

BROWNSBURG SWIM CLUB

Celebrate With Us!

**End of Short Course Season AND
Beginning Long Course Season Banquet
Sunday, April 13, 2025 @ 1:00pm**

Brownsburg High School Cafeteria - Enter Door 6 (Bus Lot)

FOOD PROVIDED - PLEASE RSVP HERE

MARK YOUR CALENDAR

- **4/11** - New Parent Meeting
- **4/13** - End of Short Course Season AND Beginning Long Course Season Banquet
- **4/13** - Butterbraids Fundraiser Begins
- **4/14** - First Day of Practice for Long Course Season

Summer Meet Dates are Posted on the BBSC Website Calendar



Coach Matt's Corner *Long Course*



Dear BBSC parents and families,

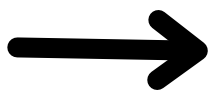
As we begin our Summer season, I wanted to discuss the importance of long-course swimming.

First, what is long course? Long course or LCM is what competitive swimmers in the US call swimming in a 50-meter pool. Fifty meters is the regulation length of the Olympic pool and is the standard length for most international swimming competitions. Once we shift our pool to long course in a few weeks, you will see that swimmers will swim the entire length of our pool.

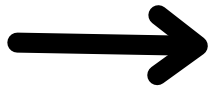
Most swimmers in the United States will swim many of their biggest meets in Short Course Yards (high school/college meets). Only 1% of the top 1% of all US swimmers will make it onto an international team, so why is long course important? LCM swimming is the backbone of the sport; it is the ultimate test of technique and endurance. It is the best way to train a swimmer in technical efficiency and build an endurance base. Swimmers who want to excel in high school and enter college programs must take long-course training seriously. Turns and underwaters are the priority during the short course yards season (Sept-March). Coaches must dedicate most of their time to working on these skills to help swimmers succeed. If a swimmer wants to see fundamental stroke change, the best way is to train for these changes during long-course swimming.

We are fortunate to have our new facility and plan on taking advantage of long-course training this Summer. Most swimmers will find this shift challenging; I ask that you encourage them to embrace the challenge because it will lead to huge improvements at the end of the season and beyond.

Go BBSC!
-Coach Matt



**Subscribe
to the Calendar**



**How to Sign Up
for a Meet?**



**2024-2025
Swim Season Info**



**Parent Communication
"BAND" App Link**



www.BrownsburgSwimClub.com