



P.O. Box 3934, Ventura, CA 93006
(805)650-0400

[www. BuenaVenturaswimclub.org](http://www.BuenaVenturaswimclub.org)

HEAD COACH

TEAM INFORMATION PACKET 2021-2022 SWIM SEASON

Ventura Aquatics Center
901 South Kimball Rd.
Ventura, California 93004

**Buena Ventura Swim Club Mission Statement: Pursue Excellence Through the Sport of Swimming,
While Providing a Safe, Healthy, and Positive Environment for Athletes**

WHAT IS THE BUENAVENTURA SWIM CLUB?

The Buena Ventura Swim Club is a 501(c)(3) non-profit organization established in 1962 to provide opportunities to learn to swim and/or excel in swimming to individuals of all ages. Buena Ventura Swim Club is a community-based, parent-governed, and volunteer-supported program that employs experienced and knowledgeable coaching staff and serves the needs of swimmers of all levels, from beginners to world-record-setting athletes.

The Buena Ventura Swim Club is a year-round competitive swim club that guides and directs swimmers toward maximum use of their talents and abilities.

Buena Ventura Swim Club believes in developing each athlete's character through positive reinforcement of self-esteem, goal setting, time management, personal accountability, and team spirit. By successfully fostering these attributes, each individual will gain enduring life skills.

We help youth discover that swimming is a sport they can enjoy for their entire lives. We train to embrace the values embodied in the Olympic charter:

- Pursuit of personal excellence
- Harmony between body and mind
- Joy found in effort
- Respect for others
- Fair play
- Ethical conduct

REASONS TO SWIM WITH BUENAVENTURA

- Health benefits include: improved cardiovascular and respiratory systems efficiency
- Swimmers never sit on the bench
- Continual opportunity to improve
- Swimmers learn time management skills and to manage their emotions
- Daily training helps swimmers develop self-discipline
- Swim buddies become friends for life
- Being part of a team, swimmers receive group support and develop a sense of pride

NEW SWIMMER EVALUATION TRYOUTS BY APPOINTMENT ONLY

Throughout the year, Buena Ventura Swim Club offers new swimmer evaluations at the Ventura Aquatic Center Pool, 901 South Kimball Rd., Ventura. Contact our Team Administrator: TeamAdmin@buenaventuraswimclub.org or (805) 650-0400 to schedule an appointment for an evaluation. Please come in your swimsuit and bring a cap, goggles, towel, and your best attitude. The minimum requirement is to complete 25 yards each of freestyle and backstroke (without stopping), plus demonstrate some knowledge of breaststroke and butterfly.

HOW TO JOIN BUENAVENTURA SWIM CLUB, 2021-2022 SEASON:

Returning members can complete all necessary paperwork via the BSC website.

1. Meet with a coach for evaluation and group placement; complete registration packet.
2. Email the Team Administrator, TeamAdmin@buenaventuraswimclub.org, stating your child(ren) has tried out. Include your name, address, email address, birth date, and group placement. Once the Team Administrator receives your registration paperwork, they will create a member account and email you to complete the registration process online. There is a one-time \$50 family administrative fee for all new members.
3. Fill out the USA Swimming registration form included in your packet. Show your child's birth certificate to the coach. Include a check for \$74 payable to Southern California Swimming.
4. *After completing the registration process, the swimmer can pick up their entry tag I.D. at the front desk of the Ventura Aquatics Center. Every swimmer is required to scan their entry tag I.D. when entering the Ventura Aquatics Center.*
5. All paperwork in the registration packet must be completed and returned within the one-week trial period. Failure to do so will result in your child(ren) being unable to swim.
6. New families sign commitment forms included in the registration packet in support of Buena Ventura Swim Club:
 - Buena Ventura Swim Club Code of Conduct Agreement
 - Fundraising and Volunteer forms
 - Timing Commitment at "Away" Meets
 - Absentee Athlete Policy

TEAM STRUCTURE

Swimmers are in a "teaching" group based on their ability.

Bronze: Coached by **TBD**()

The Bronze Age Group teaches swimmers the skills to transition from a pre-competitive, learn-to-swim atmosphere to a competitive swimmer. Emphasis is on having fun and improving stroke technique, and introducing the concept of training for conditioning. The Bronze Group has three sub-groups with the following practice times and locations: Bronze A Group Monday – Friday, 3:30 – 4:15 PM or 4:15 – 5:30 PM, in the competition pool; Bronze B and C Group Monday – Thursday, 3:30 – 4:30 PM, in the recreation pool.

Silver Group: Coached by **Betsy Harrison** (bharrison@buenaventuraswimclub.org)

The purpose of the Silver Age Group is to prepare our young swimmers for competition and introduce race strategies to help them be as competitive as they want to be. We should prepare as many young swimmers as possible for entry into the Gold Age Group. Emphasis continues to be on having fun and stroke techniques, increasing training and conditioning. The swimmer will learn to read a pace clock and understand the primary focus of each set. This group practices Monday – Friday, 3:30 – 5:00 PM.

Gold Group: Coached by **Luke Corley** (lorley@buenaventuraswimclub.org)

Gold Age Group is the pinnacle of age-group swimming within our structure at Buena Ventura Swim Club. While there is no attendance requirement, swimmers are encouraged to attend all practice sessions, especially as they approach ages 11 – 12; this is the last group to transition into senior-level swimming. If they are prepared, your swimmer will have a much better senior-level swimming experience and a better chance of continuing in the sport. Emphasis continues to be to have fun while increasing training and conditioning. The coach teaches stroke technique within a conditioning swim set instead of technique as a stand-alone mechanism. The Gold Group practices Monday – Friday, 5:00 – 7:00 PM, and Saturday, 7:00 – 9:00 AM. Dryland training is 4:30 – 5:00 PM, Monday – Friday.

Senior Group: Coached by **Luke Corley** (lorley@buenaventuraswimclub.org) and **Stewart Harrison** (sharrison@buenaventuraswimclub.org)

The Senior Group is the pinnacle of the training group within the Buena Ventura Swim Club structure as a “center of excellence.” The Senior Group will provide a challenging atmosphere, and swimmers will be encouraged to reach their full potential. Coaches will give these athletes the attention, education, and tools they need to succeed. The dedication, commitment, and work necessary to succeed in this group will be immense and require the parents' support. The Senior Group practices Monday – Friday, 5:00 – 7:00 PM, and Saturday, 7:00 – 9:00 AM. Dryland training is 4:30 – 5:00 PM, Monday – Friday.

There is no attendance requirement assigned to this group; however, the training group will give every individual the opportunity to succeed to the best of their potential. Each swimmer will always behave positively with teammates and help foster the “**winning culture**” necessary to be an elite-level athlete.

The swimmer expectations are:

- Accept the responsibility for their performance.
- Understand and perform specific race strategies.
- Effectively communicate their commitment to their parents and coach.
- Have balance with school, family, swimming, and social commitments.
- Take responsibility for their swimming careers.

Practices times for the Senior Group are as follows but change at times??

Ventura County Masters: Coached by **Tom Ball** (thball@hotmail.com), **Kevin Marble** (kjmarble@icloud.com), and **Chris Acker** (acker.christopher@gmail.com)

Ventura County Masters (VCM), the adult program under the Buena Ventura Swim Club umbrella, offers opportunities for all ability levels—from those who wish to learn the four strokes to those who want to swim for fun and physical fitness, up to and including elite-level masters swimmers. There are regular Masters’ programs for all abilities. Check our website or contact the Team Administrator, TeamAdmin@buenaventuraswimclub.org, for details. VCM practices Monday – Friday, 5:30 - 7:00 AM, and Saturday, 7:00 - 9:00 AM.

Where Does Buena Ventura Swim Club Train?

Buena Ventura Swim Club operates a year-round program that provides each athlete opportunities to become a champion by developing their character and potential. We train at the Ventura Aquatic Center within Ventura

Community Park: 901 South Kimball Rd., Ventura, CA 93004, and Rio Mesa High School: 545 Central Rd., Oxnard, CA 93036.

The swimming season is in two distinct phases:

- **Short Course Yards (SCY)** swimmers compete in 25-yard pools from September through February.
- **Long Course Meters (LCM)**, in which swimmers compete in 50-meter pools from March through August.

MONTHLY TEAM DUES

These fees cover coaches' salaries, pool usage fees, and other program operating expenses.

<u>BSC Members:</u>	<u>1st swimmer</u>	<u>Additional Swimmers</u>
Bronze Group	\$100	\$90
Silver Group	\$140	\$130
Gold Group	\$170	\$160
Senior	\$200	\$190
Masters	\$75	\$75

We offer a discount of \$10 for additional swimmers, for immediate family only.

Notes of Initial Fees for 2021-2022 Season:

- All new members will pay a one-time **\$50** family administrative fee AND September dues at the time of registration.
- Your credit card or bank account gets billed on the 1st of each month for outstanding fees/dues. Please do not give payments to coaches. You can also mail payments to the P.O. Box or arrange payments with the Team Administrator.
- Please refer to the Financial Absentee Policies (below) for early withdrawal and extended absences.

Buenaventura Swim Club Financial Assistance Policy

To fulfill our pledge to "provide the young people of our community with a positive training environment where they have the opportunity to reach their greatest physical, intellectual, social, and emotional potential through competitive swimming," Buenaventura Swim Club provides financial assistance to qualifying families. Please download the BSC Scholarship Application form on our website under the Info tab. Complete and email the form to TeamAdmin@buenaventuraswimclub.org or mail it to Buenaventura Swim Club P.O. Box 3934, Ventura, CA 93006. Suppose your financial situation continues for two years. If you continue to need assistance, starting in the third year, your fundraising obligation increases to 60 hours per year/40 hours for Bronze Group for a 100% scholarship. Per team administration, anything less than a 100% scholarship gets prorated. (Please refer to the Fundraising and Volunteering section below).

Financial and Absentee Policies

The following policies are necessary so we can continue to offer a quality program with professional staff in an outstanding facility:

- There is no credit given for missed practices or vacations.
- For swimmers joining after the beginning of the season, payments start with the current month; fundraising and volunteer commitments get prorated.
- Payment of account balance is due on the 1st day of the month. A **\$10 late fee** on unpaid balances gets assessed on the 15th of the month.
- A **\$20 fee** gets assessed if a credit card or check payment fails to go through.

- Active members who have a past due balance of more than \$200 per swimmer will not enter swim meets. A swimmer can enter a meet if they pay the meet entry fee by cash in advance, and there is a written monthly payment agreement with the club treasurer.
- Swimmers wishing to suspend their account for any reason MUST contact the Team Administrator immediately. It would be best if you did this BEFORE the 1st of the month, or you will have to pay for an entire month.

Swimmers/families with an outstanding balance will not be allowed to register for the next season until either full payment is received or satisfactory payment arrangements in writing with the club treasurer get made.

- Prorated fundraising and volunteer balances will be due immediately if a swimmer leaves the team mid-season.

IMPORTANT NOTICE: Email all billing and membership questions to TeamAdmin@buenaventuraswimclub.org.

FUNDRAISING AND VOLUNTEERING

Buenaventura Swim Club is a parent-governed and operated organization. It depends on the willingness and support of our member families' time and fundraising efforts. Families are required to fundraise \$300 AND volunteer 30 hours per year. Bronze Group members are responsible for volunteering 20 hours per year.

Families fulfill these commitments by helping at our home meets and by involving the business community. Our club includes age-group swimmers and adult Masters swimmers. Therefore, when we have a swim meet, we need **EVERYONE'S** help to put on a successful meet. These meets are our lifeline since they are our main fundraisers. Home meet volunteer opportunities include set-up and break-down for the meet; preparing and serving meals to officials; selling snacks, water and clothing; signing up swimmers; organizing and sorting awards; keeping our facility nice and clean; helping with the administrative duties.

Several fundraisers get organized throughout the year, and members are encouraged to participate and invite businesses to sponsor our team and contribute to our meets as needed.

SWIM MEETS

Southern California Swimming

Southern California Swimming is the Local Swim Committee (LSC) that regulates swim teams, officials, swim meets, and time standards. Visit www.socalswim.org for more information.

Participation at Meets

Swimmers may participate at a variety of meets as recommended by the coaches. Their participation depends on the goal and readiness of the swimmer and on the level of the meets available. Signing up for the meets is done through our website. You may choose to "commit" or "not commit" to attend a meet. If you decide to participate in the meet, you must also select each event the swimmer may wish to compete in by clicking the box next to each event. At times, specific "championship" swim meets require a swimmer to have already achieved a certain time standard to sign up. These meets require a "proof of time" where the swimmer must show where they performed the time standard in that particular event.

Supporting Home Swim Meets

Our home meets are the team's lifeline. Buenaventura Swim Club has an excellent reputation for running efficient meets thanks to the willingness of our members to work together. In addition, we ask each member to contribute by donating beverages and snacks to provide to our guests. Home swim meets attract out-of-town guests, which benefits our local business community. Members are encouraged to approach businesses to advertise in our programs as these contributions count towards the members' fundraising commitment.

Entry Fees at Swim Meets

A tentative Swim Meet Schedule gets planned at the beginning of the season. Swimmers can sign up online through our website once a meet is “posted.” The meet fees get paid the same way as the members have chosen to pay their monthly dues. Entries are typically due about two weeks before the meet is to take place. All the information about each meet is in its Meet Information Sheet. “Meet Sheets” are available on the Southern California Swimming website: www.socalswim.org. They are usually included in the initial email request, notifying members to sign up for the meet.

Timing at Away Meets

Timing is an integral part of all swimming competitions. It is required for all families to time at “Away Meets” for at least one hour, as the team is assigned timing chairs based on the number of signed-up swimmers. These hours count toward the volunteer requirement.

TEAM UNIFORM

Team Suit and Apparel-Updated

Speedo swimwear is our team sponsor, and swimmers competing MUST wear Speedo suits. Though we offer the team suit for purchase through Conejo Swimworks, we only require the competing swimmer wear a Royal Blue Speedo suit (or jammer).

To assist our team in obtaining team backpacks, team warm-ups, and suits with the Buenaventura “B,” our partner, **Conejo Swimworks**, has a Buenaventura Swim Club team page within their website and gives a 15% discount on regular-priced merchandise. **Conejo Swimworks**: 688 N. Moorpark, Thousand Oaks, CA 91360; Retail Store Hours: Monday 11:00 – 6:00 PM, Tuesday – Saturday 10:00 – 6:00 PM, Sunday CLOSED; (805) 379-4734; www.conejowimworks.com.

Team Caps and Parkas

Swimmers can only wear Buenaventura Swim Club caps at swim meets. All new swimmers receive one Buenaventura cap upon joining the team. Additional team caps are available for \$6 (latex) or \$12 (silicone). Our Clothing Committee will notify members to place bulk orders of “personalized” silicone caps.

Swimmers can order team parkas from **Conejo Swimworks** and place their orders in early October. Allow 10-12 weeks for delivery.

TO FIND OUT MORE ABOUT BUENAVENTURA SWIM CLUB, CONTACT US:

- Visit our website: www.buenaventuraswimclub.org
- Email: TeamAdmin@buenaventuraswimclub.org
- Call: (805) 650-0400
- Communicate with coaches via the Coaches tab on our website
- Mail questions or comments to P.O. Box 3934, Ventura, CA 93006
- Facebook/Instagram?