

# Central Bucks Swim Team-USAS

The Central Bucks Swim Team (CBST-USAS) is a member of USA Swimming's Middle-Atlantic (MA) local swimming committee (LSC). USA Swimming is the governing body for the sport of swimming in the United States. MA Swimming encompasses teams in Eastern and Central Pennsylvania, Southern New Jersey, and Delaware. Our team is designed for both the senior level (high school) and the age group level swimmer. Our practices include dryland and pool workouts stressing endurance training and technique. We strive to improve the stroke mechanics of our swimmers while also featuring aerobic training appropriate for each skill level. CBST-USAS has two seasons each year. The Short Course season runs from the beginning of September through March with competitions in short course (typically 25 yard) pools. The Long Course season runs from mid-April through July with competitions in long course (50 meter) pools. Swimmers may join CBST-USAS for just short course, just long course, or for the full year. Qualified swimmers from Central Bucks and surrounding communities participate with CBST-USAS. For details of skills and age required to join the team please click [here](#) (see Determine the Swim Team for You button).

## **Practices and Meets**

CBST-USAS participants are grouped by ability for practices. Click [here](#) for a description of each practice group. Age for competition is determined by the swimmer's actual age on the first day of any given meet. Age group swimmers generally have practice available four weeknights at either CB South High School or CB East High School, depending on the night of the week and time of the year. There are also some Saturday morning practices which are usually at CB South High School. We aim to make five age group practices available most weeks. Senior group swimmers have morning and afternoon practices available (usually five or six days per week) with just mornings available for most senior group swimmers during the high school season (mid-November through March). CBST-USAS attends many local and travel meets as a team. USA Swimming meets are competitions in which individual swimmers and relay teams compete for personal time improvement. Click [here](#) for general information about the practice schedule. CBST-USAS also offers training for college swimmers (as part of our senior group) during school breaks.

## **Commitment**

Practice expectations by practice group may be found in the [practice groups descriptions document](#). While our coaches understand that swimmers have other commitments, if they routinely find that they are not attending the minimum number of practices, they are likely to not progress as they would like. Fees cannot be prorated due to attendance. Swimmers are expected to attend all of our CBST-USAS hosted home meets held at CB South (typically two or three, two-day meets each year) and should plan to attend several other meets throughout the season. Parents are required to volunteer at our home meets and should expect to help at away meets to a lesser

extent as well. Please review the [CBST-USAS PARENT MEET VOLUNTEERING AGREEMENT](#) for more details.

## **Fees**

CBST-USAS members pay a program fee to the Central Bucks Community School for the program (determined by the season and practice group), an annual USAS registration fee, and fees for meet entries. Additional costs are incurred in conjunction with travel meets, and non-CB districted participants pay an additional out of district per family fee each season. See the [pricing tab](#) of the team website for fee details.

## **CB Aquatics Policies**

All participants and families are responsible to adhere to the policies of the Central Bucks School District, Central Bucks Aquatics, the team handbook (located on the [resources page](#) of the team website), and any other procedural or policy statements sent via email or other means throughout the season. By participating with CBST you agree to be aware of and adhere to all of these policies. Please see the CB Aquatics policies page linked [here](#) for certain policy statements and additional information.

Please click [here](#) to access CB Aquatics FAQ, CBST-USAS Registration FAQ, and other resource documents including basic details of short course season and long course season.

For additional questions, email Jennifer Steinberg at [jsteinberg@cbsd.org](mailto:jsteinberg@cbsd.org).

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