

# Central Bucks Aquatics Frequently Asked Questions

than pre-team clinic, independent from parent who will be off pool deck and out of locker rooms at all times).

Our pre-team and spring swim clinics are appropriate for swimmers who can swim freestyle and backstroke and may need additional instruction to be able to properly swim breaststroke and/or butterfly. These programs are also appropriate for swimmers who know all four competitive strokes (freestyle, backstroke, breaststroke, butterfly) but need more refining of the strokes to be ready for/more prepared for swim team. Clinic swimmers must have the endurance and attention span to practice for an hour (less rigorous as far as distance swum during time spent at practice than swim team), and be able and willing to listen to and respond to coaches' instructions and suggestions in a team format – they must have the attention span and disposition to work cooperatively in a team practice setting (swimmer to coach ratio is generally lower than team but higher than lessons, independent from parent who will be off pool deck and out of locker rooms at all times).

Lessons are appropriate for fully potty-trained swimmers (no swim diapers allowed) ages 3 ½ years old and over of all ability levels who may be familiar with some or all competitive strokes but may need introduction to all strokes. Lesson swimmers need to have the attention span to participate in a lesson lasting 30-45 minutes and be able and willing to listen to and respond to instructors in a lesson format – they must have the attention span and disposition to work cooperatively in a lesson setting (low swimmer to instructor ratio, independent from parent who will be off pool deck during lessons).

I am new to the program. How do I sign-up? Is registration or evaluation first?

Basic information is provided below. Please follow the instructions on the website page for the specific program in which you are interested. Please take careful note of deadline and evaluation dates as they are well in advance of program start dates to allow for registration to be completed and processed in time for participants to start when the program begins.

For group lessons, swimmers should be registered through My Payments Plus by the posted deadline and signed up for an evaluation slot through Sign-Up Genius prior to attending evaluations. Not all swimmers must be evaluated. Please see group lessons website page for details. Swimmers who do not need an evaluation must still be registered through My Payments Plus by the posted deadline. Register early as lessons typically fill up very quickly after registration opens.

For the spring dive clinic, divers just register - there are no evaluations. See the website for details.

For the swim clinics and SAL dive and swim team, new swimmers and divers attend evaluations and, if invited to join the program, receive registration instructions via email after evaluations. Note that if you are returning to the pre-team clinic or one of our teams and were on one of our teams last year you do NOT need to be evaluated. Athletes switching from swimming to diving or diving to swimming do need to be evaluated.

Cost and other details are available on the following websites:

Clinics: [www.cbsd.org/Page/2476](http://www.cbsd.org/Page/2476)

All teams: [www.cbswimanddive.com](http://www.cbswimanddive.com)

There is no charge for evaluations.

For the USA Swimming team (CBST-USAS) new members have previous competitive winter team swimming experience and are able to swim all four competitive strokes (freestyle, backstroke, breaststroke, butterfly) legally, and an evaluation must be scheduled. Registration instructions will be provided via email after the evaluation. Such swimmers must make contact per the team website (see link on home page) by the indicated deadline which will be well in advance of the start of the season (generally two to three months prior to the season starting) to ensure that an evaluation can be scheduled in time to get paperwork and payment in by the registration deadline. Cost and other details are available on the team website [www.cbswimanddive.com](http://www.cbswimanddive.com).

I am a return member. How do I sign-up for the team?

Swimmers who were on one of our teams during the immediately prior season are considered return members for just the team on which they previously swam. Swimmers who were on one team in the previous season but wish to register for another one of our teams (instead or in addition) should contact aquatics staff prior to registering for any team to obtain information regarding their registration status and appropriate procedures. Divers who were on the CB Diving team during the immediately prior season are considered return members. Both returning swimmers and returning divers should follow the instructions which are emailed each season to register. Registration for return members is accomplished online. Information is emailed to last season's participants as a courtesy, but it is the responsibility of the member to seek out the information rather than relying on emails - if you have not received information by mid-July for next season, contact Aquatics staff.

Why are the registration deadlines set when they are?

Each registration deadline is set to allow time for paperwork to be processed and any necessary evaluations conducted so that all participants will



Why are the programs held where they are (rather than at the other pool in the district)?

The location of all programs is carefully considered based on several factors including physical features of the pools and the other aquatic programs occurring during the same time frame. For example, two considerations regarding lessons occurring at CB East and not at CB South are that the shallow end of the pool at CB South is too deep for most instructors to stand so they would not be able to safely instruct most lesson students, and that the temperature of the CB South pool is not comfortable for our lesson swimmers as it is kept lower for the year-round competitive team.

How are times determined for the various programs?

Because our programs take place in schools, our programs need to fit in around the school needs and cannot occur during the school day. During the high school swimming and diving season (mid-November through March) there are five swimming teams and four diving teams using the two available pools. Timing (with respect to time of year and hour of day) for each program is determined based on pool availability, type of program, and staffing considerations.

### Swim Lessons Questions:

How do I sign-up for private lessons?

Anyone interested in private lessons should click on the Private Lessons tab of the aquatics webpage as all information is contained there. Registration is accomplished online through My Payments Plus after making email contact to ensure availability.

How do I sign-up for group swim lessons?

Information about group swim lessons is available through the Group Lessons tab of the aquatics webpage. Registration is accomplished online through My Payments Plus.

May I just show up to the pool the first day of lessons and then sign up?

No, all participants must be registered online and their registrations processed by the Community School Office BEFORE your child will be allowed to participate.

May I make up a class at a different time or on a different day if I cannot make one of my child's lessons due to a conflict?

No, this creates too much chaos for our aquatic managers, instructors, and those enrolled in the class as it disrupts our instructor to swimmer ratios and class dynamics.

May I get my fees prorated if I am joining late or must miss a week or two due to another commitment?

No, this creates administrative issues for us and takes a spot from someone who could attend for the full session, so we have a blanket policy that makes it fair for all participants and staff.

Pre-team Swim Clinic Questions:

When are practices/meets for pre-team swim clinic?

Pre-team swim clinic practices are generally held in the evening twice per week in September (see webpage for details). There are no meets.



CBST-USAS meets are not dual meets – they are “invitational” style while CBST-SAL has dual meets and invitationals.

Most CBST-USAS meets do not have relays – relays are often available at championship meets, while all CBST-SAL dual meets have relays (typically no relays at SAL invitationals).

Also, please see previous answer and other information throughout this document and the team website.

Are new swimmers not yet proficient in all strokes able to be on the team?

CBST-USAS is not an appropriate placement for swimmers new to competitive swimming. CBST-SAL is designed to accommodate newer (developmental) swimmers and more advanced swimmers. Newer swimmers may not yet be proficient in all strokes. Within each age category practice group, swimmers are grouped in lanes with ability considered. All swimmers on the team are full members and should plan to attend meets.

Do swimmers p





What are the volunteering requirements for the teams?

For CBST-SAL, all team members are needed as volunteers for our meets to run. Specific requirements each season will be communicated based on the number of swimmers and divers on the team. Families should expect to work most meets (home and away) their swimmer







## CBST-USAS Questions:

May I practice with CBST-SAL @ " ou-USAS?

No, CBST-USAS swimmers attend CBST-USAS practices and may not attend CBST-SAL practices. This is the case for all CBST-USAS swimmers even if they also swim CBST-SAL meets. The practices are different, the coaches are different, the groupings of swimmers within the practices are different, and (based on years ago experience) practices will not be manageable if everyone is allowed to go wherever they choose each night as some practices will be too full and others not well attended, and the right coaches will not be there for the right practice groups. Additionally, to meet insurance requirements, swimmers may only practice with their assigned team. The CBST-USAS athletes pay for the CBST-USAS program - that means CBST-USAS practices - and have the courtesy extended to them that they may pay just the CBST-SAL association fee and participate in the CBST-SAL meets, but they are not paying the CBST-SAL program fee so are not eligible to go to those practices. Swimming with a different team or practice group is not allowed even for one practice and regardless of practice conflicts (CB or personal).

What are the different registration options for CBST-USAS team swimmers?

Season: You may choose short-course only (September-March), long-course only (mid-April through July) or year-round (all year with breaks mid-March through mid-April and the month

Are swimmers under nine years old able to join CBST-USAS?

Typically, swimmers eight and younger are not ready for the rigorous CBST-USAS practices. Eight-year-old swimmers who are evaluated as ready to practice with CBST-USAS may practice with the team but will not have meets available to them through CBST-USAS until they turn nine. Our CBST-USAS coaches believe that attending SAL team and/or summer team meets provides adequate competition opportunity for swimmers under nine years old.

My high school swimmer just wants to swim with CBST-USAS outside of high school season is that possible?

Yes, the typical Central Bucks high school swimmer will swim with CBST-USAS during September, October, and the first half of November then will swim with the high school team