

CONSIDER THIS

BY THE TIME A BUFFALO PUBLIC SCHOOL CHILD REACHES 5TH GRADE,

44% of his or her peers are considered overweight or obese.⁴ Nationally, 31% of children ages 10-17 are overweight or obese.⁵



A study examined 259 students in third and fifth grades and found that field tests of physical fitness were

POSITIVELY RELATED TO ACADEMIC ACHIEVEMENT.⁶



Fatal unintentional drowning rates of African American children ages 5-14 is almost three times that of white children of similar age.⁷

3X

MISSION

Developing character with a commitment to excellence, families and neighborhoods while creating lifelong swimmers.



Buffalo City Swim Racers is a member of USA Swimming. The success of our program will create a model to be used nationwide. You can be a major factor in teaching underrepresented children to swim locally and throughout the US.

BUFFALO CITY SWIM RACERS



YOUR GOALS ARE OUR GOALS

WITH YOUR HELP WE WILL:

- Provide pool access, coaching, transportation, academic support, USA Swimming memberships, meet fees, suits, caps and goggles to youth populations throughout the City of Buffalo.
- Create opportunities for culturally diverse and underserved students to foster lifelong habits, including being physically active, eating healthy, performing academically and exhibiting positive behaviors.
- Save the lives of minority and culturally diverse children by teaching them how to swim, providing opportunity for competition and enabling children with water safety skills that will last a lifetime.
- Remove the barriers to swimming and establish its benefits for children in all communities.
- Establish a welcoming environment where children can gain a greater understanding of other cultures.



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**IMPROVING LIVES,
ONE STROKE AT A TIME.**



COMMUNITY



A STRONGER COMMUNITY

- Buffalo City Swim Racers (BCSR) offers a fun, physical activity for school-age children that brings teammates together through afterschool activities designed to improve personal development.
- Neighborhoods see a direct positive result through family development, open practices and community events that benefit the community as a whole.
- By attracting students from distressed, underdeveloped neighborhoods who rarely attend afterschool programs, the BCSR plays an important role in strengthening these communities by blending swimming and academic enrichment as a strategy for improving schools and building neighborhoods.

DID YOU KNOW?

High levels of distress are found in Buffalo's underdeveloped communities. Approximately 26% of African Americans do not graduate from high school¹ and half of the men in these communities are without work. Additionally, almost 38% of African Americans live in poverty² with a median annual household income hovering around only \$23,834.

1. State Education Department. (2012). Public school district total cohort graduation rate and enrollment outcome summary, 2010-11 school year.
 2. New York State Community Action Association. (2011). Race and poverty in New York State: Poverty report 2011. Retrieved from: <http://www.nyscommunityaction.org>
 3. University of Memphis. (2008). Constraints Impacting Minority Swimming Participation

EDUCATION



A BRIGHTER FUTURE

- Nationwide, the high correlation between poverty and educational challenge can be seen at every level.
- BCSR improves education and academic performance in our participating swimmers by customizing the program around the academic goals of each participating school.
- Through positive reinforcement, BCSR has seen increased test scores among participating swimmers while teaching time-management skills and self control, building self esteem, teaching cooperation and instilling discipline that overflows to other areas of schoolwork.

DID YOU KNOW?

82% of students eligible for free/reduced school lunch score below proficiency in reading compared to 52% of children not eligible. Over 22% of children who experience poverty do not graduate high school by age 19, compared to 6% of children in other situations.

4. Kaleida Health. (14 Sept 2009). 2010-2012 Community Service Plan.
 5. Annie E. Casey Foundation (2006). State Differences in Rate of Overweight or Obese Youth. Retrieved from: <http://www.aecf.org/~media/Pubs/Initiatives/KIDS%20COUNT/D/DataSetSnapshotStateDifferencesinRatesofOverweig/DA3622H1267.pdf>
 6. Journal of Sport and Exercise Psychology. Castelli, Darla M, et al. (2007). Physical fitness and academic achievement in third- and fifth-grade students.
 7. Centers for Disease Control and Prevention. (18 May 2012). Drowning — United States, 2005-2009. Morbidity and Mortality Weekly Report. Retrieved from: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6119a4.htm>

HEALTH



A HEALTHIER LIFESTYLE

- BCSR teaches our children healthy habits they can carry throughout their lives.
- Children learn the importance of nutrition, a balanced diet and its impact on sport and classroom performance.
- As a lifelong physical activity, the ability to swim provides important health benefits and keeps people of all age safe around the water.
- Advanced swimmers have the opportunity to represent BCSR at local swimming meets

DID YOU KNOW?

Over the past three decades, childhood obesity rates in America have tripled. Today, nearly one in three children in America are overweight or obese. The numbers are even higher in African American and Hispanic communities, where nearly 40% of the children are exceeding these limits.³

Contact our Executive Director, Mike Switalski, at (716) 359-4729 or coachmike@buffaloracers.org.

JUMP IN



QUALIFICATIONS

BCSR adhere to a strict academic and attendance record after selecting children through a lottery system. Children must maintain an 80 GPA in all subjects, 90% attendance in school and 80% attendance at all BCSR practices and events.

PROGRAM DETAILS

BCSR coordinate with participating schools and families to provide the resources to improve the academic profile and skill sets of its participants. We do this through study hall support, opportunities to learn about maintaining a healthy lifestyle and swim lessons with the opportunity to move to a competitive level.

Coaches are trained, certified and registered with USA Swimming and the American Swim Coaches Association. BCSR is registered and insured with USA Swimming and Niagara Swimming.