



**The Village School**  
A NORD ANGLIA EDUCATION SCHOOL



## **2015-2016 Competitive Swim Program Review**

### **Requirements for Participation**

- Completion of all required forms (refer to [Athletics Webpage](#) for more information)
- During the SWIM Season (October – February) – student **MUST** be registered and be an active member of a swimming club. Examples of this are Energy Core Swimming, MAC, Katy Aquatics, etc.
- Students must be registered with US Swimming
  - \$75 per swimmer insurance/required USA Swimming membership fee
  - If registered, TVS needs USA Swimming # for verification
- Must complete tryout with TVS and ECS coaches
  - Student must be proficient in 4 major strokes
  - Tryout Schedule for all ECS Registered Swimmers can start once registration opens on Sept 8th
  - Tryout for NON ECS Registered Swimmers will happen in October (Week of Oct 19<sup>th</sup>)
- Students interested in using Swimming for PE credit **MUST** complete OFF CAMPUS swimming form and follow the requirements associated. In order for students to qualify for this PE credit they **MUST** participate in a swim club program either semester 1 (August – December) and/or semester 2 (January – May) in its entirety. Students that only participate in TVS Swim program from October – February will not qualify for PE credit. Click [HERE](#) for the PE Credit Application.

### **Training Schedule**

- TVS (in partnership with ECS) will be hosting a “team” practice ONE night per week once the season begins. ALL participants are required to attend in order to be eligible for TVS competitions.
  - High School Tentative Start Date (Oct 19<sup>th</sup>)
  - Middle School Tentative Start Date (Oct 26<sup>th</sup>)
- Team Practice Nights are Thursday evenings @ 7:30pm @ Westside High School
- Saturday Practice is also available at 12 PM for those who can’t attend Thursday. Students welcome to attending both sessions if available.
- Transportation will only be provided to COMPETITION Swimming Meets only.

### **Competitive Schedule**

- TVS will not have any dual meets this season but is in the process of scheduling participation in several Invitational.
- High School Schedule
  - 5- 6 Invitational/US Swimming Meets
  - USA Swimming Meets
  - TAPPS Regional & State Championships (pending advancement)
- Middle School Schedule
  - 4-5 Invitational/US Swimming Meets
  - Meritas Games (Dec 2<sup>nd</sup> – 5<sup>th</sup>) – Orlando, FL
  - HJPC Championships
  - Private School Championships (TAPPS)
- TVS will supply students w/ suit and swim cap for all TVS swimming meets (no charge) TVS may support with additional “team wear” and issue these as a spirit pack w/ onetime fee.
- All transportation to meets will be provided by TVS.



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## PROGRAM OVERVIEW

### 2015/2016 COMPETITIVE SWIM SEASON

- \$75 per swimmer insurance/required USA Swimming membership fee
- \$135 per month dues during The VS Competitive Season include:
  - A swim coach in attendance at the VS Swim Meets
  - Integration into established ECS training groups with trained and ASCA Certified Coaches
    - If a VS swimmer is already a member of another USA Swimming Swim Club they **must** continue to train with and compete for their present club
  - Must register with ECS and set up ACH access for billing, [www.ecswimming.com](http://www.ecswimming.com)
- Registration will open on September 8<sup>th</sup>, 2015

## **Partnered Coaching Staff**

### **Stephanie Phillips – Village School Coach and Swim Coordinator**

Coach Phillips is a fun, yet stern coach who loves to share her passion for swimming both competitively and recreational. Her mission as a coach is not only to improve swimming skills and promote proper stroke technique, but also to teach water safety and good sportsmanship. She discovered her immediate love for swimming at a very Young age. She grew up with a pool in her back yard and started swimming at 10-months old. At 11-years old, she was finally able to join a swim team, where she competed for ten years. In high school, Coach Phillips made varsity as the only freshman in five years and in the two after that. She medaled in Regional Finals all four year, helped relays swim in State, qualified as a State alternate in the 200 and 500 yard races two years, and was elected to be the female captain her junior and senior years. She started teaching swim lessons for 5-10 year olds as a sophomore in high school and in collage started teaching children from 9-months old to 18 years old. Coach Phillips also coached softball six years and helped coach a local volleyball team for four.

In 2009, she started coaching with a year-round competitive swim team for children 12 and under. Coach Phillips has developed swimmers that have competed and excelled at many levels including local age group championship meet, high school Regional and State meets, TAGS and Junior Nationals. In 2014, a new summer team asked her to be the head coach of 230 swimmers and she has helped them reach the summer-league Championships and compete at the All-Star meet two years in a row. Also, in 2014, Coach Phillips created Steph's Super Swimmers as a private swim lesson and training program helping all ages from 9-months old to adults learn to be safe, comfortable and confident in the water. She is looking forward to a great year as a Viking!

### **Doug Buckalew - ECS Head Coach & TVS Swim Coach (High School)**

Doug is an ASCA Level 3 Coach and is responsible for all aspects of the competitive swimming program at ECS. He is also a member of the ECS Board of Directors and is on the Board Nominating Committee. He grew up in Winston-Salem, NC and started swimming at the age of 10 for the WSY where he was a two-time YMCA National Champion, (relays) and several times an individual Y National Finalist. He was MVP of the RJ Reynolds High School swim team his senior year and attended NCSU for two years. After his sophomore year at NCSU he left to swim in Europe for the Mulhouse Olympic Natation in Mulhouse, France. While living in France, Doug trained and competed with the top French and European swimmers and was a finalist in several French National and Club Championships.

In his first year coaching he had three 1st time TAGS qualifiers and two swimmers ranked in the top 10 nationally. During the 2011/2012 season, he coached numerous swimmers to their first TAGS qualification times and swimmers he coached scored points at TAGS and assisted Blue Tide Aquatics to top ten finishes at both Short and Long Course TAGS Championships in 2012. Tomball Area Swim Club is a team that he helped start. Everything was done from US Swimming and Gulf swim team applications, to helping establish the overall club structure. He developed the team's stroke progression, developmental path of swimmers amongst the different groups, and trained new coaches. Doug has helped many swimmers over the last few years to achieve their goals and improve their times. As a coach in the Gulf, he has been selected for multiple select teams and camps including Zones, All Stars, Catch the Spirit Camps, Gold Medal Clinic, and The Gulf Open Water Team. Swimmers he has coached have also been selected to represent the Gulf multiple times.

His coaching philosophy and style is simple. He uses positive motivation to help swimmers achieve their personal goals. He loves to cheer swimmers on during their races and at practice. As a former swimmer who was very competitive, he knows how to motivate his swimmers and get them through the tough patches. He believes that he as well as every swimmer is accountable for their performance in a meet as well as in practice. He is in clear and constant communication with swimmers and parents. As the sport of swimming continues to evolve, he continues to educate himself and the clubs he works with. He has studied some of the newest and most innovative techniques out there and is constantly searching for that which will make himself a better coach and leader for the swimmers with whom he is entrusted.

### **Andrew Close - ECS Head Age Group Coach & TVS Swim Coach (Middle School)**

Drew will be entering his first season as the Energy Core Swimming Head Age Group Coach. He is originally from Berwyn, PA, where he grew up swimming year round. During his middle school years, he took a break from swimming to explore other competitive sports. He regained his enthusiasm and focus for swimming after joining the water polo team his sophomore year of high school at the Haverford School. He continued to play water polo and swim for his remainder years of high school.

Drew swam at Gettysburg College where he studied Political Science and Philosophy while swimming all 4 years and was named team captain his senior year. He received All Centennial Conference Team honors twice and was named to the Centennial Conference Sportsmanship Team. After graduating, Drew pursued his coaching career at the Mercersburg Academy's swim camp, where he worked as a coach for three summers. He most recently coached at Suburban Swim Club for the last two years and was also an assistant coach at Gettysburg College for one year. He has worked with swimmers of all ages and has coached swimmers from novice age groupers to NCAA Qualifiers.

His coaching philosophy is based on technique and efficiency. He believes that with a sound technique an athlete can improve in competition while learning to be disciplined.