



***Introducing EBSC:  
A guide for prospective  
swimmers and families.***



## **Elmbrook Swim Club Mission Statement**

*Empower community members to achieve excellence in life through swimming.*

## **Club Philosophy**

- To provide the opportunity for each swimmer to become the best swimmer possible with the talent that he/she possesses.
- To be a fun experience for the participants.
- To develop good swimming skills.
- To provide an opportunity for competitive training at different levels.
- To promote self-discipline, time management, and goal setting.
- To provide a non-disruptive environment for instruction and training.
- To foster good health and nutrition.
- To provide constructive and positive reinforcement of swimmer self image.
- To promote good sportsmanship and offer guidance on how to handle success and disappointment with equal grace.
- To provide a coaching staff that will give the positive input to carry out the Elmbrook Swim Club philosophy for the development of the swimmers.



## **Our Success**

The Elmbrook Swim Club has been a successful program in Brookfield & Elm Grove for over 50 years. Our staff is committed to swimming excellence with over 150 combined years of competitive coaching experience. This longevity amongst our staff makes our program a consistent and effective place to train up young swimmers.

One result of our club excellence is that our swimming graduates have gone on to compete successfully at every collegiate level (Divisions I, II, III, NAIA). We have also had athletes representing the Brookfield/Elm Grove community at 5 recent USA Swimming Olympic Trials (1996, 2000, 2004, 2012, and 2020).



Just as remarkable is that EBSC consistently represent the Brookfield/Elm Grove community at USA Swimming's Senior and Junior National Levels; has athletes ranked in the top ten in the nation per age division; and produces national, regional, and state swimming champions. In addition, EBSC was recognized as a Gold Medal Club for 2021 & 2022 by USA Swimming which indicates that we are one of the top 25 clubs that execute strong, well-rounded programs to produce elite 18-and-under athletes.

### **EBSC Training Groups**

Our team is divided into 5 training group to accommodate the various abilities and commitment levels of our athletes. Click [HERE](#) to see a layout of the EBSC group structure.

**Novice (N) 1 & 2:** ages 10 and under training at a beginning competitive level. Swimmers should be able to swim 25 yards comfortably - preferably freestyle with rotary breathing.

**Age Group Transition (AGT) 1 & 2:** ages 7-12 demonstrating beginning competitive skill and training for the age group program. AGT swimmer should be proficient in three of the four competitive strokes.

**Age Group (AG) 1 & 2:** ages 8-12 with higher level of competitive skill and abilities. AG swimmers need to be proficient in all four competitive strokes and demonstrate speed/endurance to fit the group dynamic.



**Senior 3 & 4:** ages 13 and over training at a beginning level in the senior program.

**Senior 1 & 2:** ages 13 and over with a high level of competitive swimming background. This is the top tier of the EBSC group structure.

Movement between training groups is based on:

- Competitive stroke technique
- Freestyle speed
- Swimmer age
- Swimming endurance
- Swimmer commitment level

The coaching staff initiates any group changes for eligible swimmers at the end of each season.



## **Practice Locations**

The different training groups at EBSC use several pools in the Brookfield area for swim practices: Brookfield Central High School, Brookfield East High School, Wiberg Aquatic Center in Wirth Park, and Milwaukee Lutheran High School. Our online practice calendar tells parents where and when their swimmers practice over the course of a month. You can expect to use each of these pools for practices.

## **Practice Attendance**

Each EBSC training group has many opportunities to train each week, and each training group has its own minimum practice requirements over the course of the season. Swimmers and their families can choose from the workouts offered to arrange a practice schedule that fits their family's needs while meeting the training requirement for the group. A healthy swimmer is one who attends practice regularly and consistently. Click [HERE](#) to see our current practice calendar.

**Novice** swimmers need to attend 50% of 4 weekly workouts over the course of the month. Practices generally last 1 hour.

**AGT** swimmers need to attend 50% of the 4 weekly workouts over the course of the month. Practices generally last 1.25 hours.

**AG** swimmers need to attend 50-60% of 5-7 weekly workouts over the course of the month. Practices generally last 1.5-2 hours and include dryland and swimming.



**SEN 3 & 4** swimmers need to attend 60-70% of 5-6 weekly workouts over the course of the month. Practices generally last 1.5-2.5 hours and include dryland and swimming.

**SEN 1 & 2** swimmers need to attend 80-90% of 6-8 weekly workouts over the course of the month. Practices last 2-3 hours and include professional dryland training by FAST and swimming.



## Seasons

The swimming year is broken into 2 seasons:

“Short Course” – runs from September to March (most meets held in 25 yd pools)

“Long Course” – runs from March to August (most meets held in 50 m pools)

Families register for one season at a time.

## Meets

Swimmers in all the EBSC training groups compete at local meets. Some of the more advanced swimmers qualify to compete in travel events and regional or national competitions. The club offers its swimmers between 10 and 20 meet opportunities per season. The swimmers sign up for a minimum of those competitions based on availability and their training group requirements. Click [HERE](#) to see a sample meet schedule.

**Novice** need to attend 50% of offered meets.  
**AGT** need to attend 50% of offered meets.  
**AG** need to attend 50-60% of offered meets.  
**SEN 3&4** need to attend 60-70% of offered meets.  
**SEN 1&2** need to attend 80-90% of offered meets.

At the beginning of each season, families reserve places for their swimmers in the meets they plan to attend. As the meet draws closer, our coaches select events for the swimmers in the competitions they have signed up for. Once the coaches choose a swimmer's events, families can see the entries online so they know which events their swimmers are entered in for a given meet.

Meets are hosted on the weekends by EBSC and other local swim clubs and have different entry fees depending on which team is hosting the meet. When meet entries are sent, the family's account is billed online. Please see more about online accounts below.

At meets, swimmers compete against other swimmers in their own age groups. Awards are given at every meet. Our swimmers find competitions rewarding and exciting. During the meet, swimmers sit with their EBSC teammates and are directed by their



coach as to what to think about and how to swim their races. There is designated bleacher seating for parents. Meet sessions generally take about 3-4 hours.



## **Volunteer And Fundraising Requirements**

EBSC is successful because our parents are faithful volunteers. We believe that if we all pitch in and lend a hand, we can do great things for our swimmers.

In order to keep the club running at a successful level, part of our membership requirement is volunteering. Helping above and beyond these requirements is an option, but the following basic volunteer assignments are mandatory:

1. Parents must volunteer to help at one session of each EBSC hosted swim meet (generally two times per season). Parents work as timers, handing out awards, and selling concessions among other roles at each meet.
2. Parents must sign up and actively participate on one EBSC committee. Committees are usually built around a small part of the EBSC club operation. For example, you might be on the Meet Set Up Committee, the Apparel Committee, or the Summer Picnic Committee.
3. Families must participate in our annual discount card fundraiser which takes place in the spring. Families can offset or fulfill the fundraising minimum by selling the discount cards for area businesses.
4. Families must participate in our annual Swim-A-Long fundraiser. During the event which takes place in the fall/winter, swimmers complete as many laps as they can in one hour. All families are required to fundraise a minimum amount based on number of EBSC swimmers.

## **Fees**

Our registration fees vary based on the training group and city of residence for each swimmer. Click [HERE](#) to see our current fee schedule. In addition to the seasonal fees, families are also required to pay for meet entries, which are usually about \$20-40 per meet. Other costs throughout the year include: USA Swimming registration (once annually), swimming suits and gear, and discount card and Swim-A-Long fundraising.

The registration fees cover our costs for pool rental and professional coaching salaries. Our coaches are professional coaches, not volunteers. Several of the coaches have been with the club for over 15 years and maintain USA Swimming certifications. Be assured that your swimmers are in very capable hands.

Families are asked to maintain an ACH (auto-debit bank account) or CC (credit card) with their online account. Account balances are auto-paid monthly on the 1<sup>st</sup> of each month through the club website. There are minimal processing fees of \$1.25 for ACH payments and 3.05% + \$0.30 for CC.

## USA Swimming

Each of our swimmers will be registered with USA Swimming, an organization of over 400,000 beginner, competitive and Olympic members all sharing a passion for swimming. USA Swimming registration provides swimmers and their families with valuable swimming information, recognition, and opportunities, as well as insurance coverage for our swimmers and our coaches.



## Uniform

Swimmers are not required to wear a uniform to practice. Basic practice needs are a swimsuit, a swim cap, and goggles. For meets, swimmers are expected to purchase and wear a team cap, a team Speedo suit, and a team t-shirt or warm up. All of

these items can be purchased through our team sponsor, Elsmore Aquatics. You can access the EBSC team page by clicking [HERE](#). Elsmore has a store front location in Brookfield where staff can help to guide you with suit and equipment needs.

## How do I get started with EBSC?

The first step to your involvement with EBSC is to sign up for an assessment online at [www.ebsc.org](http://www.ebsc.org). Click [HERE](#) to link to the Prospective Member Assessment sign up. At that time, you will automatically be placed on the club waiting list. Then, when the current season is coming to a close, our New Member Coordinator will contact you by email to set up an assessment date and time for your swimmer by our coaching staff to determine which – if any – training group he or she would best fit into. As soon as an opening in the appropriate training group becomes available, our New Member Coordinator will contact you to invite you to register. Registration takes place in August for our fall/winter session and in February for our spring/summer session.

## **Elmbrook Swim Club is proudly sponsored by:**



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