practices are different, and (based on years ago experience) practices will not be manageable if everyone is allowed to go wherever they choose each night as some practices will be too full, and others not well attended, and the right coaches will not be there for the right practice groups. Additionally, to meet insurance requirements, swimmers may only practice with their assigned team. Swimming with a different team or practice group is not allowed even for one practice and regardless of practice conflicts (CB or personal).

My swimmer can’t attend CBST-SAL evaluations at the designated time. Is there another time that my swimmer can be evaluated?

Due to the compressed timeframe and in the interest of fairness given that available team spots may be limited, an alternate try-out date is sometimes not available for our SAL team. If you are unable to attend on the designated evaluation date, please make contact per the team website (email at bottom of each page) prior to evaluations to inquire if an alternate evaluation date will be possible. Note that in recent years there has been enough space to offer spots on the team to all qualified new members.

What does open age group or age group closure mean?

After return member registration and pre-team clinic invitations to join CBST-SAL, some age groups have spots available for try-outs and are considered “open,” conversely, some age groups may be full and will thus be closed to try-outs (this is considered an age group closure). Note that in recent years there has been enough space to offer spots on the team to all qualified new members (i.e., there have been no age group closures).

Why isn't return member registration earlier so you know if there are openings on CBST-SAL before pre-team clinic registration?

Holding return member registration earlier in the year has been attempted in the past and has proved to be inefficient. The way the process works is that return member registration occurs then any open spots are offered to qualified pre-team clinic swimmers. Any remaining spots after that are available for evaluations for new members. Participating in the pre-team clinic is not a guarantee of being offered a spot on the team as swimmers need to be evaluated as ready for the team and there need to be spots available after return member registration. Likewise, there is no guarantee that spots in an age group will be available for evaluations. After many years administering this program and trying to arrange the process in various ways, this process has been determined to be the best option. The unfortunate reality is that there are sometimes more swimmers interested in being on our team than we have room to accommodate. This process has been determined to be the most fair and efficient for the most people. Note that in recent years there has been enough space to offer spots on the team to all qualified pre-team clinic participants and all qualified other new members at evaluations.

How can high school athletes register to swim/dive CBST-SAL meets?

Returning athletes should register online – there will be no payment due and no physical is required for Central Bucks high school team swimmers/divers as high school athletes will need to turn in a physical through the high school swim team. High school swimmers/divers for non-CBSD high schools should follow the instructions to submit a properly dated physical.

New members (meaning anyone not on the team in the immediately preceding season) should read the high school information page and make contact by the deadline on that page.

<http://cbsd.schoolwires.net/Page/3397>

Note that the high school teams are administered through the athletic office of the respective high school and any questions regarding those teams should be directed to the appropriate athletic office. (See additional information at: <http://cbsd.schoolwires.net/Page/3397>.)

Diving Questions:

What is available for diving?

Our diving team is referred to as Central Bucks Diving (or CB Diving). CB Diving participates in competitions as a part of CBST-SAL. Practices are held three nights per week at CB South in the evening. Meets are on Saturdays (usually late morning or early afternoon) or Friday evenings or Sundays. For some new divers, the coaches may recommend practicing with the team for the first month to determine if they are ready for the team or should wait for the spring clinic. Divers who the coaches believe are ready for the team but are not ready for meet participation (due to not knowing enough dives) practice with the team and when ready are invited to compete in meets. A spring diving clinic is also available at CB East.

Is it possible for an athlete to swim and dive during the same season?

Swimmers on our SAL and/or USAS swim teams are allowed to dive as well, however, they are strongly encouraged to pick one or the other each season. New divers need to come to evaluations even if they have been on a CB swim team in the past or are currently registered to be on a CB swim team for the coming season. It is simply like signing-up for two separate activities with two different practice and meet schedules and two different sets of fees. Diving is part of the SAL team.

CBST-USAS Questions:

May I practice with CBST-SAL if I'm on CBST-USAS?

No, CBST-USAS swimmers attend CBST-USAS practices and may not attend CBST-SAL practices. This is the case for all CBST-USAS swimmers even if they also swim CBST-SAL meets. The practices are different, the coaches are different, the groupings of swimmers within the practices are different, and (based on years ago experience) practices will not be manageable if everyone is allowed to go wherever they choose each night as some practices will be too full and others not well attended, and the right coaches will not be there for the right practice groups. Additionally, to meet insurance requirements, swimmers may only practice with their assigned team. The CBST-USAS athletes pay for the CBST-USAS program - that means CBST-USAS practices - and have the courtesy extended to them that they may pay just the CBST-SAL association fee and participate in the CBST-SAL meets, but they are not paying the CBST-SAL program fee so are not eligible to go to those practices. Swimming with a different team or

practice group is not allowed even for one practice and regardless of practice conflicts (CB or personal).

What are the different registration options for CBST-USAS team swimmers?

Season: You may choose short-course only (September-March), long-course only (mid-April through July) or year-round (all year with breaks mid-March through mid-April and the month of August). When looking at the fee structure be sure to look at the page for the option you would be choosing. Keep in mind that if you choose short course only then decide to add long course later it will be more expensive in total than if you choose year-round from the beginning.

Fee Payment: Year-round swimmers may elect to pay in ten monthly payments (meaning the program fee is split evenly over 10 monthly payments made with registration in July or August through May) or in one payment due with registration in July/August. Short course only swimmers may elect to pay in three payments (made July/August through October) or in one payment due with registration in July/August. Long-course only swimmers may elect to pay in two payments (made in January and May) or in one payment due with registration in January.

My swimmer would like to join CBST-USAS but hasn't been on a competitive team in the winter before. How do I arrange an evaluation?

CBST-USAS is not typically the appropriate placement for swimmers new to competitive winter swimming (even those who have been on a summer club team). Please read all information on the team website ("Our Teams page) and if you believe CBST-USAS would be the appropriate placement, make email contact per information through the new member evaluation link on the home page to determine if an evaluation will be possible. Be sure to include your swimmer's swimming background in the email.

Are swimmers under nine years old able to join CBST-USAS?

Typically, swimmers eight and younger are not ready for the rigorous CBST-USAS practices. Eight-year-old swimmers who are evaluated as ready to practice with CBST-USAS may practice with the team but will not have meets available to them through CBST-USAS until they turn nine. Our CBST-USAS coaches believe that attending SAL team and/or summer team meets provides adequate competition opportunity for swimmers under nine years old.

My high school swimmer just wants to swim with CBST-USAS outside of high school season – is that possible?

Yes, the typical Central Bucks high school swimmer will swim with CBST-USAS during September, October, and the first half of November then will swim with the high school team

from mid-November through the final high school championship meet that the swimmer attends (leagues, districts, or states). During high school season (through states) these swimmers are also invited to all morning CBST-USAS practices as well as Saturday practices and possibly one weeknight at CB South per week if their schedules and high school coaches permit it. These swimmers usually also swim long course season with CBST. The fact that these swimmers often practice exclusively with their high schools starting in mid-November and through the end of high school season is factored into the pricing for the senior group. See the High School Swimmer Information document on the team website (CBST Resources page, Practice Group Information Section) for more details.

Please see additional information on the team website www.cbswimanddive.com.

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