

GENERAL QUESTIONS

IS SWIM TEAM A HUGE COMMITMENT?

It does not have to be. For swimmers we offer several practices throughout the week and you are able to attend as many or few as you would like. Our meet schedule is also flexible. Each season there is a required number of meets you need to attend in order to participate in our end-of-season championship meet (for Winter - 3 meets and Summer - 2). You are able to select the meets that work best for your schedule and the swimmer's skill level. *"What you put into it is what you will get out of it."* For the Parents, we do require some help from you. Our team has many ways for you to help make this a successful program and depending on how you choose to assist determines how much of a commitment it will be. Please see a parent board member for information on how you can volunteer and help the team.

DOES MY SWIMMER NEED TO KNOW HOW TO SWIM?

Some experience with the four main strokes is recommended, however swimmers should be comfortable in the water, be able to swim a length of the pool and be able to take direction from the coaching staff. For our beginner/intermediate swimmer a great emphasis is on proper stroke technique.

DOES MY SWIMMER HAVE TO COMPETE AT SWIM MEETS?

They do not have to compete. We have some swimmers who use our program for fitness and cross training, however we are not a *swim lesson* program. Being a competitive swim program is what our goals, experience and instruction reflect.

DOES MY SWIMMER NEED TO ATTEND ALL THE MEET SESSIONS?

No, some of the multi day meets are broken out into multiple sessions, usually by age and or event. You are able to choose which days and/or sessions work best for your swimmer. In choosing the day or sessions make sure you choose the appropriate age group and event for your swimmer's age and ability. (ie. at a three day meet you are able to attend just one day which has events for your swimmer).

WHAT DOES THE TUITION PAY FOR AND/OR INCLUDE?

On a large scale, tuition contributes to the operation of the team – pool usage/rental (we rent our pool time from LASC), experienced coaching instruction, staff salaries, insurance, meet coordination, equipment and some of the team meet fees. With regards to the "per swimmer", your tuition also includes a team t-shirt, a professional team and individual photo and some great social activities, including our end of season celebrations.

ARE THERE ADDITIONAL EXPENSES IN ADDITION TO THE REGISTRATION FEE?

Our registration packet details the full cost of our program along with the discounts we offer. In addition to our season's registration (tuition) fee, swimmers are required to register yearly with USA Swimming, and purchase a team cap & suit. Swimmers will need to have a cap, goggles, and a practice suit (team suits are not recommended for practices) 1-piece bathing suit for girls and a jammer style suit for boys. There are meet participation fees for some of the larger meets if you should attend.

WHAT IS USA SWIMMING MEMBERSHIP FOR?

We are a member of the USA Swimming organization, which offers an abundance of resources for competitive swimming teams as well a **limited liability insurance** program. A requirement for team membership is that all of our swimmers and coaching staff also have membership in the organization. Our coaching staff and officials also have specific requirements to meet yearly for certification..

WHAT ARE MEET FEES?

Some of the larger meets have participation fees as well as fees per event the swimmers are competing in. For these meets, the fees are the responsibility of the family. We offer a variety of free dual and tri meets for your swimmer to participate in as well. The swimmer's tuition covers the meet fees for Regionals, Age Groups and the end of the season Championship meet.

DO I NEED TO VOLUNTEER TIME?

Yes, being a parent-run team we require each family to do their part and pitch in. There are many different areas in which you can offer your services. Please see a parent board member for more information on how you can help out.

WHAT SORT OF VOLUNTEER POSITIONS ARE NEEDED TO SUPPORT THE TEAM?

They range from administrative type activities to assisting at swim meets as a timer. For a complete list please see a parent board member or check out the volunteer brochure under "documents" on the website.

DO I NEED TO PARTICIPATE IN FUNDRAISING?

Yes, we require each family to assist in some manner with fundraising! We try to offer a variety of fundraising events throughout the season.

IS THERE A DISCOUNT IF I AM A MEMBER AT LASC?

No, not directly. We are not a department of LASC. We rent our pool time from them and are an independent program. They do however offer special incentives occasionally to our members.

CAN I SWIM OR WORK OUT WHILE MY CHILD IS AT PRACTICE?

Only if you have a membership with LASC.

IS MY CHILD ALLOWED TO SWIM IF WE ARRIVE AT PRACTICE EARLY?

Not unless they have membership privileges with LASC. Swimmers under the age of 14 are not eligible to swim outside of family swim times offered to members of LASC.

WEBSITE QUESTIONS

HOW DO I USE THE WEBSITE TO SIGN-UP FOR MEETS OR TEAM EVENTS?

The sign up process is easy once you try it! Once you have "logged into your account" you can select the Event you would like to attend under the "Events" tab on our website. (if you have not logged in, you will be instructed to). We highly recommend you click on the "view demo" button, which will explain the full process of declaring whether you are or not attending that event. Always remember to "SAVE CHANGES". For questions regarding this process please contact our meet coordinator.

HOW DO I CHECK MY ACCOUNT BALANCE?

You must LOG INTO the team website and selecting the “my account” tab. For financial information select “my invoice/payment.”

HOW DO I LOOK AT MY SWIMMERS MEET RESULTS?

You must LOG INTO the team website and selecting the “my account” tab. Meet result information can be found by selecting “my meet results.”

CAN I CONTACT ANOTHER MEMBER VIA THE WEBSITE?

You must be LOGGED INTO the team website. Along the very top of the site (above our masthead) there is a tab for “members”. By clicking that you are able to search for members and have access to their email and phone numbers.

SWIM MEETS

WHAT RACES SHOULD I SIGN UP FOR MY NEW SWIMMER FOR?

For most of our meets you as a parent or swimmer have the ability to select the races you would like to swim at that meet, either by selecting the events directly or listing them in the “notes” area of the sign up section. If you would like your events selected by a coach, just note that also in the “notes” area or do not check the specific events. ALL events selected will be reviewed and have the final approval of the coaching and meet coordination staff. For questions regarding which events your swimmer is ready for please contact Coach Dave or speak to one of the coaches on deck.

WHO KEEPS TRACK OF MY SWIMMER AT MEETS?

While the swimmer is on deck preparing for competition, the coaches are responsible for instructing your swimmer. Often older swimmers and/or a designated adult will assist. If the swimmers are sitting with the family or in another location other than the pool deck, it is the family’s responsibility to monitor your swimmer. It is important to closely monitor the activities on the pool deck, so your swimmer returns to the deck in time for their event.

WHAT SHOULD I BRING TO A SWIM MEET?

We have put together a Swim Meet Survival Guide which can be viewed on our website by highlighting the “News & Links” tab or listed under the “Documents” tab.

WHERE DO I FIND DIRECTIONS TO MEETS?

Directions can be found under the “Documents” tab on our website. This will have current directions to most of the pools we have meets at. Specific addresses for the pools will be posted under the Event on the Event Page of the website.

PRACTICES

HOW ARE PRACTICES SET UP?

Information can be accessed about our practices and swim groups on the website or within your registration materials.

WHAT DO I DO IF MY SWIMMER NEEDS TO LEAVE EARLY FROM PRACTICE?

It is very important that the PARENT communicate to the coaching staff that their swimmer needs to leave practice early.

IS MY SWIMMER ALLOWED TO ATTEND ANY OF THE PRACTICE SESSIONS LISTED?

Only the practices designated for their age group and/or ability level, some exceptions do apply but need to be head coach approved.

ARE SWIMMERS EVALUATED THROUGHOUT THE SEASON?

Our coaching staff continues to monitor the swimmers throughout the season. The head coach makes a strong effort to communicate progress of the swimmers during the season to the swimmer as well as the family.

HOW ARE SWIMMERS SELECTED FOR THE DIFFERENT SWIM GROUPS?

Swimmers are first placed by age and then based on ability. It is recommended that swimmers remain with their age group so they are with their peers and are in a comfortable social environment. On occasion swimmers are placed in a different age group for various reasons, which are recommended and/or approved by the coaching staff.

WHEN IS MY CHILD READY TO MOVE UP TO THE NEXT LEVEL SWIM GROUP?

It is recommended that swimmers remain with their age group, however occasionally swimmers will need different training than is being provided in that age group. While all the practices are set up to accommodate a variety of swim levels within an age group, another group may offer some different practice structures. The coaching staff will assess whether a swimmer should remain with their current swim group or be moved to another. For questions and more information please speak with Coach Dave or one of the coaches on deck would be happy to assist you with any questions.

HOW DO I FIND OUT ABOUT THE POOL CLOSING FOR WEATHER?

Please check your emails for a notice if the pool is closing due to weather.

SWIMMING QUESTIONS

WHAT IS AN "IM" AND WHAT DOES IM STAND FOR?

An "IM" is an Individual Medley event. During this event a swimmer will need to swim a length of all 4 strokes – Butterfly, Back, Breast & Freestyle. The lengths vary based on whether the IM event is a 100, 200 or 400 IM. *Example in yards: 100 IM = 25 yards of each stroke, 200 IM = 50 yards of each stroke, 400 IM = 100 yards of each stroke.*

WHERE CAN I FIND A DESCRIPTION OF EVENTS AT RACES?

Meet and event information is provided on the website.

WHAT AND WHERE ARE THERE RESOURCES AVAILABLE FOR PARENTS WHO KNOW NOTHING ABOUT SWIMMING?

Three great resources for parents:

Our Website – www.lakesregionwavemakers.com. We try to maintain a current website with a variety of important resources both for the general public and membership only. Some information is only visible to members who are logged in at the time.

New England Swimming – www.neswim.com – Also offers some resources for Teams, Coaches, and Swimmers & Parents. They also have listing and information on some of the larger meets in our schedule.

USA Swimming – www.usaswimming.org – which offers some great information regarding swimming in general, training, competing, nutrition and parent information.

Go Swim - www.goswim.tv - has videos to view and to purchase on all the swim strokes. It also provides training information and has a Forum section to ask or view questions.

MISC. QUESTIONS

WHERE TO GET PRESCRIPTION GOGGLES?

There are prescription goggles made for swimmers who wear glasses. Seeing the wall as you come in or seeing the clock is a real bonus. While expensive versions are available, for about \$18, you can order goggles from several online companies. Here are two sites for these goggles (or other swim gear) Kiefer <http://www.kiefer.com/> and The Swim

Outlet <http://www.swimoutlet.com/> these optical goggles are numbered -1.5, -2, -2.5 etc. To get the correct number, ask your eye doctor for the diopter for each eye. You get this number by adding spherical & cylindrical numbers together. This should just be a matter of asking for the numbers (unless you have not been to the eye doctor for a long time) and should not need a new checkup. While these corrections are not perfect, they can make a huge difference. Coach Dave has used Kiefer, Speedo, and Swim Club brands and all are good. The smaller Speedo goggles are better for racing. You can order 2 pairs and mix/match if one eye is a different number from the other.

DID NOT FIND YOUR QUESTION?

Our website is a great resource for information! You can also find more detailed information about the team and the sport in our Parent Handbook found under the “Documents” tab on our website. You may also contact Judy Cook at jcook@lakesregionwavemakers.com or speak to any of the current board members and coaches.