

Introduction to USA swimming with Central Bucks Swim Team

- **Building a culture at CBST of hard work and dedication to achieve a true joy for sport and competition**
 - Hard work and dedication build confidence and inspire young adults to do things that they did not previously believe were possible
 - Joining a USA swim team is more about a swimmer's dedication level to swimming than their talent level
 - Learning important life lessons that our swimmers will take with them beyond the swimming world
 - Passing these lessons down the line to further form this culture at CBST
- **T & T of CBST**
 - **Teaching:** CBST swimmers should know how to do all 4 strokes, but the beginning of each season is used to refine their strokes and correct the common mistakes that each swimmer will inevitably have. We will explain and do in depth drills to drive home our philosophies of each stroke.
 - **Training:** After we focus on the strokes themselves, we then shift focus to the training aspect of the sport. The age group focuses on all strokes (or IM based training), and the Sr team focuses on breaking down what each individual's strengths are. There are numerous forms of training that we use.
 - *Forms of training include: Interval training/ Speed or Sprint training/ Technique training/ "Over" training/ Power training/ Dry-land training*
 - *Equipment including, kickboards, fins/zoomers, paddles, buoys, buckets, weight room equipment, ab dolleys, pull up bars, TRX bands, medicine balls, shirts, and shoes are all used to implement these teaching and training methods*
 - *Use of "Coaches Eye" App on iPad is used for visual training during practices.*
- **Coaching Staff** – see team website www.cbswimanddive.com
- **Management Team** – Organizes all aquatic programs from lessons to USAS team. Emails will specify which staff member should be contacted for various items. Email anyone on the staff to be pointed in the right direction.

USA & Middle Atlantic swimming

- **USA swimming is our national governing body with over 3,000 clubs and roughly 400,000 swimmers.**
 - **Swimmers may only qualify for the Olympics, Olympic Trials, or National meets by being a registered USA swimmer**
 - **Since there are so many swimmers and clubs, USA swimming is divided into 59 Local Swimming Committees (LSCs)**
- **Our LSC is Middle Atlantic (MA), and it covers eastern PA across to southern New Jersey and down through Delaware**
 - **There are over 115 clubs and over 11,000 swimmers in Middle Atlantic**
 - **We are extremely proud of our CBST swimmers' accomplishments in the MA Championship meets each season from Senior and Junior Champs to Silver and 10u Champs**
- **MA is amongst the most respected LSCs in the country**
 - **MA has sent a swimmer to each Olympics**
 - **MA is highly ranked in the country in Scholastic All Americans and Junior National qualifiers**

USAS Swimming Seasons

- **Short course (September through mid-March) – competitions in 25-yard (short course) pools – see Short Course Season Basics below**
- **Long course (mid-April through July) – competitions in 50-meter (long course) pools – see Long Course Season Basics below**

The Individual USA/ CBST swimmer

- **Must be a Self-motivated athlete**
 - **Decision to join a USAS club must be swimmer driven and NOT parent driven**
 - **There are other programs for athletes who are unsure about their commitment level**
 - **Swimmers should join a USAS club for their love of the sport. Not for status purposes**
 - **USA swimmers should not need coaching from parents; however, encouragement from parents is essential.**

- **USA Swimmers have a high level of commitment**
 - Attendance at all practices is not required, but 3 minimum practices per week is expected (expectations by group are listed in practice groups document)
- **USA swimmers set practice, character, and performance goals, prior to and during the season**
 - Setting the goals is our primary goal for the kids. Swimmers should strive and struggle towards their goals, but they also need to fail at times
- **USA swimmers should expect to attend 1 USAS meet per month**
 - 1 USAS meet per month should be enough. If a swimmer is attending 3-4 USAS meets per month, they often become worn out mentally as well as physically by the end of the season
 - USAS meets are broken down into a number of groups:
 - *Qualifying Meets: These meets require achieved times to enter (i.e.: Olympic Trials, Nationals, Junior Champs, etc.)*
 - *Closed Meets: These meets require an invitation from the meet host*
 - *A/BB/C Meets: These meets are open to just about all USAS swimmers and are run based on age group (CBST hosted meets)*
 - *Mini- Meets: These meets are for USAS swimmers ages 8 & under (CBST does not attend mini-meets)*
 - Meets outside of our scheduled meets are accepted but not expected
 - *Times will be updated if you notify us of your attendance at the meet, but it is an added process for the management staff and there is no guarantee that those times will be updated by the next meet*
 - Once entered into a meet, CBST swimmers are expected to swim all the events for which they are signed up. Barring emergency circumstances, swimmers will not be scratched from events the day of the meet (if a swimmer wishes to scratch, they must do so prior to the day of the meet).
- **USA swimmers will be pushed and encouraged by coaches but should expect to be critiqued and held accountable as well.**
 - The coaching staff is looking to eliminate bad mental habits as well as bad physical habits
- **Common issues and myths that we wish to eliminate from the minds of USA swimmers**

- “I need to move up to the next training group ASAP”
 - *The best USA swimmers focus on executing their practice to the best of their ability and let the coaches sort out the training groups. Trust in the coaching staff is essential*
- “I’m in a bad heat and lane”
 - *We train our swimmers to focus on executing their event in their lane regardless of position or competition. The top USA swimmers perform in all types of lanes and heats*
 - *Entry times should not matter for a CBST swimmer because they are trained to attack the race in any heat and against any competition*
- “My teammates don’t work hard enough”
 - *USA swimmers should have the maturity to know that if they are working harder than someone else then it is only to their advantage and other swimmers’ training is for the coaching staff to worry about*
- “The coaches don’t like (and/or are mean to) me”
 - *Swimmers often confuse accountability with personal dislike. This is not the case here or at any responsible USA club. CBST coaches are passionate about proper practice execution and a critique or expressive tone should not be taken personally. We love all our swimmers... Even if they don’t always listen to us.*
- “I only want to work on my best strokes”
 - *The CBST program model is to improve all strokes and events. Improving upon our weaknesses is as important as fortifying our strengths*
- “I can’t do that event”
 - *We wish to build confidence in all our swimmers by giving them a ton of hard work. CBST swimmers should not be afraid of any event. Eliminating fear is one of our goals*

Short Course Season Basics

- The season begins in September and ends in March
- Typical competition pool length is 25 yards (a.k.a. short course)

- Coaches choose the short course meets that CBST would like to attend over the summer for planning purposes
 - As Middle Atlantic posts them, you can see all meets which our coaches may choose listed on the Middle Atlantic Swimming website to get an idea of dates and locations.
- Once the meet announcements and event lists are posted on the MA website, we often have a very small window of opportunity to sign up and enter meets since some of them fill VERY quickly
 - This usually happens early in the season for some meets and throughout the season for additional meets (sign up online using instructions and deadlines to be communicated).
- Practice times and locations:
 - Senior Group
 - Outside of high school season – all at CB South: most Monday through Friday mornings and after school; Saturday mornings
 - During high school season –
 - Swimmers practicing with their high school team have limited CBST practices available (see separate high school swimming document for full details)
 - Flash group offers high level practices for swimmers without access to a high school team: most weekday mornings at CB South; some evenings at CB South; Saturday mornings at CB South (see separate high school swimming document for full details)
 - Age Group
 - Outside of SAL season – all at CB South: Monday through Thursday evenings and some Saturday mornings
 - During SAL season – Monday through Thursday evenings at CB South or CB East; some Saturday mornings at CB South
 - Note that high school regular season is mid-November through March and SAL season is October through January
- Dryland is included in some of the practices.
- How to balance CBST short course and SAL and/or high school team participation is a family decision. (See high school guidance document in resources section of the CBST website.)

See also the team website at www.cbswimanddive.com (especially CBST-USAS Resources).

Long Course Season Basics

- The season begins in mid-April and ends in late July or early August
- Typical competition pool length is 50 meters (a.k.a. long course)
- Coaches choose the long course meets that CBST would like to attend in late January (or as information becomes available from host teams) for planning purposes
 - As Middle Atlantic posts them, you can see all meets which our coaches may choose listed on the Middle Atlantic Swimming website to get an idea of dates and locations (which are limited due to the small number of long course pools in Middle Atlantic).
- Once the meet announcements and event lists are posted on the MA website, we have a very small window of opportunity to sign up and enter meets since they fill VERY quickly

- This usually happens BEFORE the swimmers are back in the water in mid-April and most often well before the end of the short course season for some meets (sign up online using instructions and deadlines to be communicated).
- Practice times during the school year are (at CB South):
 - Senior before and after Central Bucks high school hours on most weekdays plus Saturday mornings
 - Age group Monday through Thursday evenings and some Saturday mornings
- Practice times during the Central Bucks summer recess are:
 - Senior mornings Monday through Saturday (at CB South and/or local long course pool)
 - Age group in the mornings on Tuesday, Thursday, and Saturday, (possible Friday if other day during a week is cancelled) and in the afternoon/early evening on Monday and Wednesday (at CB South, some groups have some practices available at local long course pool)
- Dryland is included in some of the practices.
- How to balance CBST long course and summer club participation is a family decision.

See also the team website at www.cbswimanddive.com (especially CBST-USAS Resources).

Rev. 12/2023