



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

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

TEAM INFORMATION PACKET 2021-2022 SWIM SEASON

Ventura Aquatics Center
901 South Kimball Road, 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. This 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 concerned with guiding and directing swimmers toward maximum use of their individual 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 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 EVALUATIONS

1. **Buenaventura Swim Club offers New Swimmer Evaluations at the Ventura Aquatic Center Pool**, located at 901 South Kimball Rd., Ventura, California, on an ongoing basis. For evaluations, please contact our Team Administrator at TeamAdmin@buenaventuraswimclub.org or 805-650-0400. Please come in your swimsuit and bring a cap, goggles, towel, and your best attitude. The minimum requirement to join our first-level swimmer must have become water safe and independent.

HOW TO JOIN BUENAVENTURA SWIM CLUB

Returning members must email Team Admin for instruction.

1. Schedule an appointment with the team admin 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. After all your paperwork has been received, we 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. Email copy of child's birth certificate to the Admin (we need to verify the date of birth). 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. All swimmers are required to scan their entry tag I.D. when entering to the facility.**
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 Buenaventura Swim Club:
 - a. Buenaventura Swim Club Code of Conduct Agreement
 - b. Fundraising and Volunteer forms
 - c. Timing Commitment at "Away" Meets
 - d. Absentee Athlete Policy

TEAM STRUCTURE

The swimmers are placed in a "teaching" group based on ability.

PRE-COMPETITIVE GROUP

This group is for swimmers ages 5-8 who have no formal swimming experience. To join this level swimmer must have become water safe and independent. In this group, the swimmer will learn the proper body position, balance, and coordination for backstroke and freestyle. Swimmers will focus on basic drills that are developmentally appropriate to increase body awareness and coordination in the water. This group practices twice a week from 3:30 to 4:30 PM option A) Monday & Wednesday, Option B) Tuesday & Thursday.

STROKE DEVELOPMENT GROUP:

The Stroke Development 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. The stroke development Group has four sub-groups with the following practice times: Level 1 Monday – Thursday, 3:30 – 4:30 PM in the recreation pool, Level 2&3 Monday – Thursday 3:45 – 5:00 PM, Level 4 Monday – Thursday 3:45 – 5:00 PM, and Friday from 3:30 to 5:00 PM in the competition pool.

AGE GROUP:

The purpose of the 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 Junior Group. Emphasis continues to be on having fun, but also on stroke technique, with an increasing priority of training and conditioning. Swimmers will learn to read a pace clock and understand the primary focus of each set. This group practices Monday through Friday 3:30-5:00 PM. Dryland training is Tuesday and Thursday 5:00 – 5:45 PM.

JUNIOR GROUP:

Junior Group is the pinnacle of age-group swimming within our structure at Buenaventura Swim Club. While there is no attendance requirement, swimmers are encouraged to attend all practice sessions, especially as they approach ages 11-13 because this is the last group in the transition into senior level swimming. Your swimmer will have a much better senior level swimming experience, and a better chance of continuing in the sport, if they are prepared. 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 Junior Group practices Monday through Thursday 5:00 – 7:00 p.m., Friday from 4:00 to 6:00 PM and Saturday 7:00-9:00 AM. Dryland training is Tuesday and Thursday 4:00 – 5:00 PM.

SENIOR PREP:

This group is designed to meet the needs of a wide range of 12-14 older swimmers. Whether they are just getting started in competitive swimming, or if they are a competitive swimmer who is also participating in other sports. The focus of this practice group is to improve the swimmer's stroke skills and develop their enthusiasm for swimming. Swimmers are given a challenging practice designed to teach them how to be more efficient in the water. Swimmers must be able to swim 100 yards freestyle without assistance to start in this group.

Swimmers are encouraged to attend 3 of the 6 weekly practices to get the most out of this group. The Senior Prep practices Monday-Thursday 5:00-7:00 PM, Friday 4:00-6:00 PM, and Saturday 7:00-9:00 AM. Dryland training is Monday & Wednesday 4:00-5:00 PM.

SENIOR GROUP

The Senior Group is the pinnacle of the training group within the Buenaventura 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. Each swimmer will always behave positively with teammates and help foster the “**winning culture**” necessary to be an elite-level athlete. The Senior Group practices Monday-Thursday 5:00-7:00 PM, Friday 4:00-6:00 PM, and Saturday 7:00 – 9:00 AM. Dryland training is Monday-Thursday 4:00 – 5:00 PM.

The swimmer is expected to:

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

Ventura County Masters:

Ventura County Masters (VCM), the adult program under the Buenaventura 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. Please check our website or contact the Team Administrator for details. The Masters group practices Monday through Friday 5:15-7:15 AM and Saturdays 7:00-9:00 AM.

Where Does Buenaventura Swim Club Train?

Buenaventura Swim Club operates a year-round program that provides each athlete opportunities to become a champion by developing his or her own character and potential. We train at the Ventura Aquatic Center within the Ventura Community Park located at 901 South Kimball Rd., Ventura, Ca, and at Rio Mesa High School located at 545 Central Rd, Oxnard, Ca 93036. The swimming season is divided into two distinct phases as follows:

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

MONTHLY TEAM DUES

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

We offer a discount of \$10.00 for additional swimmers, for immediate family only.

<u>BSC Members:</u>	<u>1st swimmer</u>	<u>Additional Swimmers</u>
Per-Comp	\$65	\$65
Stroke Development Group	\$100	\$90
Age Group	\$140	\$130
Junior Group	\$170	\$160
Senior Prep	\$170	\$160
Senior	\$200	\$190
Masters	\$75	\$75

Notes of Initial Fees of Season 2021-2022:

- All new members will pay a one-time **\$50** family administrative fee dues at the time of registration.
- Your credit card or bank account will be billed on the 1st of each month for outstanding fees/dues. Please do not give payments to coaches, either mail to the PO Box, or make arrangements with Team Administration
- Please refer to the Absentee Athlete Policy 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 & Absentee Policies

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

- There is no credit given for missed practices or vacations.
- For swimmers joining after the start of the season, payments begin with current month and fundraising and volunteer commitments are prorated.

- Payment of account balance is due on the 1st day of the month and a late fee of **\$10.00** will be assessed on the 15th of the month on unpaid balances.
- **Should a credit card or check payment fail to go through, the account will be assessed a \$20.00 fee.**
- Active members who have a past due balance greater than \$200 per swimmer will not be entered into swim meets. However, a written payment agreement with the club treasurer and consistent monthly payments will allow the swimmer to be entered into meets, if the meet entry fees are paid by cash in advance.
- **Swimmers wishing to suspend their account, for any reason, MUST contact team administration immediately. Must be BEFORE 1st of the month or will have to pay for full month.**

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

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

SWIM MEETS

Southern California Swimming

Southern California Swimming is the Local Swim Committee (LSC) that regulates swim teams, officials, swim meets, and time standards. All this information can be accessed by visiting its website at www.socalswim.org.

Participation at Meets

Swimmers may participate at a variety of meets as recommended by the coaches, and 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 do choose to attend the meet, you must also select each individual event the swimmer may wish to compete in, by clicking the box next to each individual event. At times, there are certain “championship” swim meets that require a swimmer to have already achieved a certain time standard to sign up. These meets require a “Proof of Time” in which the swimmer must show where they achieved the time standard in that particular event.

Supporting Home Meets

Our home meets are the team’s lifeline. Buenaventura Swim Club has an excellent reputation in 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. Since our home meets attract out-of-town guests, our business community benefits. 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

The tentative Swim Meet Schedule is planned at the beginning of the season. Swimmers can sign up online through our website, once a meet is “posted”. The meet fees are paid in the same manner 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. These may be found at the Southern California Swimming website at www.socalswim.org, and they are usually included in the initial email request notifying members that they can sign up for the meet.

Timing at Away Meets

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

TEAM UNIFORM

Team Suit and Apparel-Updated

Our team is sponsored by **Speedo** swimwear, all swimmers competing MUST wear Speedo suits. Though we offer the team suit for purchase through Conejo Swim Works, **we only require the competing swimmer wear a Royal Blue Speedo suit (or jammer)**. The Speedo suits can also be purchased through Conejo Swim Works.

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. Their store is located at 688 N. Moorpark, Thousand Oaks, CA 91360. Retail Store Hours: Monday 11 a.m. to 6 p.m., Tuesday through Saturday 10 a.m. to 6 p.m., Sunday CLOSED. They can be reached at (805) 379-4734, and you can visit their website at www.conejoswimworks.com.

Team Caps and Parkas

Only Buenaventura Swim Club caps may be worn at swimming meets. All new swimmers receive one Buena cap upon joining the team. Additional team caps may be purchased for **\$6.00 (latex) or \$12.00 (silicone) each**. Members are notified when our Clothing Committee places bulk orders of “personalized” silicone caps.

Team parkas may be ordered through **Conejo Swimworks**. These items take between 10-12 weeks for delivery. It is suggested that these orders be placed in early October.

FUNDRAISING AND VOLUNTEERING

As a parent-governed and operated organization, Buenaventura Swim Club depends on the time, willingness, and support of our member families’ time and fundraising efforts. Families are required to fundraise \$300.00 and volunteer for 30 hours per year. Stroke Development groups members are responsible to volunteer 20 hours per season. No Volunteer hours requirements for the Pre-Competitive group.

These commitments can be fulfilled by helping at our home meets and by involving the business community. Our club is made up of both age group swimmers and adult Masters swimmers. Therefore, when we have a swim meet, we need **EVERYONE’S** help in order 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, as well as preparing and serving meals to officials, selling snacks, water and clothing, signing up swimmers, preparing and sorting awards, keeping our facility nice and clean, and helping with the administrative duties.

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

IMPORTANT NOTICE: Please forward all billing and membership status questions via email to TeamAdmin@buenaventuraswimclub.org.

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

- Visit our website: www.buenaventuraswimclub.org
- Mail questions or comments to P.O. Box 3934, Ventura, CA 93006 or Call us at (805) 650-0400
- Communicate with coaches via the Coaches Tab on our website