



Club v. HS Swimming (and Swimming Club during the HS season)

Every year I get questions about should my swimmer swim HS, can they do both HS and club swimming at the same time, is one better than the other, etc. This article is designed to hopefully answer some of those questions. If you have more questions, please reach out to me!

Is Club or HS better? That's not for me to answer but rather each individual swimmer. Each swimmer has different motivating factors and each has its own appeals. From a coach's perspective, swimming is swimming. The bottom line is that the activity is what you make it. The type of training is pretty much the same, but the types of individuals in each activity are different. The HS team is made up of swimmers that are there for a myriad of reasons (stay in shape, forced to do a sport, want to be part of a team, want to earn a varsity letter, etc.) The majority of club swimmers tend to be more focused on a day-to-day basis, and want to push themselves above and beyond and use it as a stepping-stone towards bigger swimming opportunities (higher level competitions, collegiate swimming, etc.).

One of the biggest draws of the HS swim team is the team atmosphere. Swimmers in grades 9-12 get to swim together every day of the season, regardless of ability. It's fun to represent your HS and there tends to be a bit more local press with HS. Also the HS state meet truly has an amazing atmosphere that is hard to duplicate. On flip side, the events are always the same and you swim where you are needed. Not everyone gets to swim each event.

What are my thoughts on one versus the other? I want the swimmer to be happy and do what is best for them. Period. It's that simple! HS swimming isn't necessarily for everyone, just like club isn't for everyone. Do what makes you happy! But remember, it's up to you to make the most of each opportunity and lesson. If you aren't sure what to do, let's sit down, visit and figure out pros/cons for each and see what is the best decision for you!

FAQ's

Q: Can my swimmer swim HS and club at the same time?

A: Yes, as long as they are currently USA Swimming registered. During the HS season, the HS practice time acts as the Senior Group practice. The main difference is that during the HS competition season (Nov 1 – Feb 15), club swimmers must swim unattached at club swim meets (which isn't a big deal as I do the entries and you don't have to do a thing).

Q: Is there a different practice schedule for Senior swimmers than the regular groups?

A: Yes, I hope. As long as I have the numbers to run a separate Senior practice from 3-5 PM on days that there isn't school, I'm more than willing to do it. 10 is good; 4 is not so good. I will email any changes out if necessary but will plan on a Senior group practice at this time.

Q: Should my HS swimmer swim in club meets?

A: It is a good idea so that they can swim different events. HS meets offer the same meets every meet and the coach picks the events. So it's like club but there isn't always too much variation.

Q: Does my HS club swimmer need to participate in the Swim-A-Long?

A: Yes. They are part of the team and this is our big fundraiser for the year.

Q: Are there morning workouts during the school year?

A:

- Yes, for **invited** club swimmers.
- This is not a makeup workout, but a supplemental workout. The swimmers at this practice commit to for the season. It's not come when you want as that defeats the setup of this workout. This workout isn't for everyone.

- I monitor performance, attitude, sleep, grades, etc to make sure they can handle the load.
- This typically runs from the end of October through the end of January.
- Yes, there will be early practice on days there are HS and/or club meets.

Q: Are there still club fees assessed during the HS Season?

A:

- Yes. PCS bills club/HS swimmers for the month of October to cover all the senior group practices that occur when there isn't HS practice (Fall Break, Thanksgiving, Christmas, etc.) February dues will be half. If the swimmer isn't on PCHS and attends regular PCS practice, they will be assessed the normal dues for their group.
- USA Swimming Registration for 2020.
- Also, there are HS meets where the club swimmers can request that their times can count for USA Swimming. This is usually a \$5-10 fee per meet. I sent out info about this when it is available.