



Established 1962

Jason York, Head Coach

CELEBRATING 50 YEARS OF COMPETITIVE SWIMMING IN VENTURA COUNTY

WELCOME TO THE 2012-2013 SWIM SEASON!!!

**NEW SWIMMER EVALUATIONS WILL BE HELD
AT THE VENTURA AQUATIC CENTER POOL
901 South Kimball Rd.
Ventura, California
ON AN ONGOING BASIS**

For evaluations please arrive at 5:30 p.m. Monday through Thursday and ask for a Buena Ventura Swim Club coach. Please bring a swimsuit, cap, goggles, towel, and your best attitude. Minimum requirement is to be able to swim 25 yards.

NEW SWIMMERS: PLEASE BRING A COPY OF YOUR BIRTH CERTIFICATE

WHAT IS THE BUENAVENTURA SWIM CLUB?

The Buena Ventura Swim Club is a 503(c) non-profit organization established in 1962 to provide opportunities to learn to swim and/or excel in swimming to individuals of all ages. This is a community-based, parent-governed and volunteer-supported program that employs experienced and knowledgeable coaching staff and serves the needs of all-levels swimmers, from beginners to world-record-setting athletes.

The Buena Ventura Swim Club is a year-round competitive swim club concerned with guiding and directing swimmers toward maximum use of their individual talents and abilities.

Buena Ventura Swim Club believes in developing the character of each athlete through positive reinforcement of self-esteem, goal setting, time management, personal accountability and team spirit. By successfully fostering these attributes each individual will gain enduring life skills.

We help youth discover that swimming is a sport they can enjoy for their entire lives.

We train to embrace the values embodied in the Olympic charter:

- Pursuit of personal excellence,
- harmony between body and mind,
- joy found in effort,
- respect for others,
- fair play, and
- ethical conduct

Buena Ventura Swim Club Mission Statement: Pursue Excellence Through the Sport of Swimming

REASONS TO SWIM WITH BUENA

- Health benefits include: cardio-vascular and respiratory systems strength improvement
- Swimmers never sit on the bench
- There are regular opportunities to beat your best time
- Swimmers learn time management skills and learn to manage their emotions
- Daily training helps swimmers develop self-discipline
- Swim buddies become friends for life
- Being part of a team, swimmers receive group support and develop a sense of pride

TEAM STRUCTURE

The swimmers are placed in a “teaching” group based on ability.

Pre-Competitive Group: **Buena Coaching Staff**

The emphasis on the Pre-Competitive group is to teach kids the fundamentals of each of the 4 strokes. Swimmer must be able to swim 25 yards in freestyle. This group has four options to practice:

1. Monday/Wednesday 3:30-4:00pm
2. Monday/Wednesday 4:00-4:30pm
3. Tuesday/Thursday 3:30-4:00pm
4. Tuesday/Thursday 4:00-4:30pm

Bronze Group: **Coach Betsy Harrison**

The Bronze Age Group is geared towards teaching swimmers the skills necessary to transition from a pre-competitive, learn-to-swim atmosphere to a competitive swimmer. Emphasis is on having fun, but also on improving stroke technique and introducing the concept of training for conditioning. This group practices Monday thru Friday 3:30-4:30pm at the Recreation Pool.

Silver Group: **Coach Katie Corley**

The purpose of the Silver Age Group is to prepare our young swimmers for competition and introduce race strategies to help them be as competitive as they want to be. We should prepare as many young swimmers as possible for entry into the Gold Age Group. Emphasis continues to be on having fun, but also on stroke technique, with an increasing priority of training and conditioning. Swimmer should be able to read a pace clock and understand the primary focus of each set. This group practices Monday thru Friday 5:15-6:30pm.

Gold Girls Group: **Brittany Day**

Gold Boys Group: **Danny Colvin**

Gold Age Group is the pinnacle of age group swimming within our structure at Buena Ventura Swim Club. While there is no attendance requirement, swimmers are encouraged to attend all practice sessions, especially as they approach age 11 & 12 because this is the last group in the transition into senior level swimming. These swimmers will have a much better senior level swimming experience, and a better chance of continuing on in the sport if they are

prepared. Emphasis continues to be to have fun, while increasing training and conditioning. Teaching stroke technique will be done within a conditioning swim set instead of technique as a stand-alone mechanism. This group practices Monday thru Friday 5:00-6:30pm (Swimming) and Tuesday and Thursday 4:30-5:00pm (Dryland/Games) and Saturday 7:15-9:00am (Seasonal).

Senior Group: **Coach Erik Hansen**

The Senior Group is designed to be a transitional group from Gold Age Group to National Group. There is no attendance requirement assigned to this group, however, the training group will be implemented in a way that every individual will have the opportunity to succeed to the best of his/her potential. We will encourage swimmers to prepare for the National Group, but will also accommodate those with goals other than swimming as their top priority. Swimmer will always behave in a positive manner with teammates and help foster the “**winning culture**” necessary to be elite level athletes.

The swimmer is expected to:

- Accept the responsibility of his/her performance
- Understand and perform specific race strategies
- Effectively communicate his/her commitment to his/her parents and coach
- Balance school, family, swimming, and social commitments
- Take responsibility for their own swimming careers.

This group practices Monday thru Friday 3:30-5:30pm (Swimming) and 5:45-6:15pm (Dryland) and Saturday 7:15-9:00am (Swimming) and Saturday 9:15-9:45am (Dryland).

National Group: **Coach Jason York**

The National Group is the pinnacle of training group within the Buenaventura Swim Club structure. It is designed to be a “center of excellence.” The National Group will provide a challenging atmosphere and swimmers will be encouraged to reach their full potential. Every effort will be made to give these athletes the attention, education, and tools they need to succeed. The dedication, commitment, and work necessary to succeed in this group will be immense and require the support of their parents.

- Attendance required is **85%** for any given month.
- Dry-land workouts are a very important component of our program and count as part of the workout in regards to attendance.
- Any missed portion of a workout will result in a **50%** attendance for the workout.
- Absences that do not count against the **85%** rule are at coaches’ discretion.

Semi-annual swimmer/Coach one on one meeting:

- Detailing seasonal agenda with goals and plan
- Required to attend all meets in plan
- Develop 4 year agenda with assistance of coach

This group practices Monday thru Friday 3:30-5:30pm (Swimming) and Monday thru Friday 5:45-6:15pm (Dryland) and Saturday 7:00-9:00am (Swimming) and Saturday 9:15-9:45am (Dryland).

Pre-Masters • Masters: Buenaventura Coaching Staff

Ventura County Masters (VCM), the adult program within Buenaventura Swim Club, offers opportunities for all ability levels: from those who wish to learn the four strokes; those who want to swim for fun and physical fitness, up to and including elite-level masters swimmers and triathletes. The *Pre-Masters* and *Swimming for Triathletes* are ten-week programs offered in the mornings. Please check our website for dates and times. The Masters group practices Monday thru Friday 5:30-7:00am and Saturdays 7:00-9:00am.

HOW TO JOIN BUENAVENTURA SWIM CLUB FOR THE 2012-2013 SEASON

1. Meet with coach for placement into appropriate training group.
2. Send an email to buenadollars@mailtransport.net. Please include your name, address, email address, birth date and Group that the Coach placed you in (i.e. Pre-Competitive, Bronze, Silver, Gold, Senior). Once this is received an account will be created and an email sent to you, so that you can complete the registration process online. There is a \$50.00 one-time registration fee for all new members.
3. Fill out USA Swimming registration form, and return to coach with a copy of birth certificate and a check for \$60.00 payable to Southern California Swimming.
4. Make sure you have your picture taken at the front desk of the Ventura Aquatics Center. Every swimmer is required to show a picture id when entering the Ventura Aquatics Center.
5. New families sign commitment forms in support of Buenaventura Swim Club:
 - Buenaventura Swim Club Code of Conduct Agreement
 - Fundraising and Volunteer forms
 - Timing Commitment at "Away" Meets
 - Inactive Policy

WHERE DOES BUENAVENTURA SWIM CLUB TRAIN?

Buenaventura Swim Club operates a year-round program that provides each athlete opportunities to become a champion by developing his or her own character and potential. We train at the Ventura Aquatic Center within the Ventura Community Park located at 901 South Kimball Rd., Ventura, California. The swimming year is divided into two seasons that differ as follows:

- Short Course (SCY) practice and compete in 25-yard pools from September thru mid-June; and
- Long Course (LCM) practice and compete in 50-meter pools from June thru mid-August;
-

TO FIND OUT MORE ABOUT BUENAVENTURA SWIM CLUB, CONTACT US:

- Visit our website: www.buenaventuraswimclub.org
- Mail questions or comments to P.O. Box 3934, Ventura, CA 93006
- Call us at (805) 650-0400
- Communicate with coaches via the Coaches Tab on our website.

MONTHLY TEAM DUES

	<u>1st swimmer</u>	<u>Additional Swimmers</u>
Pre-Competitive Group	\$40	\$40
Bronze Group	\$75	\$65
Silver Group	\$100	\$90
Gold Group	\$125	\$115
Senior and National Group	\$145	\$135

These fees cover coaches' salaries, pool usage fees and other program operating expenses.

Notes of Initial Fees of Season 2012-2013:

- All new members will pay a one-time \$50.00 registration fee plus September and October dues on October 1, 2012.
- Your credit card or bank account will be billed on the 1st of each month of your dues.
- Please refer to the Inactive Policy for early withdrawal and extended absences.

Buenaventura Swim Club Financial Aid Policy

In order to fulfill our pledge to "provide the young people of our community with a positive training environment where they have the opportunity to reach their greatest physical, intellectual, social and emotional potential through competitive swimming," Buenaventura Swim Club provides financial assistance to qualifying families. Please download the BSC Scholarship Application form found in our website under the Info tab. Once completed, please email it to buenadollars@mailtransport.net, or mail it to: Buenaventura Swim Club P.O. Box 3934, Ventura, CA 93006.

Financial policies

The following policies have been established so we can continue to offer a quality program with a professional staff in an outstanding facility.

- We offer a discount of \$10.00 for additional swimmers.
- There is no credit given for missed practices or vacations.
- For swimmers joining after the start of the season, payments begin with current month and fundraising and volunteer commitments are prorated.
- Account balances need to be paid in full within 30 days of receipt of an Outstanding Balance Notice. Anyone who is unable to pay the full balance within 30 days should contact our club administrator to set up a payment plan.
- Active Buena members who have a past due balance greater than \$200 per swimmer will not be entered into meets. However, a written payment agreement with the club treasurer and consistent monthly payments will allow the swimmer to be entered into meets if the meet entry fees are paid by cash in advance.

- Swimmers/families with an outstanding balance will not be allowed to register for the next season until either full payment has been made or satisfactory payment arrangements have been made in writing with the club treasurer.

TEAM UNIFORM

Team suit

All team members are expected to wear the Buenaventura Swim Club Team Suit at all swim meets. To prolong the use of the team suit, it is recommended that it not be worn during practices. All team suits must be ordered from **Conejo Swim Works**. Their store is located at 688 N. Moorpark, Thousand Oaks, CA 91360. Retail Store Hours: Monday 11:00am-6 pm, Tuesday thru Saturday - 10:00am - 6:00pm, Sunday – CLOSED. They can be reached at (805) 379-4734, and you can visit their website at www.conejoswimworks.com.

Team Caps

Only Buenaventura Swim Club caps may be worn at swimming meets. All new swimmers receive a Buena cap upon joining the team. Additional team caps may be purchased for \$3.00 each. Personalized silicone caps are ordered at the beginning of the season and may be purchased for \$10.00 each.

Team Parkas

Team parkas may be ordered at Conejo Swim Works. These items take between 10-12 weeks for delivery.

FUNDRAISING AND VOLUNTEERING

As a parent-governed and operated organization, Buena depends on the time, willingness and support of our member families. Member volunteerism and fundraising activities sustain our team. Families are required to fundraise \$200.00 (Bronze and Silver Groups) or \$300.00 (Gold, Senior and National Groups) and volunteer for 30 hours per year. At this time, Pre-Competitive Group members do not have a fundraiser or volunteer commitment.

These commitments can be fulfilled by helping and supporting our home meets and by involving the business community. Our club is made up of both age group swimmers and masters. Therefore when we have a swim meet, we need **EVERYONE'S** help in order to put on a successful meet. These meets are our lifeline since they are our main fundraisers. Home meets volunteer opportunities include: setting up and taking down canopies, preparing and serving meals to officials, selling snacks, water and clothing, signing up swimmers, preparing and sorting awards, keeping our facility nice and clean, and helping with the administrative duties.

Several fundraisers are organized throughout the year and members are encouraged to participate and to invite businesses to sponsor our team, advertise in Buena's home meet programs and contribute to our meets as needed.

SWIM MEETS

Southern California Swimming

Southern California Swimming is the organization that regulates swim teams, officials, swim meets, time standards and keeps swimmers' records. All this information can be accessed by visiting its website at www.socalswim.org.

Participation at Meets

Swimmers may participate at a variety of meets as recommended by the coaches and their participation depends on the goal and readiness of the swimmer and on the level of the meets available. Signing up for the meets is done through our website. You may choose to "commit" or "not commit" to attend a meet. If you do choose to attend the meet, you must also select each individual event the swimmer may wish to compete in, by clicking the box next to each individual event. At times, there are certain "championship" swim meets that require a swimmer to have already achieved a certain time standard to sign up. These meets require a "Proof of Time" in which the swimmer must show where they achieved the time standard in that particular event.

Supporting Home Meets

Our home meets are the team's lifeline. Buenaventura Swim Club has an excellent reputation in running efficient meets thanks to the willingness of our members to work together. In addition, we ask each member to contribute by donating beverages and snacks to provide to our guests. Since our home meets attract out-of-town guests, our business community benefits. Our meet programs include information about the businesses that donate and provide goods and services to the team. Members are encouraged to approach businesses to advertise in our programs as these contributions count towards the members' fundraising commitment.

Entry Fees at Swim Meets

The tentative Swim Meet Schedule is planned at the beginning of the season. Every sanctioned meet utilizes the services of officials and administrators. Each swimmer/family is responsible for paying the entry fees and/or surcharges for all meets for which they sign-up to enter. These fees are set by the meet administrator and vary depending on the level and type of competition. The total amount ranges anywhere between \$10 and \$50 per meet. Swimmers can sign up online through our website. The meet fees are paid in the same manner as the members have chosen to pay their monthly dues. Entries are typically due about two weeks before the meet is to take place. All the information about each meet is in its Meet Information Sheet. These may be found in the Southern California Swimming website at www.socalswim.org, and they are usually included in the initial email request notifying members that they can sign up for the meet.

Timing at Away Meets

Timing is an integral part of all swimming competitions. All families are required to help at "Away Meets" at least for one hour, as the team is assigned chairs based on the numbers of signed-up swimmers. These hours count toward the volunteer requirement.