

Guidance for CBST High School Swimmers

The transition to high school swimming involves much consideration for the CBST swimmer and his/her family. There continues to be a place within CBST for all high school aged swimmers.

Swimmers progress to the senior practice group within CBST in the same manner in which advancement occurs within age group. Thus, swimmers do not automatically advance to the senior practice group upon becoming a 9th grader, but rather, will advance to the senior group when they are ready as determined by the coaches. This will generally not occur prior to 9th grade, however, as the Next Generation groups are available for those younger swimmers who might be able to keep up with the senior level practices and provide practices to meet their training needs.

Swimmers will be notified by the coaching staff at the beginning of long course of their 8th grade year as to which practice group they will be participating in for that long course. As with age group advancement, the move into the senior group may occur at any time of a season based on a swimmer's readiness as judged by the coaches.

High school aged swimmers have the following options with regard to participation level with CBST. (Please see note about transportation below. *)

1. Swim with CBST during short course as a Senior swimmer, meaning you swim mainly with high school during the high school season but have the following practices available to you through CBST:
 - September/October/part of November (until high school regular season begins) AM and after school practices
 - During high school season – meets, AM practices Monday-Friday, one evening practice available (generally on either Tuesday or Thursday), and Saturday morning practice
 - After high school season – AM and PM practices available during USAS championship season (exact timing of PM practices – afternoon vs. evening – determined by pool availability)
 - NOTE that the senior options are:
 - Senior II which includes short course as described above plus long course
 - Senior IV which includes short course as described above but not long course
 - There is also a reduced payment option for high school swimmers who play a fall sport for their high school. If you want to elect this option contact CBCS staff prior to CBST registration for any given season. With this option, CBST practices will not be available to your swimmer until the conclusion of the fall sport season and you'll pay a reduced rate.
2. Swim only with high school (no longer swim with CBST at all)

3. Swim only with high school for short course season and join CBST only for long course (Note that this option is not encouraged by our CBST coaching staff as they feel the athletes do not get the best combination of training, however, some athletes find that this option works best for their personal situation.)
4. Swim with CBST during short course as a Senior/FLASH swimmer, meaning you swim exclusively with CBST even during high school season, having AM and PM practices available during the school year on weekdays as well as Saturday practices and morning practices during the remainder of long course season. (Not an option for swimmers on any Central Bucks High School swim team – see last bullet below.)

Please note the following:

- The most popular option is the Senior II option – year-round swimming with CBST but practicing primarily with high school team during HS season. This is the option appropriate for swimmers participating with any of the Central Bucks High School swim teams and wanting to still swim with CBST. Note that swimmers who are in 9th grade or above but have not advanced to the senior practice group may pay the Senior II rate and practice with their assigned age group practice group per the timeframes listed above in option 1.
- Participation in the Senior I / FLASH group is by coach invitation only and this group is mainly for those swimmers who do not have a high school team, whose high school team does not offer daily training, or who have elected not to swim with their high school team. The FLASH group practices are very demanding and are geared toward the most elite swimmers. There are significant space constraints that impact the number of swimmers who can be invited to participate in the FLASH group and while there are a number of considerations, time standards are the main determinant of which swimmers qualify and are therefore invited to participate in the group.
- Swimmers who do not have a viable high school option and are not able to meet the demands of the FLASH group practices may swim year-round with the appropriate age group practice group and should contact CBCS staff to make special arrangements to do so. Swimmers in this situation must recognize that they will be on the older side within their practice group.
- Some years there is a very small number of additional high school swimmers from non-Central Bucks high schools who do swim for their high school but whose high school coaches allow them to practice more frequently with CBST. If they are invited by the CBST coaches to do so (based on training needs and availability of space in the group), they register for Senior II (for year-round or Senior IV for short-course only) and swim a little more with FLASH and pay an additional fee. (This is not an appropriate option for Central Bucks High School swim team members – see last bullet below.)

- The FLASH group practices off site at a local pool, generally three afternoons per week, during high school season and two times per week (afternoon or evening, depending on pool availability) plus Saturdays at CB South.
- The additional fee for the FLASH groups over the other senior groups is related to the fees to rent the off-site pool and the coaching costs attributable to this group beyond what is available to the senior group during high school season.
- Note that the Flash group is generally not an option for Central Bucks High School swim team swimmers as the coaches at CB East, CB West, and CB South all require attendance at school team practices which are high quality and offered six days per week.

With regard to billing, the senior group is divided based on participation: year-round, short course-only, long course-only; and level of participation during high school season. High school season is mid-November through mid-February (swimmers advancing to Districts and/or States swim further into February/March) with pre-season starting in early October. The Central Bucks High Schools offer pre-season practice three days per week for all three schools together (generally Tuesday/Wednesday at CB South and Friday at CB East). Practices during regular season are Monday through Friday and Saturday. For more details about the high school programs contact the high school team coach. The CBST senior level practice groups are as follow:

Senior I/FLASH (year-round) – swims with CBST full-time and generally doesn't swim with high school – AM practices are at CB South Monday through Saturday, PM practices during high school season are offsite at a local pool Monday/Wednesday/Friday in afternoon and CB South Tuesday/Thursday evenings (sometimes afternoons depending on pool availability) and Saturday mornings; swims full-time with CBST during long course

Senior II (year-round) – swims with CBST full-time outside of high school season; during high school season practices with high school and may also swim with CBST in AM (Monday-Saturday) and one evening per week at CB South (generally either Tuesday or Thursday); swims full-time with CBST during long course

Senior III/Flash (short-course only) - swims with CBST full-time and generally doesn't swim with high school – AM practices are at CB South Monday through Saturday, PM practices during high school season are offsite at a local pool Monday/Wednesday/Friday in afternoon and CB South Tuesday/Thursday evenings (sometimes afternoons depending on pool availability) and Saturday mornings; no long course

Senior IV (short-course only) - swims with CBST full-time outside of high school season; during high school season practices with high school and may also swim with CBST in AM (Monday-Saturday) and one evening per week at CB South (generally either Tuesday or Thursday); no long course

Senior V (long course only) – swims full time with CBST during LC only (no short course)

A note about our **SAL team**: high school swimmers are encouraged to continue to swim with their SAL team during their high school years. Swimming with our Central Bucks SAL team involves no cost to the swimmer. Swimmers swimming with their high school team do not practice with our SAL team but just come to meets. This is very helpful to the team and is much appreciated. It's also a good way for the swimmers to give back to the program that, for many of them, began their swimming careers.

CBST swimmers in 9th through 12th grades are welcome to attend CBST hosted **meets** and any other meets CBST attends as a team and should register using the procedures communicated to the team. The CBST volunteering obligation for high school swimmers is one session of volunteering for each meet session swum. As is always the case, if a swimmer is signed-up for a meet, they are responsible to pay the entry fees even if circumstances change such that they no longer swim in the meet or specific events. For this reason and because of high school meets going on around the time of our February CBST meet, high school swimmers are asked to not sign-up for the CBST February meet ahead of time using the normal registration procedures, but rather to deck enter on meet day. If swimmers are 100% sure that they will be available for the meet, they may enter ahead of time but must understand that if circumstances change they will be responsible for the entry fees. Volunteer obligations (one session per session swum) apply for deck entered swimmers so parents should sign-up to volunteer per the usual procedures. If plans change after the volunteer sign-up such that your swimmer will not be participating in the meet, notify CBCS immediately (and not later than the Wednesday prior to the meet) and your volunteer requirement will be waived.

The senior practice group is complicated with many options but if none of them meet the needs of your swimmer, please contact CBCS and we'll make every effort to accommodate your swimmer's specific needs. Understand, however, that based on years of experience regarding the needs of our swimming community (including CBST swimmers and coaches as well as swimmers and coaches in other programs with which we work closely such as SAL and high school teams) and the coaching and administrative requirements of these programs, altering the basic set-up of the program offerings and payment structure is not possible. For example, there is not a lower cost option than Senior II or Senior IV to swim just pre-season with CBST then join the high school team or an option to just join CBST month-to-month.

*With regard to transportation from other schools to Central Bucks South:

- Central Bucks East High School – no CB provided transportation – carpool with other swimmers or parents
- Central Bucks West High School –
 - During high school swim season – bus after school to CB South
 - Outside high school swim season – carpool with other swimmers or parents
- Unami and Tamanend Middle Schools – after school athletic bus to CB South year-round

- Lenape and Tohickon Middle Schools –
 - During high school swim season – buses after school to CB West then to CB South
 - Outside high school swim season – carpool with other swimmers or parents
- Holicong Middle School – no CB provided transportation – carpool with other swimmers or parents
- Schools outside of CB – no CB provided transportation – carpool with other swimmers or parents

Rev. 2/2018