

# Buenaventura Swim Club

## Parent Handbook 2024-2025 Season



### INTRODUCTION

Welcome to the Buenaventura Swim Club! We are thrilled to have your child join our swim team. Whether you are looking for a little exercise, looking to stay in shape for other sports, preparing for high school swimming, are aspiring to train for and compete in USA Swimming-sanctioned meets, or aiming for elite-level Competitive Swimming, our team has everything you need. As you embark on this swimming journey, we understand that you may have questions, and we hope that this reference guide will be helpful in locating the answers. If you cannot find the information you need in this guide, please feel free to contact our Head Coach or our Team Admin.

# Program and Schedule by Group

## **Pre-Competitive Group**

(ages 5-9)

Our Pre-Competitive Group (or Pre-Comp) is for young swimmers ages 5-9 who are new to swimming. To be part of this level, swimmers must be confident in deep water and able to swim independently. Our focus is to teach swimmers proper body position, balance, and coordination for freestyle and backstroke through developmentally appropriate drills that improve body awareness and coordination in the water. Swimmers choose to attend one of two different practice groups – Option A is Monday/Wednesday and Option B is Tuesday/Thursday.

### **Practice Schedule: September 2024 – May 2025**

<b>Option A: Monday &amp; Wednesday</b> <b>Option B: Tuesday &amp; Thursday</b>	<b>3:30-4:30 PM (Recreation Pool)</b>
--	---------------------------------------

### **Objective:**

- Have fun with movement exploration and experimentation.
- Learn the basics of freestyle and backstroke.

### **Group Criteria** (minimum requirements to join this group):

- Get in/out of the pool independently.
- Tread water and/or float for 60 seconds without touching bottom/sides.
- 25 yards kicking on back.
- 25 yards kicking on front with face in water (with kickboard).
- Must be comfortable in deep water (*evaluation will be done in deep water*).

### **Required Equipment:**

- Tinted goggles
- Junior Team kickboard
- Fins (recommend Speedo Power Fins, Speedo Trialon Fins, or Tritan Swim Fins)

# Stroke Development Level 1

(Ages 10 & under)

Welcome to our practice group for young swimmers aged 10 & under who are new to competitive swimming. Our goal is to enhance their stroke techniques in freestyle and backstroke, while also fostering their love for swimming. To be eligible for this group, swimmers should be capable of swimming 25 yards of backstroke and freestyle independently.

## Practice Schedule: September 2024 – May 2025

Monday - Thursday	3:30 – 4:30 PM (Recreation Pool)
-------------------	----------------------------------

### Group Objectives:

- To learn the fundamentals of body movement, positioning, and alignment through fun.
- To expand their competency of backstroke and freestyle.
- To learn and develop the basics of breaststroke and butterfly (AKA dolphin) kicks.
- To learn the basics of flip turns (free and back) and dives.

### Group Criteria (minimum requirements to join this group):

- Swim 25 yards backstroke
- Kick 25 yards backstroke kick in a streamline position.
- Swim 25 yards freestyle
- Perform a flip turn

### Required Equipment:

- Tinted goggles and swim cap (for hair longer than 5 inches)
- Junior Team kickboard
- Fins (recommend Speedo Power Fins, Speedo Trialon Fins, or Tritan Swim Fins)

## Stroke Development Level 2

(Ages 10 and under)

This group is designed for young athletes aged 10 and under who wish to enhance their swimming abilities further, regardless of prior competitive experience. Participants are assumed to have knowledge of basic freestyle, backstroke, and flip turns. In this program, they will expand on all previous skills and will be taught breaststroke, starts, and underwater butterfly kick.

### Practice Schedule: September 2024 – May 2025

<b>Monday - Thursday</b>	<b>3:30 – 4:30 PM (Recreation Pool)</b>
--------------------------	---

### Group Objectives:

- To learn and develop proficiency with breaststroke.
- To develop proficiency with dolphin (butterfly) kick (at surface and underwater).
- To continue to refine and develop their freestyle and backstroke.
- To learn and develop their ability to dive off the block.

### Group Criteria (minimum requirements to join this group):

- 50 yards backstroke with a flip turn.
- 50 yards freestyle with a flip turn.
- 25 yards breaststroke kick with a board
- 25 yards butterfly (AKA dolphin) kick with a board
- Dive from deck (knee on ground, hands-first entry)
- Have competed successfully in one of the following events: 50 yard backstroke or 50 yard freestyle (must be a USA Swimming sanctioned meet).

### Required Equipment:

- Tinted goggles and swim cap (for hair longer than 5 inches)
- Junior Team kickboard
- Fins (recommend Speedo Power Fins, Speedo Trialon Fins, or Tritan Swim Fins)

## Stroke Development Level 3

(Ages 12 & under)

Our Stroke Development program has reached its final stage. Participants in this group will develop their butterfly stroke, refine their stroke mechanics, and begin to understand the basic principles of training. This involves swimming smaller sets with all four strokes while learning to use the pace clock for interval training. The program will culminate with the correct execution of the Individual Medley.

### **Practice Schedule: September 2024 – May 2025**

<b>Monday - Thursday</b>	<b>3:45 – 5:00 PM (Competition Pool)</b>
--------------------------	--

### **Group Objectives:**

- Learn and develop the butterfly stroke while refining all four competitive strokes.
- Develop their skills such as understanding the pace clock, turns (regular/IM), and diving.
- Build their ability to swim the Individual Medley.
- Develop their strength and endurance to swim small sets.

### **Group Criteria** (minimum requirements to join this group):

- Swim 50 yards of freestyle with a flip turn and 2-4 dolphin (fly) kicks underwater.
- Swim 50 yards of backstroke with a flip turn and 2-4 dolphin (fly) kicks underwater.
- Swim 25 yards of breaststroke with proper timing and correct kicking technique.
- Demonstrate a legal breaststroke open turn and underwater pulldown.
- Kick 25 yards of dolphin (butterfly) kick without a board, demonstrating proper breathing.
- Dive from the block
- Have successfully competed in two of the following events: 50 free, 50 back, and 50 breast (must be a USA Swimming sanctioned meet).

### **Required Equipment:**

- Tinted goggles and swim cap (for hair longer than 5 inches)
- Junior Team kickboard
- Fins (recommend Speedo Power Fins, Speedo Trialon Fins, or Tritan Swim Fins)
- Junior Speedo Bullet Snorkel
- Mesh Bag

## Age Group

(Ages 8-12)

This group's training program aims to introduce and enhance year-round swimming skills. Emphasis is always given to correct stroke mechanics and, as swimmers' stroke ability progresses, they are presented with more challenging training sets. Swimmers are motivated to take pleasure in their swimming and to gradually shift their focus towards the competitive aspect of the sport. It is recommended that swimmers attend at least 3-4 out of the 5 practices offered per week.

### **Practice Schedule: September 2024 – May 2025**

<b>Monday - Friday</b>	<b>3:45 – 5:15 PM (Competition Pool)</b>
------------------------	--

### **Objective:**

- To develop technique, strength, and endurance in all four strokes.
- To “learn how to train” by refining their technique, fine motor skills, and coordination while completing progressively more challenging practices.
- To develop a love of Competitive Swimming.

### **Group criteria** (the minimum requirements to join the group):

- Be able to comfortably swim 10x50 @ 1:10 freestyle with less than 20 strokes per lap.
- Be able to comfortably kick 8x50 @ 1:20.
- Have successfully competed (in the past 12 months) in all of the following events – 50 fly, 50 back, 50 breast, 50 free, and 100 IM (must have been in an USA Swimming sanctioned swim meet).

### **Required Equipment:**

- Junior Team kickboard
- Junior Team Pull Buoy
- Paddles – Strokemaker paddles (size 0.5), TYR paddles (size XS or S), or IM Tech Hand Paddles (size small).
- Fins (recommend Speedo Power Fins, Speedo Trialon Fins, or Tritan Swim Fins)
- Junior Speedo Bullet Snorkel
- Mesh Bag

## Middle School Development

(Ages 12-14)

This group caters to the needs of swimmers ages 12-14, regardless of whether they are novice or experienced in competitive swimming or are actively participating in other sports/activities. The primary objective of this group is to enhance their stroke skills and cultivate their passion for swimming. The swimmers are offered a challenging training session that aims to enhance their efficiency in the water. The swimmers must be able to swim 50 yards of each stroke to qualify for this group. Although participating in meets is not mandatory, it is highly recommended.

### **Practice Schedule: September 2024 – May 2025**

<b>Monday - Thursday</b>	<b>3:45 – 5:15 PM (Competition Pool)</b>
--------------------------	--

### **Objective:**

- To develop technique, strength, and endurance in all four strokes.
- To “learn how to train” by refining their technique, fine motor skills, and coordination while completing progressively more challenging practices.
- To develop a love of Competitive Swimming.

### **Group criteria** (the minimum requirements to join the group):

- Be within the ages of 12 and 14. Exceptions will be evaluated case by case.
- Be able to swim 50 yards of butterfly, backstroke, breaststroke, and freestyle.
- Know how to work the pace clock.

### **Required Equipment:**

- Junior Team kickboard
- Junior Team Pull Buoy
- Paddles – Strokemaker paddles, TYR paddles, or IM Tech Hand Paddles (talk to coach for sizes).
- Fins (recommend Speedo Power Fins, Speedo Trialon Fins, or Tritan Swim Fins)
- Junior Speedo Bullet Snorkel
- Mesh Bag

# Junior Group

(Ages 11-14)

The Junior Group is aimed at athletes ages 11-14 who are looking to achieve a high level of competition. Consider this group the younger sibling to the Senior group. It is designed for athletes who are looking for a challenge and competitions that will test them. This group is not designed to be a "holding pattern" for swimmers who are not in the Senior group, it is designed for athletes who want to build their engine and go after their goals, now!

## Practice Schedule: September 2024 – May 2025

<b>Monday - Friday</b>	<b>3:45 – 5:45 PM (Competition Pool)</b>
<b>Saturday</b>	<b>7:00 – 9:00 AM (Competition Pool)</b>
<b>Monday, Wednesday, Friday, Saturday</b>	<i>First 30 minutes of practice are dryland</i>

## Objective:

- To continue to develop all aspects of technique while developing strength and endurance to excel in the sport of swimming.
- To integrate physical, mental, and emotional development to build a love of the sport.

## Group Criteria (Minimum requirements to join the group):

- Help maintain the positive competitive culture in the group.
- Attend a minimum of 4 practices a week (not counting injury/illness).
- Meet 4 out of 6 of the following...
  - Maintain a 90% (or above) average attendance for three months.
  - Be able to swim 8x100 free @ 1:40, holding <14 strokes per lap (or <15 strokes per lap for ages 11 or 12).
  - Be able to swim 6x100 IM @ 1:45.
  - Be able to kick 12x50 @ 1:00.
  - Have successfully completed (in the past 12 months) in all of the following events – 500 free, 200 free, 200 IM, 100 fly, 100 back, and 100 breast (in a USA Swimming sanctioned meet).
  - In regard to National Motivational Time Standards – hold at least one 'A' standard or at least three 'BB' standards.

## Required Equipment:

- Close-toed running shoes and dryland clothes
- Kickboard
- Pull Buoy
- Paddles – Strokemaker paddles, TYR paddles, or IM Tech Hand Paddles (talk to coach for sizes).
- Fins (recommend Speedo Power Fins, Speedo Trialon Fins, or Tritan Swim Fins)
- Speedo Bullet Snorkel
- Mesh Bag



# High School Development

(Ages 14 - 18)

This group is for athletes in high school. This group caters to swimmers who enjoy swimming for fitness but not competition, athletes who are participating in multiple sports or activities, or high schoolers who are building their endurance and abilities in preparation for the Senior Group and/or High School Swim Season. Our coaching staff will assist you in achieving your individual goals while developing your technique, endurance, and strength.

## **Practice Schedule: September 2024 – May 2025**

<b>Monday - Thursday</b>	<b>5:15 – 6:45 PM (Competition Pool)</b>
<b>Friday</b>	<b>3:45 – 5:15 PM (Competition Pool)</b>

### **Objective:**

- To develop technique, strength, and endurance in all four strokes.
- To help high school aged athletes formulate and achieve their goals related to swimming.
- To “train to train” by completing progressively more challenging practices while still refining and developing technique.
- To develop a love of Competitive Swimming.

### **Group criteria** (the minimum requirements to join the group):

- Be 15 years old and/or graduated 8<sup>th</sup> grade.
- Be able to swim 200 yards of freestyle and 50 yards of butterfly, backstroke, breaststroke, and freestyle without stopping.
- Know how to work the pace clock.

### **Required Equipment:**

- Kickboard
- Pull Buoy
- Paddles – Strokemaker paddles, TYR paddles, or IM Tech Hand Paddles (talk to coach for sizes).
- Fins (recommend Speedo Power Fins, Speedo Trialon Fins, or Tritan Swim Fins)
- Speedo Bullet Snorkel
- Mesh Bag

## Senior Group

(Ages 13-18)

This group is the pinnacle of competitive swimming in Buenaventura Swim Club. This is for committed, determined, and advanced swimmers who are looking to succeed in the sport of swimming. Swimmers are expected to represent the club at the highest levels of competition, workouts, and outside the pool.

### **Practice Schedule:** September 2024 – May 2025

<b>Monday - Thursday</b>	<b>5:00 – 7:00pm</b>
<b>Friday</b>	<b>3:45 – 5:45pm</b>
<b>Saturday</b>	<b>7:00 – 9:00am</b>
<b>Tuesday / Thursday</b> (dryland/weights)	<b>4:00 – 5:00pm</b>
<b>Monday / Wednesday</b> (starting in October)	<b>5:30 – 7:00am</b>

### **Objective:**

- To achieve excellence through the sport of swimming.

### **Group Criteria** (minimum requirements to join):

- Maintain the positive, competitive culture of the group.
- Maintain a minimum of 4 water practices per week.
- Meet at least 4 out of 6 of the following requirements...
  - Have maintained at least 80% attendance for the past three months.
  - Comfortably swim 6x100 @ 1:20 free OR 12x100 free @ 1:30
  - Comfortably swim 6x100 @ 1:30 IM OR 10x100 IM @ 1:40
  - Comfortably kick 10x50 @ :50 OR 16x50 @ 1:00
  - In regard to National Motivational Time Standards – hold at least one ‘AA’ standard or at least three ‘A’ standards.
  - Hold a Sectional Bonus time standard.
- Agree to always maintain these standards as the minimum to be in the group and understand that being in this group is a privilege, not a right.

### **Required Equipment:**

- Paddles (size appropriate – see coach)
- Pull Bouy
- Speedo Bullet Snorkel
- Kickboard
- Fins
- Drag Socks
- Parachute
- Mesh Bag

## **Swim Meets**

Attending a swim meet is an exciting event for our swimmers as it allows them to witness the fruits of their hard work during practice and enjoy the company of their friends. Additionally, it presents an opportunity for the kids to feel like they're part of the team by taking part in relays, team cheers, and supporting their fellow swimmers during races. At Buena, our staff is committed to ensuring that every meet is a successful and rewarding experience for each swimmer.

### **How to sign up for a swim meet:**

If you're signing up for your first swim meet, it can seem daunting. But don't worry! Just follow these simple steps and your swimmer will be registered in no time. For many of our meets, we give swimmers and their families the freedom to choose which events they'd like to participate in. However, our coaches have the final say and may make changes to the event list if necessary. Rest assured; we will never assign a swimmer to an event that we don't believe they can handle. If you're unsure about which events to place your athletes in, please don't worry. The coaches will take care of it and assign them to appropriate events.

### **Easy Steps:**

1. Go to our Buenaventura Swim Club website and log into your account.
2. Click on the tab at the top named "Events."
3. Click on the swim meet you would like to attend.
4. Click on "Attend/Decline," scroll down and click on your athlete's name, then select "yes."
5. Scroll down to the events and select the events you would like them to swim.
  - a. If you are unsure what events to select, simply add a note in the designated section stating, "Coach, please select the events."
  - b. Please note, some events require qualifying times to enter. These events will appear in red if your swimmer does not qualify. If you think there is a mistake, please talk to your primary coach.
6. Click save at the bottom!

Congrats! After following these steps your swimmer will now be signed up for the meet.

### **Things to pay attention to when signing up.**

- When registering for a swim meet, make sure to check the age requirements. Some events are open to all ages, while others are restricted to specific age groups. The system will often prevent you from signing up when you are in the wrong age group, but please double check!
- If the meet spans multiple sessions and/or days, be sure to pay attention to which day and sessions your swimmer will participate in. Always refer to the "Meet Form" on our website under this specific event, which will show the full schedule along with lots of other useful information.
- Finally, be aware of registration deadlines. If you miss a deadline, you can email the coach to inquire about late registration (but unfortunately, there are no guarantees).

## **Group Contact Information**

At Buenaventura Swim Club we have two primary forms of communication – email and the Remind app (formerly called Remind 101). When registering, please ensure that you include a valid email address (or multiple addresses) that you check on a regular basis. The Remind app is a text-based communication app that allows for quick communication of the groups. This is our fastest form of communication and one that we use for quick notifications/reminders (it is hard for coaches to write and send an email on the deck, but a quick text message can be done easily). The app ensures everyone's privacy and is utilized by schools and youth organizations across the country. To sign up for the Remind app, please download the app, then text the code (highlighted in red below) of the group you wish to join to 81010. You can remove yourself from any group at any time under "settings."

<b>Group</b>	<b>"Remind" Code</b>	<b>Coach and their email</b>
Pre-Comp	@precomp23	Coach Rebecca - rmarsing@icloud.com Coach Luigi - luigit0929@gmail.com
S.D. Level 1	@buenlevel1	Coach David dpeterson@buenaventuraswimclub.org
S.D. Level 2	@buenlevel2	Coach Sebastian sayala@buenaventuraswimclub.org
S.D. Level 3	@buenlevel3	Coach Kris kherrera@buenaventuraswimclub.org
Age Group	@agegroup23	Coach Abby aacker@buenaventuraswimclub.org
Middle School Dev.	@sprep23	Coach Emily emele.vera@gmail.com
Junior Group	@bscjunior	Coach Daniel dbrogermackey@buenaventuraswimclub.org
High School Dev.	@hsdevelop	Coach David dpeterson@buenaventuraswimclub.org
Senior Group	@buensenior	Coach Luke lcorley@buenaventuraswimclub.org

Please first contact your primary coach with any questions, but you may also contact...

- Head Coach at [lcorley@buenaventuraswimclub.org](mailto:lcorley@buenaventuraswimclub.org)
- Team Administrator at [teamadmin@buenaventuraswimclub.org](mailto:teamadmin@buenaventuraswimclub.org)
- President, Board of Directors at [president@buenaventuraswimclub.org](mailto:president@buenaventuraswimclub.org)

## **Dues and Team Obligations**

Buenaventura Swim Club is a non-profit organization that is dedicated to helping the swimming community in Ventura County. We strive to keep our operational costs as low as possible through thrift, money management, applying for grants, fundraising, corporate sponsorships, and raising funds by hosting events such as swim meets. However, even with all of this, we still must cover our operational costs through monthly dues, yearly fundraising requirements, and yearly volunteer hours. The chart below shows a breakdown of the 2024-2025 team obligations by group. This is reassessed constantly to keep the dues and obligations as low as possible.

<b>Group Name</b>	<b>Monthly dues</b>	<b>Yearly volunteer hours</b>	<b>Yearly Fundraising</b>
Pre-Comp	\$65	-	-
Stroke Dev. Levels 1-3	\$110	20	\$270
Age Group	\$155	30	\$270
Middle School Dev.	\$155	30	\$270
Junior Group	\$185	30	\$270
High School Dev.	\$155	30	\$270
Senior Group	\$220	30	\$270

*\*There is a \$10 per month discount for multiple swimmers.*

Questions about dues and/or team obligations can be directed to our Team Administrator who can be contacted at [teamadmin@buenaventuraswimclub.org](mailto:teamadmin@buenaventuraswimclub.org) or by calling (805) 650-0400.