

Central Bucks Aquatics Frequently Asked Questions

General Questions:

Note: Team information is on the team website www.cbswimanddive.com. Other CB Aquatics programs are detailed along with registration information on the Central Bucks School District (CBSD) website. Follow the "Aquatics Programs" link in the District Links section of the home page.

What do all the acronyms mean?

CB Central Bucks

CBCS Central Bucks Community School (part of the CBSD)

CBSD Central Bucks School District

CBST-SAL Central Bucks Swim Team-Suburban Aquatic League age-group club swim and dive team for athletes districted to attend one of the Central Bucks high schools (or athletes from the non-CB surrounding areas)

CBST-USAS Central Bucks Swim Team-USA Swimming age-group USA Swimming team for local swimmers; may also be referred to as CBST-MA (see MA below)

LSC Local Swimming Committee regional division of USAS

MA Middle-Atlantic the LSC in which CBST-USAS

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 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

Clinics: www.cbsd.org/Page/2476

All teams: www.cbswimanddive.com

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 more than two 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.

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 the aquatics office 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 the Aquatics office.

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

that the shallow end of the pool at CB South is too deep for most instructors to stand so they

Pre-team Swim Clinic Questions:

designed for emergent competitive age group swimmers and divers and provides practices appropriate for developmental athletes (those newer to competitive swimming/diving) and more advanced athletes. For some new divers, the coaches may recommend practicing with the team for the first month to determine if they are ready for the team or should wait for the spring clinic. Divers who the coaches believe are ready for the team but are not ready to compete (due to not knowing enough dives) participate in practices until ready for competition. The remaining age group team is CBST-USAS, a USA Swimming (USAS) program. USAS is the governing body of swimming in the United States. Practice groups of CBST-USAS typically have practice available five or six days a week and all practices are at either CB South High School or CB East High School, depending on the time of the year and the night of the week. Meets are invitational-style. While the SAL program is highly competitive, the most serious and dedicated swimmers often chose to swim on our USAS team after they have at least one (and usually more) years of competitive winter swim team experience. Many of our USAS swimmers also choose to participate in SAL team meets.

What are the differences between the CBST-SAL and CBST-USAS swim teams?

Some of the basic differences between our CBST-SAL swim team and our CBST-USAS swim team are:

CBST-USAS is part of USA Swimming which is a national swimming organization providing swimmers competitive opportunities at the local, regional, national and international levels. Qualified swimmers may compete at Senior and Junior Champs, Zone/Sectional meets, Olympic Trials and other high-level meets.

CBST-SAL competes within the local Suburban Aquatic League (SAL) through dual meets, invitationals, and a series of season culminating championship meets

CBST-USAS has more rigorous practices

CBST-USAS has two seasons which provide for year-round swimming while CBST-SAL has one season in the fall/winter

CBST-USAS practice groups are determined by ability while CBST-SAL practice groups are determined by age (lane placement within CBST-SAL practices is based on age and ability)

Age for competition for CBST-USAS is determined on the first day of any given meet while age for CBST-SAL is determined as of 10/31 of the current season

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.

the high school team is not a good fit at this time and would like to consider practicing with CBST-SAL (knowing that there will likely be no other athletes practicing with them of their age) please make contact per the "Our Teams" section of the team website as soon as possible. CBST-USAS is not an appropriate placement for swimmers new to the e3(ont)-37thacemen

Due to the compressed timeframe and in the interest of fairness given that available team spots may be limited, an alternate try-out date is sometimes not available for our SAL team. If you are unable to attend on the designated evaluation date, please make contact per the team website (email at bottom of each page) prior to evaluations to inquire if an alternate evaluation date will be possible. Note that in recent years there has been enough space to offer spots on the team to all qualified new members.

What does open age group or age group closure mean?

After return member registration and pre-team clinic invitations to join CBST-SAL, some age groups have spots available for try-outs and are considered "open," conversely, some age groups may be full and will thus be closed to try-outs (this is considered an age group closure). Note that in recent years there has been enough space to offer spots on the team to all qualified new members (i.e., there have been no age group closures).

Why isn't return member registration earlier so you know if there are openings on CBST-SAL before pre-team clinic registration?

Holding return member registration earlier in the year has been attempted in the past and has proved to be inefficient. The way the process works is that return member registration occurs then any open spots are offered to qualified pre-team clinic swimmers. Any remaining spots after that are available for evaluations for new members. Participating in the pre-team clinic is not a guarantee of being offered a spot on the team as swimmers need to be evaluated as ready for the team and there need to be spots available after return member registration. Likewise, there is no guarantee that spots in an age group will be available for evaluations. After many years administering this program and trying to arrange the process in various ways, this process has been determined to be the best option. The unfortunate reality is that there are sometimes more swimmers interested in being on our team than we have room to accommodate. This process has been determined to be the most fair and efficient for the most people. Note that in recent years there has been enough space to offer spots on the team to all qualified pre-team clinic participants and all qualified other new members at evaluations.

How can high school athletes register to swim/dive CBST-SAL meets?

Returning athletes should register online there will be no payment due and no physical is required for Central Bucks high school team swimmers/divers as high school athletes will need to turn in a physical through the high school swim team. High school swimmers/divers for non-CBSD high schools should follow the instructions to submit a properly dated physical.

New members (meaning anyone not on the team in the immediately preceding season) should read the high school information page and make contact by the deadline on that page.

<http://cbsd.schoolwires.net/Page/3397>

from mid-November through the final high school championship meet that the swimmer attends (leagues, districts, or