



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



Mission Statement

To provide a quality aquatics experience for community members of all ages, interests and skill levels. To accomplish this, provide programming in three areas: competitive, educational, and recreational.

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 support to cope with disappointments and success 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 the Brookfield & Elm Grove area for over 45 years.



Our lead staff is committed to swimming excellence with over 140 combined years of competitive coaching experience. Head Senior Coach Fred Russell (40+), Head Age Group Coach Brent Boock (20+), New Senior Coach Dick Zache (30+), Mike Rose (30+), and Novice Coach Kristin Fresch (10+).



This longevity amongst our staff makes our program a consistent and effective place to train up young swimmers.

In recognition of our high level of training, EBSC was awarded the Bronze Medal by USA Swimming's "Club Excellence Program." The award recognizes EBSC as one of the top 200 competitive teams in the nation. In addition, USA Swimming also awarded EBSC with Level 1 Club status in its "Club Recognition Program." The award reflects our stability and club structure as one of the best in the nation.



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

Just as remarkable is that EBSC consistently represents 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.

EBSC Training Groups

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

NOVICE: ages 9 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): ages 7-12 demonstrating beginning competitive skill and training for the age group program. AGT swimmers should be proficient in three of the four competitive strokes.

AGE GROUP (AG): 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.

NEW SENIOR (NS): ages 13 and Over training at a beginning level in the senior program.

SENIOR (SEN): ages 13 and Over with a high level of competitive swimming background. This is the top tier of the EBSC group structure.



Movement between these 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 East H.S., Brookfield Central H.S., Wirth Park Aquatic Center, and Milwaukee Lutheran H.S. 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 (Click [Here](#) to see our current practice calendar)

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.



NOVICE need to attend 50% of offered workouts over the course of the month. Practices generally last 1 hour.

AGT need to attend 50% of offered workouts over the course of the month. Practices generally last 1.25 hours.

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

NEW SENIOR: need to attend 70% of offered workouts over the course of the month. Practices generally last 2-2.5 hours and include dryland and swimming.

SENIOR: need to attend 80-90% of offered workouts over the course of the month. Practices generally last 2-2.5 hours and include dryland and swimming.



Seasons

Our swimming year is broken up into two seasons:

"Short Course" which runs from September to March and **"Long Course"** which runs from March to August. Our swimmers and their families register for one season at a time.

Meets (Click [Here](#) to see a sample meet schedule)

Swimmers in all the EBSC training groups compete in 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 and the swimmers sign up for a minimum of those competitions based on availability and their training group requirements:

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

NS: need to attend 70% of offered meets

SENIOR: 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 and then later as the meet gets 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 those sign ups online so that they know what events their swimmers are swimming for any given meet.

Meets are hosted on the weekends by other local area swim clubs and have different entry fees depending on which team is hosting the meet. In order to streamline our meet entry process, EBSC maintains an "escrow account" for each family from which meet fees are withdrawn. Families deposit a minimum amount into that escrow account at the beginning of the season and our club withdraws those funds when coaches sign swimmers up for meet events. Any, remaining escrow funds can be carried over to the following season.

At meets, swimmers compete against other swimmers in their own age groups. Awards are offered at every meet and our swimmers find competitions rewarding and exciting. Swimmers generally sit with the Elmbrook team at meets and are directed by their coach as to what to think about and how to swim their races. Parents sit in designated

bleacher seating and help their swimmers stay warm, stay nourished and get to their events on time. Meet sessions generally take about 4 hours.

Volunteer Requirements

EBSC is successful because our parents are great 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 or three per season). Parents work as timers, handing out awards or selling concessions among other roles at each meet.

2. Parents MUST participate in our Pizza Fundraiser, both selling a minimum number of pizzas and also working a shift at our bi-annual pizza making days, which take place in April and October. There is a buyout option for those unable to sell the minimum number of pizzas.

3. Parents MUST sign up for 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 Meet Set Up committee or on the Apparel Sales Committee or Summer Picnic Committee. When each parent helps with one piece, the whole club puzzle gets put together.



Fees (Click [Here](#) to see our current fee schedule)

Our registration fees vary based on the training group and city residence for each swimmer. In addition to the seasonal fees listed online, families also are required to deposit \$150 into their swimmer's escrow account to be used for meet entry fees over the course of the season. Other costs throughout the season include, USA Swimming registration, uniform purchase, and pizza fundraising.

The registration fees cover our costs for pool rental and professional coaching salaries. Our coaches are professional coaches, not volunteers. On average,

they have been with the club over 15 years and maintain USA Swimming certifications. Be assured that your swimmer's are in very capable hands.



USA Swimming

Each of our swimmers will be registered with USA Swimming, an organization of over 300,000 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.



Uniform

Swimmers are not required to wear a uniform to practice. Basic practice needs are a swim suit, a swim cap and goggles. For meets, swimmers are expected to purchase and wear a team cap, a team suit, and wear a team t-shirt or warm up. All of these items can be purchased through our team sponsor, ALL AMERICAN AQUATICS by logging into their TEAM STORE online at www.all-americanaquatics.com.



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**. ([Click HERE to link to 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 to set up an assessment 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 for the club. Registration takes place in August for our fall/winter session and in February for our spring/summer session.

