

CBST: Your introduction to USA swimming

- **Building a culture at CBST of hard work and dedication to achieve a true joy for sport and competition**
 - **Hard work and dedication build confidence and inspire young adults to do things that they did not previously believe were possible**
 - **Joining a USA swim team is more about a swimmer's dedication level to swimming than their talent level**
 - **Learning important life lessons that our swimmers will take with them beyond the swimming world**
 - **Passing these lessons down the line to further form this culture at CBST**
- **T & T of CBST**
 - **Teaching: CBST swimmers should know how to do all 4 strokes, but the beginning of each season is used to refine their strokes and correct the common mistakes that each swimmer will inevitably have. We will explain and do in depth drills to drive home our philosophies of each stroke.**
 - **Training: After we focus on the strokes themselves, we then shift focus to the training aspect of the sport. The age group focuses on all strokes (or IM based training), and the Sr team focuses on breaking down what each individual's strengths are. There are numerous forms of training that we use.**
 - *Forms of training include: Interval training/ Speed or Sprint training/ Technique training/ "Over" training/ Power training/ Dry-land training*
 - *Equipment including, kickboards, fins/zoomers, paddles, buoys, buckets, weight room equipment, ab dolleys, pull up bars, TRX bands, medicine balls, shirts and shoes are all used to implement these teaching and training methods*
 - *Use of "Coaches Eye" App on iPad is used for visual training during practices.*
- **Coaching Staff**

- **Stu Kukla: Head Senior Team Coach and first coach for CBST (over 10 years ago). Stu writes all of the Senior team practices and runs the majority of Senior team practices. Stu coordinates meets, coaching staff and team functions along with our management team.**
- **Matt Scanlan with Chris Skabla: Lead Age Group Coaches. Matt and Chris write and run all Age Group practices. Also coordinate with Stu about all team functions including staff, meets and events. Matt is the swimmer/parent contact for the age group.**
- **Assistant coaches: Brian Daly (Sr/ Next Gen/ Adv), Liz Muller (Intermediate/ Jr), Kelli Fitzpatrick (Sr/ Intermediate/ Jr), Laura Braun (Adv/Intermediate/ Jr), Matt Moretti (Intermediate/Jr), Colleen Larkin (Jr/Intermediate).**

○ **Management Team**

- **Roberta Lichter: Central Bucks Aquatics Manager. Organizes all aquatics from lessons to USAS team.**
- **Jen Steinberg: Assistant Aquatics Manager: Runs our registration and handles team communications, as well as assisting Roberta with all aquatic programs.**
- **Julie Kline: Aquatics Assistant. Julie is the contact for officials and helps on meet day at CBST-USAS hosted meets.**
- **Heather Yim: Assistant Aquatics Manager. Heather helps coaches with meet entries and team travel/accommodations. She also works behind the scenes – helping with financial functions.**

USA & Middle Atlantic swimming

- **USA swimming is our national governing body with over 2,800 clubs and over 400,000 swimmers.**
 - **Swimmers may only qualify for the Olympics, Olympic Trials or National meets by being a registered USA swimmer**
 - **Since there are so many swimmers and clubs, USA swimming is divided into 59 Local Swimming Communities (LSCs)**
- **Our LSC is Middle Atlantic (MA), and it covers eastern PA across to southern New Jersey and down through Delaware**
 - **There are 140 clubs and over 12,000 swimmers in Middle Atlantic**
 - **We are extremely proud that CBST finished 3rd at this past summer's MA Senior Championship and 7th at this past summer's at MA Junior Olympics**
- **MA is amongst the most respected LSCs in the country**
 - **MA has sent a swimmer to each Olympics**
 - **MA is highly ranked in the country in Scholastic All Americans and Junior national qualifiers**

The Individual USA/ CBST swimmer

- **Must be a Self-motivated athlete**
 - **Decision to join a USAS club must be swimmer driven and NOT parent driven**
 - **There are other programs for athletes who are unsure about their commitment level**
 - **Swimmers should join a USAS club for their love of the sport. Not for status purposes**
 - **USA swimmers should not need coaching from parents; however encouragement from parents is essential.**
- **USA Swimmers have a high level of commitment**
 - **Attendance is not required but 3 minimum (practices per week) is expected**

- **USA swimmers set practice, character, and performance goals, prior to and during the season**
 - **Setting the goals is our primary goal for the kids. Swimmers should strive and struggle towards their goals but they also need to fail at times**
- **USA swimmers should expect to attend 1 USAS meet per month**
 - **1 USAS meet per month should be enough. If a swimmer is attending 3-4 USAS meets per month, they often become worn out mentally as well as physically by the end of the season**
 - **USAS meets are broken down into a number of groups:**
 - *Qualifying Meets: These meets require achieved times to enter (i.e.: Olympic Trials, Nationals, JOs, etc.)*
 - *Closed Meets: These meets require an invitation from the meet host*
 - *A/BB/C Meets: These meets are open to just about all swimmers and are run based on age group (CBST meets)*
 - *Mini- Meets: These meets are for swimmers ages 8 & under*
 - **Meets outside of our scheduled meets are accepted but not expected**
 - *Times will be updated but it is an added process for the management staff and there is no guarantee that those times will be updated by the next meet*
 - **Once entered into a meet, CBST swimmers are expected to swim all the events that they are signed up for. Barring emergency circumstances, swimmers will not be scratched from events the day of the meet (if a swimmer wishes to scratch they must do so prior to the day of the meet).**
- **USA swimmers will be pushed and encouraged by coaches but should expect to be critiqued and held accountable as well**

- The coaching staff is looking to eliminate bad mental habits as well as bad physical habits
- Common issues and myths that we wish to eliminate from the minds of USA swimmers
 - “I need to move up to the next training group ASAP”
 - *The best USA swimmers focus on executing their practice to the best of their ability and let the coaches sort out the training groups. Trust in the coaching staff is essential*
 - “I’m in a bad heat and lane”
 - *We train our swimmers to focus on executing their event in their lane regardless of position or competition. The top USA swimmers perform in all types of lanes and heats*
 - *Entry times should not matter for a CBST swimmer because they are trained to attack the race in any heat and against any competition*
 - “My teammates don’t work hard enough”
 - *USA swimmers should have the maturity to know that if they are working harder than someone else then it is only to their advantage and other swimmers’ training is for the coaching staff to worry about*
 - “The coaches don’t like (and/or are mean to) me”
 - *Swimmers often confuse accountability with personal dislike. This is not the case here or at any responsible USA club. CBST coaches are passionate about proper practice execution and a critique or expressive tone should not be taken personally. We love all our swimmers... Even if they don’t always listen to us.*
 - “I only want to work on my best strokes”
 - *The CBST program model is to improve all strokes and events. Improving upon our weaknesses is as important as fortifying our strengths*
 - “I can’t do that event”
 - *We wish to build confidence in all our swimmers by giving them a ton of hard work. CBST swimmers should not be afraid of any event. Eliminating fear is one of our goals*