

# **Councilman Center Swim Team (CCiST)**

## **Background**

CCiST is an age group swim club based at Indiana University through the School of HPER and the Department of Kinesiology. It is sanctioned by Indiana Swimming and USA Swimming. All coaches and swimmers are registered.

The team originated approximately six years ago with the primary focus of working with older, more advanced swimmers. We now work with swimmers of all abilities at all age ranges and currently have swimmers from five years old to post college age.

Our swimmers have gone on to swim at many colleges and universities including Bowling Green, St. Louis, Wittenburg, Xavier, and Kenyon.

## **Coaching Staff**

Our coaching staff includes young men and women who have had much success in swimming, including competing at the collegiate and national levels. They have represented several universities and the countries of Canada, Japan and the United States

Many of our staff are currently working on cutting edge research in the field of competitive swimming.

## **The Swim Seasons**

The winter high school group swims before and after high school season. Those swimmers may also join practices on days when school is cancelled or over vacations. There is also a training group for high school students in the summer.

The younger and older swimmers have two seasons. The Winter season runs late August through mid- March.

The Summer Season runs early April through early August.

## **Practices**

CCiST practices are held in historic Royer Pool and Pool 194 in the HPER building . Summer practices are held at the IU Outdoor Pool, weather permitting.

Most groups practice 1 ½ to 2 hours three to six days each week.