

## Central Bucks Swim Team-SAL

Central Bucks Aquatics offers an age-group swim and dive team for community swimmers and divers. The team is part of the Suburban Aquatic League (known as the SAL) which is a dual meet league comprised of approximately 20 teams in the Pennsylvania suburbs of Philadelphia. Our swim team, CBST-SAL, is designed for emergent competitive age group swimmers and accommodates newer swimmers and more advanced swimmers. We strive to improve the stroke mechanics of our swimmers while also featuring aerobic training appropriate for each skill level. Qualified individuals who are districted to Central Bucks School District and those who live in the communities surrounding CBSD may be members of CBST-SAL. Out-of-district athletes with an SAL team in their own districts are encouraged to participate with that team if possible. For details of skills and age required to join the team please click [here](#) (see Determining the Swim Team for You button).

### **Practices and Meets**

The CBST-SAL season begins with practices in early October and ends in late January or early February with championship meets. CBST-SAL groups its participants by age. Age is determined as of October 31 of the current year as designated by the league. Swimmers generally have practice offered four nights a week at either CB South High School or CB East High School depending on the night of the week. Click [here](#) for the typical practice schedule. Practice time for each swimmer is determined by age and within each practice, swimmers are grouped by ability to provide the most productive practice for everyone.

Dual meets, meets in which two teams compete against each other, are held on Saturdays. There are typically six or seven dual meets spread over the months of November, December, and January. The first four or five dual meets are regular season meets. The final one or two dual meets are championship dual meets and swimmers must have competed in a minimum of two of the regular season dual meets to attend. CBST-SAL swimmers also have access to several invitational meets (meets in which participants compete on an individual, rather than team basis) which are usually held on Sundays.

All participants should wear a one-piece racing suit (not a fashion suit or shorts) and should use swim goggles (not face masks) and a swim cap (if they have long hair) during practices and meets.

**High school swimmers** may swim in meets with CBST-SAL (please note practices are done with their high school team only). Interested swimmers should email Jennifer Steinberg at [jsteinberg@cbsd.org](mailto:jsteinberg@cbsd.org).

## **Commitment**

The coaches like to see participants practicing a minimum of three nights per week but understand that other activities may interfere with practices at times. If swimmers routinely find themselves not able to attend the minimum number of practices, they are likely to not progress as they would like. Fees cannot be prorated due to attendance.

Attendance at as many of the dual meets as possible is expected. Participation in invitational meets is completely optional. Parents are required to volunteer at dual meets and invitationals in which their swimmer is participating.

## **Fees**

CBST-SAL members pay a program fee for the program (coaching, facilities, etc.) and an athlete recognitions/support fee, which covers items such as meet staff and the team gift. Out of district residents pay an additional yearly per family fee for participation. 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 (available 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 joining 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 and other resource documents.

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