

BLUE ARROW SWIM CLUB CONSTITUTION

Welcome to BLUE ARROW SWIM CLUB one of the best swim clubs in Metropolitan area. BASC is nationally recognized swimming school with traditions of excellence. BASC has had a very successful swim team for few years. Many of our swimmers have become Senior and Junior National qualifiers have made National top 16 list, become senior METS and Junior Olympics winners.

BASC is private non-profit organization with a year-round USA swim program.

BASC looks to provide a total program of competitive training and professional instruction that will serve swimmers of ages 4 and up. It is designed to motivate and challenge youngsters to reach individual goals while still enjoying benefits of a team sport.

BASC does not have its own training facility and will rent the whole pool(3 lanes) in “ On Your Mark,” 5-7:30pm .and weekends.

Club use to swim at this Pool 1995-1999 and had great swimmers(Junior Nationals, Sectionals Senior Met’s level) see our best swimmers on web.site 1996-1999

Every Member have to registered with USA SWIMMING

All BASC swimmers must wear T-shirt or sweat shirt and cap with BASC Logo to all swim meets.

TRAINING GROUPS

Swimmers will be placed into five different training groups with different membership fee. The following groups based on the coaching staffs' discretion, the swimmer's abilities and swimmer's own commitment. If the swimmer fails to make the minimum attendance criteria for straight three weeks he/she will be moved down to the next group.

DOLPHINS

This level is dedicated to the swimmers who are working toward being the best they can be in competitive swimming. Swimmers will practice 14-16 hours per week plus a dryland. And 10-12 swim meets per year.

7 practices per week are offered for this group

SHARKS

This is advanced level for the swimmers who are already involved in competitive USA swimming and is preparing for the next level. Swimmers will practice 10-11 hours per week.(7 practices)

Each swimmer must make at least 5 practices per week.

MARLINS

This group is for swimmers who can demonstrate good stroke technique in freestyle, backstroke, breaststroke and butterfly. The program will emphasize the learning of proper stroke mechanics and on preparation of the swimmer for competition. Swimmers will have 6 practice per week. Each swimmer must make at least 3 practices per week.

Remember, if a swimmer is putting in the minimum effort, they will only achieve minimal success.

PHILOSOPHY OF BASIC COMPETITIVE SWIMMING PROGRAM.

Competitive swimming is the most popular participation in the United States. Competitive swimming offers so much to each athlete both in a team setting and under individual circumstances. It is a great way for each swimmer of the team to experience success, whether it is against the clock or other swimmer.

In our program, each swimmer is encouraged to work toward a goal. Learning discipline and work ethic is also achieved through goal setting. Winning races is an obvious way for the athlete to develop confidence and self-esteem. There is only one swimmer within every race that gets first place. **Goal setting, such as achieving an individual best time, is a way for all our swimmers to be "WINNERS!"**

The criteria for each group will be based on age, ability (times and swimming certain events in meets) and practice attendance. This puts the emphasis on the swimmer's and parent's motivation to make it to practice and meets. The desire to move up and not down is also an indirect way for swimmers to get better.

Competitive swimming is a demanding sport that requires a substantial commitment, especially as swimmer moves towards his/her high school and college years. It is important to realize that commitment, when joining the team. **There is a place for competitive swimmers of all levels in our program, but to truly "succeed" in our program each swimmer and parent has to be committed toward the team and swimmer goals.** We are equally proud of the accomplishments of our beginning swimmers all the way up to the national qualifiers.

Each training group will build on the skills that were developed in previous group. The emphasis on basic stroke mechanics and techniques will be the focus of the beginner group. Gradually the practices will shift to include training different energy systems (endurance and sprint), learning race strategy.

The age of the swimmer will be a consideration when placing an athlete in a group. It is important to realize that this consideration is secondary to the criteria of ability and overall attendance (practice and competition).

The coaches not only look at their job as making the swimmers better (faster, better technique) but also as helping each individual grow as a person. The lessons that are learned in swimming are directly transferable to life. The number of practices and the quality of each practice a swimmer makes and the work a swimmer puts in at practice, determines the amount of a success a swimmer will experience at the swim meets. It is that simple. The clock does not lie!

Growing as a person is also about learning values. It is the job of the coaches to teach their athletes values, such as sportsmanship, gracious winning and gracious losing. Some of the additional values that our program hopes to

instill in our swimmers are discipline, true commitment and learning how to have fun with his/her fellow teammates.

Fun should be a major component in any program. In many cases having fun is just accomplishing goals and feeling good about one self. In other cases it may be the camaraderie and the team atmosphere in competitive swimming. As the most swimmers and coaches will tell you, many of the best friends they ever met in age group swimming. The same is true of high school and college swimming.

TEAM EXPECTATION

BASC swimmers are expected to behave at all the times in mature, responsible manner. BASC members' actions reflect upon the entire team and conduct unbecoming to the team will not be tolerated.

Parental support is critical to the success and positive development of each child in the program. We strongly advise parents to foster enthusiastic and encouraging attitude toward their child's swimming.

Each swimmer is expected to compete through the season in USA Swimming meets and/or Grammar School League and/or High School Team and/or Summer League.

Participation in any other Teams will NOT **BE TOLERATED.**

PARENTS RESPONSIBILITIES AND COMPLAINCES

At some of the swim meets there is timing assignment for each team. If your child is participating in this meet each swimmer's parent must do timing for some portion of the meet. The coaches will make timing schedule for each day of the meet.

-All compliances and issues from Members have to go to The Club

President or Head Coach (**NOT TO ,On Your Mark, ADMINISTRATION**)

-A swimmer must attend practices on regular basis.

-A swimmer must meet requirements of the group to which they belong.

-Must displays a positive attitude, ability to listen and be willing to learn.

-Must make all team payments on time.

FEES

Club reached a Good Rental Contract with “On your Mark” and we able to reduce a Membership FEE. We can have only 40 members and able to swim with 3-4 swimmers per lane for Dolphins and Sharks and 4-5 Swimmers per lane in other groups.

Program fees are broken down into group fees. These fees pay for pool rent, supplies, equipment purchases, business expenses and administrative costs. Parents will be informed of the group practice schedule that their child will be assigned to at the beginning of the season.

The coaches reserve the right to change a swimmer's practice group as the season progresses. Adjustments with respect to fees will be made for the swimmers who will be moved up to more advanced group. No fee adjustment will be made for the swimmers who will be moved down to less advanced group.

BASC has a multiple family membership discount, **which apply with third payment.** (\$100 discount for second child,\$150 discount for third child)
Suspension or dismissal from the swim club can be made only by the Head Coach and Club President, in case of misbehavior, physical or verbal abuse of the teammates or the others, vandalism of property of Sport&Rec.Center.
All Fees are Unrefundable.

DOLPHINS FEE: BASC membership \$1,650.00 per year (sep-aug)

Fees are broken down into three installments:

1st (Before June25) \$600 membership

2nd (Before Oct.25) \$500 membership

3rd (Before Dec. 20) \$550 membership

SHARKS FEE: BASC MEMBERSHIP \$1,500 per year

Fees are broken down into three installments:

1st (Before June 25) \$600 membership

2nd (Before Oct.25) \$500 membership

3rd (Before Dec.20) \$400 membership

MARLINS FEE: BASC membership \$1,400 per year

Fees are broken down into three installments:

1st (Before June 25) \$600 membership

2nd (Before Oct.25) \$400 membership

3rd (Before Dec.20) \$400 membership

NOTE: All fees need to be paid on time or \$25.00 fine will be levied. If fees are not paid, swimmer will not be permitted to practice until full payment is made. Payment may be made by check or money order for appropriate amount made to Blue Arrow Swim Club

Please remember, schedule are subject to change, check with the coaching staff and CSI monthly schedule about holiday and special events closing. Monthly practices schedule is posted on www.bluearrowswimming.com

BLUE ARROW SWIM CLUB WEEKLY PRACTICE SCHEDULE

DOLPHINS

Monday-Friday 5-7:00pm

Saturday 7:30-9:30am

Sunday 7:30-9:30am

SHARKS

Monday-Friday 5-6:30pm

Saturday 7:30-9:30am

Sunday 7:30-9:30am

MARLINS

Monday-Tuesday 6:30-7:30pm

Thursday-Friday 6:30-7:30pm

Saturday 7:30-9:30am
Sunday 7:30-9:30am

Note: schedule are subject to change,check monthly practice schedule on our website www.bluearrowswimming.com

Any questions???

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