

STAFF

A critical element that enables our swimmers to succeed is our staff. The Bluefish have assembled a staff of educated and enthusiastic individuals. It is their commitment and passion for teaching children and their love of swimming that is essential in creating an environment where swimmers thrive and progress quickly.

Chuck Batchelor - Head Coach - In his coaching career Batchelor has trained 17 National Qualifiers, 6 Olympic Trial Qualifiers, and had 4 swimmers rank in the top 100 in the world. For the past three years Chuck has also been a member of the New England Swimming Board of directors. He is committed to helping all of his swimmers get into the best colleges possible, guiding them through the process of selecting an institution and, if possible, receiving academic or athletic scholarships. Over seventy percent of Chuck's student athletes have gone on to attend Ivy League institutions.

Christie Batchelor - Raynham Satellite Head Coach - Christie was a competitive swimmer for thirteen years. She is a graduate of Kenyon College where she was a part of a NCAA Championship Team. She has been coaching and instructing swim lessons for 10 years.

Tami Johnson - Head Age Group Coach Tami joins us from the Schroeder YMCA in Wisconsin. She was a member of the team that captured the Women's National YMCA Title in 1999. Tami graduated from Iowa State University with a degree in Marketing. Coaching was such a passion for Tami that after graduation, she began working with the Age Group, Senior, and Masters at Schroeder for the past three years.

BE A WISE CONSUMER!

When selecting a program for your child choose the organization that will help your child grow and achieve their maximum potential in a positive and professional environment. Opt for a program that has a proven track record. The Bluefish have been sending swimmers to USA Nationals and Junior National competitions for over three decades. By choosing the Bluefish you are electing a program that has spent decades building champions.

How to Reach Bluefish

Feel free to contact us anytime with questions about our programs. We also encourage you to visit our website to learn more about our Club.

Bluefish Phone:

508-455-2791

Fax #: **508-455-2792**

Website: abfswim.com

E-mail:

abfswimscjb@yahoo.com

Address: P.O. Box 676

Raynham Ctr., MA 02768

Chuck Cell Phone:

617-678-0964

BLUEFISH SWIM CLUB COMPETITIVE PROGRAMS



Learn to Race



With the Bluefish

The Bluefish Swim Club (ABF) is a United States Swimming member and a participant in New England Swimming. ABF provides structured instruction, training and competition for all ages and abilities. Pre-competitive and competitive programs are offered as well as an adult Masters program. The Bluefish Swim School begins at twelve months with a parent and three years without a parent.

OUR MISSION

ABF is a comprehensive program that strives to build the fastest swimmer while developing the whole person. Our goal is to provide a program that is a support system which meets the needs of our swimmers from entry level through college. We stress hard work and dedication not only in the pool but within all other aspects of their lives. Successful swimmers need to master essential life skills; skills like time management, dedication, commitment, goal setting and especially, goal completion.

The Bluefish have the expertise to develop swimmers from the entry level into senior elite athletes. We have worked to create an environment that is conducive to producing dedicated and passionate student athletes.



TRAINING GROUPS

GOLDFISH - Is our pre-competitive group for children between the ages of 7-13. It requires a commitment two practices a week. The program is designed as a transitional introduction into the world of competitive swimming. This group will concentrate on the fundamentals of competitive swimming (rules and regulations), technique and stroke development with an introduction to endurance training in a fun and dynamic environment.

MINI BLUEFISH - This Group is designed for our youngest swimmers between the ages of 5 and 9. Practices are one hour three times a week. Emphasis is placed heavily on good technique while mastering the essentials of competitive swimming. Understanding how to use the pace clock, proper lane etiquette, and how to create a race strategy are factors taught at this level.

JUNIOR ONE – This is the first phase of our intermediate program for swimmers between the ages of 9-13. Focus is on continuation of stroke development with more advanced endurance training. Practices are held three/four days a week for 90 to 120 minute training sessions. Dry land training is introduced 2-3 days per week.

JUNIOR TWO – This is phase two of the intermediate program. Continues focus on stroke development with an increase in commitment and endurance training. High attendance levels are expected to ensure advancement to the next level. Goal setting and attaining high levels of competition are strongly encouraged at this level. Practices are five/six times a week, along with three dry land sessions, and are between 90 to 120 minutes in duration.

NATIONAL PREP - This is our most rigorous age group program for swimmers between the ages of 11-15. National Prep is designed for those with an advanced and demonstrated commitment to the sport of swimming. Requirements are proficient stroke technique with a sound work ethic. This is a six day a week program with two hour training sessions, weekends can extend to three hours including dry land training. These swimmers and their families are required to make a year round commitment of time and energy to swimming.

SENIOR TEAM- This group is designed for High School age swimmers. Practice sessions are range from two to four hours, six to nine times a week with additional dry land training.

NATIONAL TEAM - This team is made up of our top competitors who have demonstrated advanced commitment to the sport of swimming. Main focus of this group is Sectional and National levels of competitions. Swimmers train 8 to 9 practices a week with additional dry land training. Sessions range from two to four hours.

LOCATIONS & FACILITIES

- Attleboro High School, Attleboro Massachusetts., pool is an 8-lane, 25 yard competition.
- Cumberland High School, Cumberland Rhode Island, pool is a 6-lane, 25 yard competition pool.
- Raynham Athletic Club, Raynham MA, pool is 6-lane, 25 yard competition pool.. Bubbled in the winter and outdoors in the summer.
- McDermott Pool in Warwick, RI, is a 6-lane, 50-meter pool, used Saturdays and Sundays during the summer.