

Guidance for CBST-USAS High School Swimmers

The transition from age group to high school swimming involves much consideration for CBST-USAS swimmers and their families. There continues to be a place within CBST for all high school aged swimmers who have participated in our age group program.

Swimmers typically progress to the senior practice group within CBST in either the spring of their 8th grade school year or the fall of 9th grade. This will generally not occur prior to the spring of a swimmer's 8th grade year because the Next Generation groups are available for those younger swimmers who might be able to keep up with the senior level practices and provide practices to meet their training needs in a socially appropriate setting. Note that the senior group is designed to accommodate a variety of ability levels to ensure that most of our age group swimmers fit into that group by the spring of their 8th grade year in school, but if a swimmer is not ready, the coaches will discuss alternatives with them at that time.

Swimmers will be notified by the coaching staff prior to the beginning of long course of their 8th grade year as to which practice group they will be participating in for that long course. As with age group advancement, the move into the senior group may occur at any time of a season based on a swimmer's readiness as judged by the coaches.

High school aged swimmers have the following options with regard to participation level with CBST. (Please see note about transportation below. *)

- A. Swim with CBST during short course as a Senior swimmer, meaning you swim mainly (or exclusively) with high school during the high school season but have the following practices available to you through CBST:
 - a. September/October/part of November (until high school regular season begins) AM and after school practices
 - b. During high school season – weekday AM practices and Saturday morning practice
 - c. After high school season – AM and PM practices available during USAS championship season (exact timing of PM practices – afternoon vs. evening – determined by pool and coach availability)
 - d. There is also a reduced payment option for high school swimmers who play a fall sport for their high school. If you want to elect this option, contact CBCS staff prior to CBST registration for any given short course season. With this option, CBST practices other than mornings will not be available to your swimmer until the conclusion of the fall sport season (usually some time in October), and you will receive a discount. Note that high school swimming is a winter sport.
 - e. Senior swimmers may choose to swim with CBST during the long course season or not, but it is strongly recommended that they do participate in long course.
- B. Swim only with high school (no longer swim with CBST at all)
- C. Swim only with high school for short course season and join CBST only for long course (Note that this option is not encouraged by our CBST coaching staff as they feel the

athletes do not get the best combination of training, however, some athletes find that this option works best for their personal situation.)

- D. Swim with CBST during short course as a Senior/FLASH swimmer, meaning you swim exclusively with CBST even during high school season. These swimmers participate with the senior group per A above outside of the high school regular season and, for the time during high school regular season (mid-November through February/March) also have some evening practices available each week.
 - a. This option has additional fees and is generally only available for swimmers who do not have a high school program available, but if your high school program is flexible with regard to USAS team participation and you would like to consider more practices with CBST, please contact the head coach.
 - b. During the high school season, we have very limited pool availability so evening practices for this group will be at the same time as other team practices for younger swimmers.
 - c. This Senior/FLASH group is generally not an option for swimmers on any Central Bucks High School swim team – see last bullet below.
 - d. Senior/FLASH swimmers are expected to swim with CBST for the long course season.

Please note the following:

- The most popular option is year-round swimming with CBST but practicing primarily with high school team during HS season (as described in A above). This is the option appropriate for swimmers participating with any of the Central Bucks High School swim teams and wanting to also swim with CBST.
- Participation in the Senior/FLASH group is arranged individually with the head coach. This group is mainly for those swimmers who do not have a high school team or whose high school team does not offer daily training. There are significant space constraints that impact the number of swimmers who can participate in the FLASH group and, while there are a number of considerations, the main determinant of which swimmers may participate in this group is the swimmer's need based on what is available to them through their high school.
- With regard to billing, the senior group is divided based on participation: year-round, short course-only, long course-only; and level of participation during high school season (senior vs. senior/FLASH).
- Swimmers who do not have a viable high school option and wish to participate in evening practices (when space allows) must recognize that separate lanes for senior swimmers during age group practice will be made available as space allows but that, depending on capabilities of the senior swimmers, they may be integrated into age group lanes where they will be older than the other swimmers in their practices.

- The additional fee for the FLASH group over the other senior groups is related to the coaching and administrative costs attributable to this group beyond what is available to the senior group during high school season.
- High school season is mid-November through mid-February (swimmers advancing to Districts and/or States swim further into February/March) with pre-season starting in early October. The Central Bucks High Schools offer pre-season practice generally three days per week. Practices during regular season are Monday through Friday and Saturday. For more details about the high school programs, contact the high school team coach or school athletic director.
- Note that the FLASH group is generally not an option for Central Bucks High School swim team swimmers as the coaches at CB East, CB West, and CB South all require attendance at school team practices which are high quality and offered six days per week.

A note about our **SAL team**: high school swimmers are encouraged to continue to swim with their SAL team during their high school years. Swimming with our Central Bucks SAL team involves no cost to the swimmer. Athletes swimming with their high school team do not practice with our SAL team but just come to meets. This is very helpful to the team and is much appreciated. It's also a good way for the swimmers to give back to the program that, for many of them, is where they began their swimming careers.

CBST swimmers in 9th through 12th grades are welcome to attend CBST hosted **meets** and any other meets CBST attends as a team and should register using the procedures communicated to the team. The CBST volunteering obligation for high school swimmers is roughly one session of volunteering for each meet session swum (see volunteering agreement for full details). As is always the case, if a swimmer is signed-up for a meet, they are responsible to pay the entry fees even if circumstances change such that they no longer swim in the meet or specific events. High school swimmers should be particularly cognizant of this fact when signing-up for our CBST hosted February meet. If plans change after the volunteer sign-up such that your swimmer will not be participating in the meet, notify CBCS immediately (and not later than the Wednesday prior to the meet) and your volunteer requirement will be waived.

The senior practice group is complicated with many options but if none of them meet the needs of your swimmer, please contact CBCS and we'll make every effort to accommodate your swimmer's specific needs. Understand, however, that based on years of experience regarding the needs of our swimming community (including CBST swimmers and coaches as well as swimmers and coaches in other programs with which we work closely such as SAL and high school teams) and the coaching and administrative requirements of these programs, altering the basic set-up of the program offerings and payment structure is not possible. For example, there is not a lower cost option than the Senior group to swim just pre-season with CBST then join the high school team or an option to join CBST month-to-month.

*While our program is run through the CB Community school which is part of CBSD, our program is a community, not a school, program. Thus, no direct transportation is provided. We are fortunate

that there is some existing transportation (to get Unami/Tamanend 9th graders to CB South for high school team sports, and to get CB West student swimmers and divers (and 9th graders who will eventually attend CB West) to CB South during high school regular swim season, and our 9th grade members are permitted to make use of these busses when space allows. 8th graders may not take the sports busses (even if they advance to the senior group in the spring of 8th grade). This is a district policy because taking the bus requires students to miss a portion of the final period of the day which for most 9th graders is resource but for most younger students is an academic class. Thus, with regard to transportation from other schools to Central Bucks South, the following is usually available for students in 9th-12th grades as applicable:

- Central Bucks East High School – no CB provided transportation – carpool with other swimmers or parents
- Central Bucks West High School –
 - During high school swim season – bus after school to CB South
 - Outside high school swim season – carpool with other swimmers or parents
- Unami and Tamanend Middle Schools – after school athletic bus to CB South year-round available to 9th graders
- Lenape and Tohickon Middle Schools –
 - During high school swim season – buses after school to CB West (for 9th graders) then to CB South
 - Outside high school swim season – carpool with other swimmers or parents
- Holicong Middle School – no CB provided transportation – carpool with other swimmers or parents
- Schools outside of CB – no CB provided transportation – carpool with other swimmers or parents

Rev. 3/2024