Welcome To

**The Greater Columbus Swim Team**

**Of Ohio, Inc.**

[www.gcsto.com](http://www.gcsto.com/)

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The Greater Columbus Swim Team of Ohio

would like to thank you for your interest in our organization.

GCSTO has had a tremendous influence on all aspects of swimming in central Ohio and is recognized as a leader in the sport. From swimming lessons to lifeguard certification courses, from stroke instruction programs for the beginning competitive swimmer to high level training for the world class athlete… GCSTO has it all!

17.18 Fall/Winter Information

GCSTO – The age group/senior team of 2016 Olympic Trial Qualifiers, Andee Cottrell (Univ. of Louisville), Morgan McCafferty (Univ. of Nebraska), Adam Ritter (Unattached) & Hannah Stevens (Univ. of Missouri)

GCSTO’s Mission

It is GCSTO's mission to offer one of the most progressive and developmentally advanced swimming programs of its kind in this sport. Primarily we wish to provide a continually evolving and state of the art program structure to the athlete who wishes to dedicate themselves to this sport and to that which is required to achieve excellence in this sport at a national level and international level. As a result of the strength and successes of the accomplishment of this primary goal, we can then fulfill our secondary mission which is to provide the opportunity for a developing athlete of any age to discover the benefits of an environment which promotes excellence at all levels... no matter what the goals of the individual may be when they enter into our program. Not every athlete will arrive to such a level of excellence that they become an Olympian but every athlete can learn what it takes to achieve such excellence. And by doing so, any swimmer can then take advantage of the opportunity to pursue the highest level of performance excellence possible for the level of dedication that they have chosen to commit to in this sport. It is our goal to provide our swimmers with an exciting, fun, educational and challenging environment in which they are able to strive to achieve their dreams in this sport. Through all of this, it is our mission to continue to elevate the quality of senior swimming in this area, the state of Ohio and, as such, in the USA.

GCSTO’s Philosophy

Our primary goal is to provide an environment that promotes personal development in all of our team members. We wish to nurture and promote those traits that have proven to be the essence of personal success… discipline, dedication, commitment, work ethic, respect & loyalty all, of which, lie at the very core of this success. In terms of an athlete’s career, we focus first on developing athleticism in our swimmers through an extensive dry land training program. This allows for greater balance, coordination, strength, endurance and body mass control development in our swimmers. In the water we focus on creating the kicker and the stroke technician next. From these 3 will come the racer!

Carefully planning the stages that an athlete goes through in their development ensures a greater chance for a long, successful career in this sport. Fear should be raised not from what is demanded to achieve excellence in life but from what excuses hold us down to remain average players in our lives. We will educate our members towards all aspects of swimming and provide programs suitable to their needs and desires while trying to assist these athletes in determining their short and long term goals in this sport.

In pursuit of the achievement of our mission and in line with our philosophy… every individual, regardless of ability level, will be treated with equal fairness and concern for the longevity of a quality career in the sport of swimming.

***GCSTO’s History & Tradition***

GCSTO’s history can be traced back to the late sixties when a man by the name of Jim Stimmel first organized a group of summer pools into the Greater Columbus Swim Club. The club became the “team” in the mid-seventies under the leadership of Roger Fagan. The team then went through steady growth in the next few years and was led by several different head coaches (Dan Hale, Steve Fox & Bruce Barlow). In 1979, a new assistant coach, Steve Nye, came onto staff. With the retirement of then head coach, Bruce Barlow, in the spring of 1980, Nye was hired as the team’s new head coach. Coach Nye has been with the program ever since. With the help of a tremendous number of volunteer parents and an incredibly consistent array of knowledgeable and energetic coaches filling out all aspects of our staff, the team has grown into the organization that it is today, which consists of nearly 200 competitive swimmers and over 15 coaches each year. GCSTO carries a hard earned reputation as one of the top age group and senior swimming programs in the state and provides a home for athletes from novice in ability to those athletes training to achieve world ranked status. GCSTO is well known as one of the most organized and parent involved programs in the state. We have a strong name for discipline and hard work while maintaining a lighthearted attitude. GCSTO also has one of the longest standing coaching staffs in the state and is well known for producing quality coaches on an extremely consistent basis.

GCSTO head coach, Steve Nye, has been a member of the USA Swimming National Team Staff and has served as a coach at the 1990 US Olympic Festival, the 1991 National Junior Team Training Camp, the 1992 National Team at the Quebec Cup, the

1994 National Team Dual Meet Series and has been selected as Ohio Swimming’s Senior Coach of the Year over 8 times throughout his career… more than any other coach in the state and most recently in 2011. GCSTO assistant coaches have also been chosen as part of the Ohio All-Star Team coaching staff over 25 times. GCSTO has had at least 20 athletes compete in the US Swimming Olympic Team Selection meets in the past. GCSTO is the age group/senior program of 2000 US Olympian Amanda Adkins. The team has now produced or trained 20 world ranked athletes, 2 Olympic team members, a Pan-American Games medal winner, a Pan-Pacific team member, 4 World Championship team members, 2 Olympic Festival team members, 3 NCAA champions, 5 World University Games members, and 2 members of American Record holding relay teams. GCSTO’s age group program is consistently one of the stronger programs in the state and in keeping with our mission of continually making swimmers faster, is proud to be known as home to one of the best senior programs in the state.

Swim Team Program Structure

***GCSTO's PROGRAM STRUCTURE IS DESIGNED BY STEVE NYE, THE HEAD COACH OF GCSTO, and is implemented at the senior levels of the team by Head Senior Coach, Chris Binting, at the junior levels of the team by Head Age Group Coordinator, Evan Straw, and, in dryland, for all levels of the team by Head Strength and Dryland Coach, Josh Miller in order to provide athletes with the training and instruction that best fits the needs of their current ability levels.***

Our ***Novice Swim Team***practices once or twice each week for 1.25 hour each time. Novice swimmers rarely participate in USA Swimming swim meets but are welcomed to if they would like. Those athletes deciding to join our ***Competitive Age Group Swim Team*** are assigned to our levels based on their current training, technical and competitive capabilities. Although practices are only required for our national training group (Level 5), Level 1 through 3 athletes are expected to practice at least 3 times per week while Level 4 athletes are expected to practice at least 4 times per week. Level 1 through 3 athletes are not required to participate with us year around though consistent participation is the key to continued progression in this sport and is highly encouraged. Level 4 athletes are asked to participate year around and we reserve the right to assign training positions in this training group based on this factor. Level 5 athletes are required to participate year around. Although competition is not required for our younger swimmers, progressing from Level 1 through 3 on this team, more and more of our swimmers take part in local competitions and are encouraged to do so. All Level 1 through 3 athletes participating in competitions are expected to compete through the highest level meet for which they are qualified at the end of each season. Level 4 & 5 athletes are expected to participate in local competitions and are expected to compete in their complete championship series, as well.

***Locations***

***The Columbus Academy (4300 Cherry Bottom Rd. in Gahanna, 43230) – CA***

***The St. Charles (2010 E. Broad St. in Bexley, 43209) – SC***



**Fall/Winter Swim Team 2017/2018**

**New Swimmer Try-out Weeks (Novice, Level 1, Level 2 & Level 3)**

For swimmers interested in practicing at Columbus Academy Week #1 is September 5, 6 & 7 (Tuesday, Wednesday & Thursday) from 5:30 to 6:45 p.m. at the Columbus Academy. For swimmers interested in practicing at St. Charles Week #1 is tryout days are September 6, 8 & 9 (Wednesday & Friday) from 5:45-7:00 p.m. and Saturday from 9:45-11:00 a.m. all at St. Charles. Novice swimmers may report to either pool for tryouts. Please plan accordingly in terms of shoes, shorts, t-shirts and such for the dry land portions of our practices as well as suits, caps & goggles for the pool. Week #2 is the following week and is with the level in which the new athlete best fits into within our program as determined during try-outs. This schedule is for all Novice, Level 1, 2 & 3 athletes. Level 4 & 5 athletes new to the team should report directly to Level 4 or 5 practices for their 2 week trial period. ***If any vacancies remain on the team after the initial tryout period, athletes who desire to join the team late will be given their 2-week trial period commencing the first day it is that they are able to start practicing with the team.*** After December 1, this trial period will be only 1 week in length.

**Seasonal Practice Schedules & Financial Information**

***Age Group Introductory Practice Options***

***Novice Team***

**NOTE: Novices may sign up for one of two sessions during the fall/winter season or for the full season.**Session #1 lasts 12 weeks from September 11 to December 3, 2017 with Session #2 also lasting 12 weeks from December 4, 2017 to Feb. 25, 2018. Full Season option swimmers will swim from Sept. 11, 2017 to Feb. 25, 2018.

**\***September 11 to November 5, 2017 practices are Tuesday 5:45-7:00 p.m. (at SC), Wednesday 5:30-6:45 p.m. (at CA), Saturday 9:45-11:00 a.m. (at SC) or Sunday 3:45-5:00 p.m. (at CA)

\* November 6 to December 17, 2017 and January 2 to February 18, 2018 practices are Tuesday 5:45-7:00 p.m. (at SC), Thursday from 5:45-7:00 p.m. (at CA), Saturdays from 9:45-11:00 a.m. (at SC) or Sunday 3:45-5:00 p.m. (at CA)

\* February 18 to February 25, 2018 practices are Tuesday 5:45-7:00 p.m. (at SC), Wednesday 5:30-6:45 p.m. (at CA), Saturday 9:45-11:00 a.m. (at SC) or Sunday 3:45-5:00 p.m. (at CA)

**NOTE:** December 18, 2017 to January 1, 2018 there will be a specialized holiday training schedule published in November.

**NOTE:** Novice swimmers are allowed a maximum average of 2 practices per week and that this is the only swim team program we offer in which we have this split-session option.

**Cost:** Session #1 (12 weeks from September 11 to December 3, 2017) or Session #2 (12 weeks from December 4, 2017 to Feb. 25, 2018) is $220 per session. Full Season Option (Sept. 11, 2017 to Feb. 25, 2018) is $420. Team Registration Fee is $45 for those NOT competing in USA Swimming meets (includes Booster Club fee and Team E-Registration fee) OR $120 for those who ARE competing in USA Swimming meets (includes USA Swimming/Ohio Swimming registration fees, Booster Club fee & Team E-Registration fee). Corporation/Re-association fee is $25.

***Age Group Development Practice Options***

***Academy Level 1***

**\***September 11 to November 5, 2017 practices are Tuesday 5:30-7:00 p.m. (at CA), Thursday 5:30-7:00 p.m. (at CA), Friday 5:30-7:00 p.m. (at SC) and Sunday 4:30-6:15 p.m. (at CA)

\* November 6 to December 17, 2017 and January 2 to February 18, 2018 practices are Tuesday 5:45-7:15 p.m. (at CA), Thursday 5:45-7:15 p.m. (at CA), Fridays 5:30-7:00 p.m. (at SC) and Sunday 4:30-6:15 p.m. (all at CA)

\* February 19 to March 4, 2018 practices are Tuesday 5:30-7:00 p.m. (at CA), Thursday 5:30-7:00 p.m. (at CA), Friday 5:30-7:00 p.m. (at SC) and Sunday 4:30-6:15 p.m. (at CA)

**NOTE:** December 18, 2017 to January 1, 2018 there will be a specialized holiday training schedule published in November.

***Cost:*** Fall/Winter cost is $675. Year around (includes fall, winter, spring & summer sessions) payment option cost is $1,015 (fall/winter Gold Medal Camps & summer session Junior Elite Camps not included). Team Registration Fee is $120 (includes USA Swimming/Ohio Swimming registration fee, Booster Club fee & Team E-Registration fee). Fundraising requirement is $30. Corporation/Re-association fee is $35.

***SC Level 1***

\*September 11 to November 5, 2017 practices are Monday 5:45-7:15 p.m., Thursday 5:45-7:15 p.m., Friday 5:30-7:00 p.m. (all at SC) and Sunday 4:30-6:15 p.m. (at CA)

\* November 6 to December 17, 2017 and January 2 to February 18, 2018 practices are Monday 5:45-7:15 p.m., Thursday 5:45-7:15 p.m., Friday 5:30-7:00 p.m. (all at SC) and Sunday 4:30-6:15 p.m. (at CA)

\* February 17 to March 5, 2017 practices are Monday, Thursday, Friday 5:45-7:15 p.m. (all at SC) and Sunday 4:30-6:15 p.m. (at CA)

**NOTE:** December 18, 2017 to January 1, 2018 there will be a specialized holiday training schedule published in November.

***Cost:*** Fall/Winter cost is $675. Year around (includes fall, winter, spring & summer sessions) payment option cost is $1,015 (fall/winter Gold Medal Camps & summer session Junior Elite Camps not included). Team Registration Fee is $120 (includes USA Swimming/Ohio Swimming registration fee, Booster Club fee & Team E-Registration fee). Fundraising requirement is $30. Corporation/Re-association fee is $35.

***Academy Level 2***

\* September 11, 2017 to November 5, 2017 practices are Monday 5:30-7:15 p.m. (at CA), Wednesday 5:45-7:45 p.m. (at SC), Friday 5:30-7:30 p.m. (at CA) and Sunday 5:45-7:45 p.m. (at CA)

\* November 6 to December 17, 2017 and January 2 to February 18, 2018 practices are Monday 5:45-7:30 p.m. (at CA), Wednesday 5:45-7:45 p.m. (at SC), Friday 5:45-7:45 p.m. (at CA) and Sunday 5:45-7:45 p.m. (at CA)

\* February 19 to March 4, 2018 practices are Monday 5:30-7:15 p.m. (at CA), Wednesday 5:45-7:45 p.m. (at SC), Friday 5:30-7:30 p.m. (at CA) and Sunday 5:45-7:45 p.m. (at CA)

**NOTE:** December 18, 2017 to January 1, 2018 there will be a specialized holiday training schedule published in November.

**NOTE:** Age Group State Championship Team practices are on Monday, Tuesday & Wednesday 5:30-7:15 p.m. (at CA) & Thursday 5:00-6:15 p.m. (at SC) from March 5-8, 2018

**Cost:** Fall/Winter cost is $800. Year around (includes fall, winter, spring & summer sessions) payment option cost is $1,195 (fall/winter Gold Medal Camps & summer session Junior Elite Camps not included). Team Registration Fee is $120 (includes USA Swimming/Ohio Swimming registration fee, Booster Club fee & Team E-Registration fee). Fundraising requirement is $35. Corporation/Re-association fee is $45.

***SC Level 2***

\* September 11 to November 5, 2017 practices are Monday 5:45-7:30 p.m. (at SC), Wednesday 5:45-7:45 p.m. (at SC), Thursday 5:45-7:45 (at SC) p.m. and Sunday 5:45-7:45 p.m. (at CA)

\* November 6 to December 17, 2017 and January 2 to February 18, 2018 practices are Monday 5:45-7:30 p.m. (at SC), Wednesday 5:45-7:45 p.m. (at SC), Thursday 5:45-7:45 p.m. (at SC) and Sunday 5:45-7:45 p.m. (at CA)

\* February 19 to March 4, 2018 practices are Monday 5:45-7:30 p.m. (at SC), Wednesday 5:45-7:45 p.m. (at SC), Thursday 5:45-7:45 (at SC) p.m. and Sunday 5:45-7:45 p.m. (at CA)

**NOTE:** December 18, 2017 to January 1, 2018 there will be a specialized holiday training schedule published in November.

**NOTE:** Age Group State Championship Team practices are on Monday, Tuesday & Wednesday 5:30-7:15 p.m. (at CA) & Thursday 5:00-6:15 p.m. (at SC) from March 5-8, 2018

**Cost:** Fall/Winter cost is $800. Year around (includes fall, winter, spring & summer sessions) payment option cost is $1,195 (fall/winter Gold Medal Camps & summer session Junior Elite Camps not included). Team Registration Fee is $120 (includes USA Swimming/Ohio Swimming registration fee, Booster Club fee & Team E-Registration fee). Fundraising requirement is $35. Corporation/Re-association fee is $45.

fee). Fundraising requirement is $30. Corporation/Re-association fee is $45.

***Academy Level 3***

\* September 11, 2017 to November 5, 2017 practices are Monday 5:30-7:45 p.m. (at CA), Tuesday 5:30-7:45 p.m. (at SC), Thursday 5:30-7:45 p.m. (at CA) and Friday 5:30-7:45 (at CA)

\* November 6 to December 17, 2017 and January 2 to February 18, 2018 practices are Monday 5:45-8:00 (at CA), Tuesday 5:30-8:00 p.m. (at SC), Wednesday 5:45-7:45 p.m. (at CA), Friday 5:45-8:00 p.m. (at CA) and Sunday 1:45-4:00 p.m.(at CA)

\* February 19 to March 4, 2018 practices are Monday 5:30-7:45 p.m. (at CA), Tuesday 5:30-7:45 p.m. (at SC), Thursday 5:30-7:45 p.m. (at CA), Friday 5:30-7:45 (at CA) and Sunday 1:45-4:00 p.m.(at CA)

**NOTE:**There will be a 5th practice option offered from 1:45-4:00 p.m. (at CA) throughout the season on a trial basis due to expected group size. If we find the practice is not needed based on actual numbers this practice slot will be canceled.

**NOTE:** December 18, 2017 to January 1, 2018 there will be a specialized holiday training schedule published in November.

**NOTE:** Age Group State Championship Team practices are on Monday, Tuesday & Wednesday 5:30-7:15 p.m. (at CA) & Thursday 5:00-6:15 p.m. (at SC) from March 5-8, 2018

**Cost:** Fall/Winter cost is $890. Year around (includes fall, winter, spring & summer sessions) payment option cost is $1,345 (fall/winter Gold Medal Camps & summer session Junior Elite Camps not included). Team Registration Fee is $120 (includes USA Swimming/Ohio Swimming registration fee, Booster Club fee & Team E-Registration fee). Fundraising requirement is $40. Corporation/Re-association fee is $55.

***SC Level 3***

\* September 11 to November 5, 2017 practices are Monday, Wednesday & Thursday 5:30-7:45 p.m. (all at SC) and Friday 5:30-7:45 p.m. (at CA)

\* November 6 to December 17, 2017 and January 2 to February 18, 2018 practices are Monday 5:30-7:45 p.m. (at SC), Tuesday 5:30-7:45 (at SC), Thursday 5:30-7:45 p.m. (at SC), Friday 5:45-8:00 p.m. (at CA) and Sunday 1:45-4:00 p.m.(at CA)

\* February 19 to March 4, 2018 practices are Monday 5:30-7:30 p.m. (at SC), Tuesday 5:30-8:00 p.m. (at SC), Thursday 5:30-7:45 p.m. (at SC), Friday 5:45-8:00 p.m. (at CA) and Sunday 1:45-4:00 p.m.(at CA)

**NOTE:**There will be a 5th practice option offered from 1:45-4:00 p.m. (at CA) throughout the season on a trial basis due to expected group size. If we find the practice is not needed based on actual numbers this practice slot will be canceled.

**NOTE:** December 18, 2017 to January 1, 2018 there will be a specialized holiday training schedule published in November.

**NOTE:** Age Group State Championship Team practices are on Monday, Tuesday & Wednesday 5:30-7:15 p.m. (at CA) & Thursday 5:00-6:15 p.m. (at SC) from March 5-8, 2018

**Cost:** Fall/Winter cost is $890. Year around (includes fall, winter, spring & summer sessions) payment option cost is $1,345 (fall/winter Gold Medal Camps & summer session Junior Elite Camps not included). Team Registration Fee is $120 (includes USA Swimming/Ohio Swimming registration fee, Booster Club fee & Team E-Registration fee). Fundraising requirement is $40. Corporation/Re-association fee is $55.

**Season End Gold Medal Camp Series**

\* **NOVICE Gold Medal Camp Series** practices are Tuesday 5:45-7:00 p.m. (at SC), Wednesday 5:30-6:45 p.m. (at CA), Saturday 9:45-11:00 a.m. (at SC) and Sunday 3:45-5:00 p.m. (at CA) from Feb. 28-March 4, 2018 (swimmers may come in to a maximum of 4 days during this week and we will limit this to 18 swimmers per night)

***Cost:*** $20 for the week or $6 per day if not signing up for all 4 days

\* **Level 1, 2 & 3 Gold Medal Camp Series** practices are Monday, Tuesday, Wednesday & Thursday 6:00-7:30 p.m. from March 5-8, 2018 (at SC)

***Cost:*** $25 for all 4 days or $7.50 per day.

***Senior Practice Options (ages 13 & above)***

***Level 4***

**\***September 5-9, 2017 ALL DRY LAND practices are Tuesday, Wednesday & Thursday 5:30-7:15 p.m. (all at SC) and Saturday 8:00-10:15 a.m. (at CA)... please plan on swimming the last 45-60 minutes of the Saturday practice.

\* September 11 to November 5, 2017 practices are Mondays 6:30-9:15 p.m., Tuesday 5:30 to 8:15 p.m., Wednesday 5:30-8:15 p.m., Thursday 6:30-9:15 p.m. and Saturday 7:30-10:00 a.m. (all at CA)

\* November 6 to December 17, 2017 and January 2 to February 18, 2018 practices are Monday 6:30-9:15 p.m., Tuesday 5:45-8:30 p.m., Wednesday 6:45-9:15 p.m., Thursday 6:30-9:15 p.m. and Saturday 7:30-10:15 a.m. (all at CA)

\* From February 19 to March 4, 2018 practices are Mondays 6:30-9:15 p.m., Tuesday 5:30 to 8:15 p.m., Wednesday 5:30-8:15 p.m., Thursday 6:30-9:15 p.m. and Saturday 7:30-10:00 a.m. (all at CA)

\* From March 5-15, 2018 there will be a specialized championship season training schedule published in February. All Level 4 athletes are expected to train through the end of the printed regardless of their meet participation status. We are one group... one team so everyone is expected to adhere to this training schedule through the end.

**NOTE:** December 18, 2017 to January 1, 2018 there will be a specialized holiday training schedule published in November.

**Cost:** Fall/Winter cost is $1,325. Year around (includes fall, winter, spring, summer sessions) payment option cost is $2,085. Team Registration Fee is $120 (includes USA Swimming/Ohio Swimming registration fee, Booster Club fee & Team E-Registration fee). Fundraising requirement is $50. Corporation/Re-association fee is $70.

***Level 4 Elite***

This group will allow, by invitation only, these athletes the ability to train with Level 5 on Saturday mornings (or one other day each week if Saturday is not an option) all season. The remainder of their practice schedule is with Level 4.

**Cost:** Nothing beyond their normal Level 4 fees.

***Level 5***

**\***September 5-9, 2017 ALL DRY LAND practices are Tuesday, Wednesday & Thursday 5:30-7:15 p.m. (all at SC) and Saturday 8:00-10:15 a.m. (at CA)... please plan on swimming the last 45-60 minutes of the Saturday practice.

\* September 11 to November 5, 2017 practices are Mondays 6:30-9:15 p.m., Tuesday 6:15 to 9:15 p.m., Wednesday 6:15-9:15 p.m., Thursday 6:30-9:15 p.m., Saturday 7:30-10:15 a.m. (all at CA) and Sunday 8:30-11:15 a.m. (at SC)

\* November 6 to December 17, 2017 and January 2 to February 18, 2018 practices are Monday 6:30-9:15 p.m., Tuesday 6:30-9:15 p.m., Wednesday 6:45-9:15 p.m., Thursday 6:30-9:15 p.m., Saturday 7:30-10:30 a.m. (all at CA) and Sunday 8:30-11:30 a.m. (at SC)

\* From February 17 to March 5, 2017 practices are Mondays 6:30-9:15 p.m., Tuesday 6:15 to 9:00 p.m., Wednesday 5:30-8:15 p.m., Thursday 6:15-9:00 p.m., Saturday 7:30-10:00 a.m. (all at CA) and Sunday 8:30-10:45 a.m. (at SC)

\* From March 5-15, 2018 there will be a specialized championship season training schedule published in February. All Level 5 athletes are expected to train through the end of the printed regardless of their meet participation status. We are one group... one team so everyone is expected to adhere to this training schedule through the end.

**NOTE:** December 18, 2017 to January 1, 2018 there will be a specialized holiday training schedule published in November.

***Cost:*** Year around cost is $2,405 (includes fall, winter, spring & summer sessions). Team Registration Fee is $120 (includes USA Swimming/Ohio Swimming registration fee, Booster Club fee & Team E-Registration fee). Fundraising requirement is $60. Corporation/Re-association fee is $80.

***Pre-Season High School***

**\***September 5-9, 2017 ALL DRY LAND practices are Tuesday, Wednesday & Thursday 5:30-7:15 p.m. (all at SC) and Saturday 8:00-10:15 a.m. (at CA)... please plan on swimming the last 45-60 minutes of the Saturday practice.

\* September 11 to November 5, 2017 practices are Mondays 6:30-9:15 p.m., Tuesday 5:30 to 8:15 p.m., Wednesday 5:30-8:15 p.m., Thursday 6:30-9:15 p.m. and Saturday 7:30-10:00 a.m. (all at CA and all with Level 4)

**Cost:** Fall/Winter cost is $335. Team Registration Fee is $55 (includes seasonal USA Swimming/Ohio Swimming registration fee & Team E-Registration fee) OR $85 (includes yearly USA Swimming/Ohio Swimming registration fee & Team E-Registration fee).

***Post-Season High School***

\* Feb. 12, Feb. 19 or Feb. 27 onward to their championship meet as this may vary based on the age and ability of the swimmer. See the Level 4 practice schedule listed below for exact dates and training time information.

**Cost:** Fall/Winter cost is $35 per week. Team Registration Fee is $85 (includes USA Swimming/Ohio Swimming registration fees & Team E-Registration fee).

***Additional Practice Options***

***Sibling Practice Options –*** This option is available to those with multiple swimmers who are in back to back levels on the team… with coaches permission, it allows them to take the “upper” level athlete to the practice of their “lower” level athlete once per week AND allows the reverse to also occur once per week. No additional cost is associated with this extra practice.

***Home School Swim Team Program –*** This program is designed for the home schooled athlete who wishes daytime practice options throughout the season. Please see our specific “Home School” flyer for more information.



**Additional Fall/Winter Financial Information**

**GCSTO Annual Team Registration Fee**

Each swimmer joining GCSTO is responsible to pay this fee and there are 3 different levels of this fee based on the program the athlete is in.

1 - This fee is $45 for Novice non-competing swimmers which encompasses a $30 Booster Club Fee and a $15 team E-Registration Fee.

2 - For Novice swimmers competing in USA Swimming meets and for all Level 1, 2, 3, 4 & 5 swimmers regardless of their competitive status this fee is $120 which encompasses a $35 Booster Club Fee, a $70 USA Swimming/Ohio Swimming Registration Fee and the $15 team E-Registration Fee**.**

3 - This fee is either $55 for Pre-High School Season athletes which encompasses the $40 seasonal USA Swimming/Ohio Swimming Registration Fee good through 12/31/17 and the $15 team E-Registration Fee or $85 for which encompasses the $70 USA Swimming/Ohio Swimming Registration Fee and the $15 team E-Registration Fee. These athletes may pay an additional $35 to receive a Booster Club team spirit package (2 team T-shirts, a team towel & a team water bottle).

**Explanation of Registration Fee Categories**

**USA Swimming & Ohio Swimming Fees -**This once-a-year fee is mandatory for each and every swimmer joining the team in the fall or winter (exclusive of Novice swimmers) whether they compete in swimming meets or not. Novice swimmers wishing to swim in USA Swimming sponsored meets must pay this fee, as well.

**Booster Club Fee –**This fee is due from each family as a once a year fee due to the GCSTO Booster Club. The fee is simply $35 for Level 1, 2, 3, 4 & 5 families for each child that they have on the team. This fee for Novice swimmers is only $30. This fee will be transferred, in its entirety, to our 501(C)3 Booster Club. The money is used to buy the athletes their spirit packages (team t-shirts, towels  and such) and also assists funding our Booster Club programs and events (GCSTO's Polar Power Pin program, National Chevron Program, Swim Meet Hospitality, Team Bowling Party, Team Summer Pool Party and more).

Pre & Post-Season High School athletes are exempt from these fees.

**GCSTO E-Registration Fee –**This $15 fee is used to cover the administrative expenses of setting up our yearly database within the GCSTO offices and on line and is due from any and all athletes joining GCSTO in any of our programs.

**Additional Fee Categories & Descriptions**

**Fundraising Fee –**This fee is due from each swimmer on the team (Novice, Pre-Season & Post-Season High School athletes are excluded) by the fundraiser deadline which will be November 20, 2017. This year’s fundraiser will, again, be a raffle with cash prizes as the raffle awards. Your financial responsibility by Level will be $30 (Level 1), $35 (Level 2), $40 (Level 3), $50 (Level 4) & $60 (Level 5). If you have 2 or more swimmers each swimmer past your first swimmer is only responsible for an additional $20 fundraising fee.

**Corporate Fees -**This fee is due from each family the first (and only their first) fall/winter season that they become members of the team. If you have more than 1 athlete starting with the team, pay the corporate fee of your "highest" level athlete. As athletes travel through the team they pay less and less per hour to swim with us so this is a "buy-in" right to this reduction. These are listed with the cost of each level above.

**Re-Association Fees -**This fee is due from any swimmer who has left GCSTO to go to another Ohio USA Swimming team or Y team and then returns to GCSTO. If you have more than 1 athlete coming back to the team, pay the corporate fee of your "highest" level athlete. These are listed with the cost of each level above and are the exact same amounts as the Corporate Fees.

**Credit Card Processing Fees - This is a 2.95% fee that you pay along with your team fees. This is an “in and out” charge for GCSTO in that this is what we are charged by the credit card companies for their services.**

**Multiple Swimmer Discounts -** For all families with more than one swimmer in Novice, Pre-Season High School, Level 1, 2, 3, 4 or 5 GCSTO will provide you with an approximate 10% discount for each subsequent child that you have swimming on the team within the same level on the team or a less expensive level.

\* For fall/winter, only, payment option fees this discount will be $135 for a Level 4 swimmer, $90 for a Level 3 swimmer, $80 for a Level 2 swimmer, $65 for a Level 1 swimmer, $40 for a novice swimmer signing up for the full season (or $20 for a novice swimmer signing up for, either Session #1 or Session #2) and $30 for a pre-season high school athlete. This discount IS additive for each ensuing swimmer to help out families with more than 1 child on our team.

\* For year around payment option fees this discount will be $235 for a level 5 swimmer, $210 for a Level 4 swimmer, $135 for a Level 3 swimmer, $120 for a Level 2 swimmer and $100 for a Level 1 swimmer.  This discount IS additive for each ensuing swimmer to help out families with more than 1 child on our team.

**Winter Payment Due Dates - Old Team Members**

**August 31, 2017** – Registration fee and initial team fee payment, which is based on the payment plan option that you choose at the time, must be completed to avoid a $15 late payment fee.

**Oct. 1, 2017** – If applicable, your 2nd online or check installment, which is based on the payment plan option that you chose at the time of registration, is due to avoid a $15 late payment fee.

**Nov. 1, 2017** – If applicable, your 3rd online or check installment, which is based on the payment plan option that you chose at the time of registration, is due to avoid a $15 late payment fee.

**Jan. 1, 2018** - If applicable, your 4th online or check installment, which is based on the payment plan option that you chose at the time of registration, is due to avoid a $15 late payment fee.

**Feb. 1, 2018** – If applicable, your 5th online or check installment, which is based on the payment plan option that you chose at the time of registration, is due to avoid a $15 late payment fee.

**Fall/Winter Payment Due Dates - New Team Members**

**Sept. 19, 2017** - Registration fee and initial team fee payment, which is based on the payment plan option that you choose at the time, must be completed to avoid a $15 late payment fee.

**All remaining due dates are the same as those for old team members.**

**Additional Payment Schedule Information**

Here is what is due and when it is due based on the payment schedule that you select:

**FW Full-Payment (Available to Novice full-season, Level 1, 2, 3, 4 and 5 swimmers, all pre-season high school swimmers and any Level 1, 2, 3 & 4 athlete signing up to train year around. This is required of Novice swimmers signing up for Session #1 or Session #2):** This is due with your registration.

**FW 2-Part Payment Schedule (Available to Novice full-season swimmers and Level 1, 2, 3 & 4 swimmers signing up for FW swimming, only, and all pre-season high school swimmers):** Your team fees are split in half and the first half of those plus your registration fee are due with registration. The second half of team fees will be due on November 1.

**FW 4-Part Payment Schedule (Available to Novice full-season swimmers and Level 1, 2, 3 & 4 swimmers signing up for FW swimming, only):** Your team fees are split into 4 parts (25% of your team fees each) and the first 25% of those team fees plus your registration fee are due with registration. Your next 1/4 fee payment is due on Oct. 1. The next on Nov. 1 and the final one on Jan. 1.

**FW 5-Part Payment Schedule (Available to year-around swimmers only, in Level 1, 2, 3, 4 & 5):** Your team fees are split into 5 parts (20% of your team fees each) and the first 20% of those team fees plus your registration fee are due with registration. Your next 20% fee payment is due on Oct. 1. The next on Nov. 1, the next on Jan. 1 and the final one on Feb. 1.

**Year-Around Payment Option**

You may sign up for year around swimming in the fall, paying your entire amount due by February 1, 2018 in order to receive a discount on your overall team fees for the season. This option is available for full-time swimmers, only, in Levels 1, 2, 3 & 4. This is the only payment option for Level 5 swimmers. If you sign up for this option and are not able to pay these fees off by this date you will be automatically switched over to a seasonal payment structure at that point in time. Level 5 swimmers will continue to accrue late fees for each payment due date that elapses throughout the spring and summer if these fees are not paid off by the Feb. 1 date and are responsible for this entire fee even they decide not to participate in any portion of the year around season. Please note that this is a non-refundable, non-transferable payment option. In the event that a swimmer moves up a level during the season, they will be responsible to pay the (prorated) difference in team fees due for their new level.

**Notes Concerning Team Fee Payments**

\* GCSTO reserves the right at any point in time to disallow an athlete from participating in practices for failure to pay their appropriate team fees, registration fees, entry fees, fundraising fees, Booster Club fees and/or missed meet session fees in a timely manner.

\*GCSTO maintains a $15 return check charge for checks returned for any reason.

\* Anyone signing up for a program and then requesting a refund before the start of the fall/winter season will be charged a 10% administrative fee for their refund if it is deemed that a refund is warranted.

\* There will be no refunds for anyone signing up for GCSTO and then deciding to quit swimming once the season has started.

\* Anyone registering for the fall/winter season will be responsible for payment of the entire fall/winter season’s fees in the event that they decide not to continue to participate at any point in the season.

\* Special payment arrangements for team fees may be made as long as the family adheres to those arrangements.

\* There is a 2.95% credit card processing fee associated with all online team fee payments.

**Fundraising Requirement**

All swimmers practicing with the team in our Levels 1, 2, 3, 4 & 5 will be required to participate in our team fundraiser. Each family may either participate in our Fall Raffle and/or Heat Sheet Advertising Sales programs to fulfill this obligation. Novice & pre-season high school athletes are exempt from this requirement.

**Fall/Winter Meet Session Work Requirement**

GCSTO requires that all families, participating in meets or not, sign up to work at least 6 sessions of our own hosted fall/winter swimming meets in order to help us ensure that these meets are run successfully. This requirement is in place for Levels 2, 3, 4 & 5 families. Level 1 families, participating in meets or not, are required to work at least a minimum of 3 sessions of our own hosted fall/winter swimming meets in order to help us ensure that these meets are run successfully. If their swimmer does swim in our own hosted meets and swims in more than 2 sessions these families will be required to provide a meet session worker for those extra sessions up to our 6 session maximum. Novice & pre-season high school swimmer, only, families are exempt from this requirement. Failure to do fulfill this obligation for those who are required to participate will result in a fine of $25 (for 1 session missed) up to $300 (for 6 sessions missed). There are other work related positions on our team that can earn meet session credits. You may inquire with coach Nye as to the availability of these positions.



***Just A Note... How Serious Are We?***

We can't tell you how many times we've heard that people have not joined "club swimming", GCSTO especially, because it was (we are) SO SERIOUS. Not clarified, that statement is construed as negative in most people's eyes... and, understandably so. Our response to someone who feels this way is this:

1 - If you are talking about the fact that we stress SAFETY to all swimmers when they are in and around pools, then

**YES** we are very "serious" about this matter.

2 - If you are talking about the fact that we stress SPORTSMANSHIP in all aspects of life to all members of GCSTO, then

**YES** we are very "serious" about this matter.

3 - If you are talking about the fact that we believe that FAMILY & EDUCATION should take precedence in their lives then

**YES** we are very "serious" about this matter.

4 - If you are talking about the fact that we stress the importance TECHNICAL KNOWLEDGE to our swimmers, then

**YES** we are very "serious" about this matter.

5 – If you are talking about the fact that we stress ATHLETICISM & A HEALTHY LIFESTYLE to our swimmers, then

**YES** we are very “serious” about this matter.

6 - If you are talking about the fact that we stress RESPECT for other people's property and other people, themselves, then

**YES** we are very "serious" about this matter.

7 - If you are talking about the fact that we stress the need for PARENTAL INVOLVEMENT in their children's activities, then

**YES** we are very serious about this matter.

8 - If you are talking about the fact that we stress POSITIVE & SUPPORTIVE BEHAVIOR to every one of our members, then

**YES** we are very "serious" about this matter.

9 – If you are talking about the fact that we stress the importance of STAFF INVOLVEMENT all practices & all meets then,

**YES** we are very "serious" about this matter.

10 - If you are talking about the fact that we stress the importance of DISCIPLINE, DEDICATION, HARD WORK,

COMMITMENT, RESPONSIBILITY, PUNCTUALITY, LOYALTY & GOAL SETTING, then by all means…

**YES** we are very serious about this sport.

Would you expect ANYTHING less of someone who you have left responsible for your children? When you say, or hear someone else say that we are "serious", why not clarify what we are serious about? Otherwise you could get the wrong picture of “serious” in your head. The word "serious" probably scares off more new families than you could possibly imagine. We believe that most of the people who think that we are way too serious believe so because they see the end product that we produce and figure that the only way that these athletes achieved such tremendous success is because we are "so serious". WE ARE... just not about the things that they probably think we are.

**Greater Columbus Swim Team of Ohio**

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