

Commonly asked Questions

1. So if we sign up does that mean we have to go to all of the meets?

Answer: First off YOU choose which of the meets on our schedule that you wish to go to. Have a family picnic planned for one weekend? Not a big deal! There are several meets planned and you pick which ones work with your schedule. I will be putting out sign-ups (Usually three to four weeks in advance of the meet that you can sign up for)

2. How does the whole meet situation work?

Answer: I've included a sample meet packet to give you an idea. Meets usually take place on Fridays, Saturdays and Sundays. Almost never on a week night. Each day is broken up into sessions. If it is not a prelims-finals meet, there are two sessions. A morning session and an afternoon session. Each session can last no longer than 4 hours. The sessions are broken up into age-groups. At this meet (Open, 10 & U and 8 & Under) will swim in the mornings with the (11-12, 13-14) age groups swimming in the afternoons.

3. How much does it cost?

Answer: The biggest expense of these meets is not the entry fee rather travel expenses. To keep these at a minimum I have selected meets close to home so you will not need hotel reservations and can save some money on gas. At this meet your fees are \$3.00 per entry (usually a little lower than this), plus a \$1.50 surcharge. Relay races cost \$6.00, but FRST will be picking up the tab on those if you are asked to participate on one. So if your 11 year old daughter decides to swim on Saturday and Sunday, her coach will decide what events are best for her to swim. They decide on 3 events on Saturday and because she is a beginner they opt out of swimming the 100 Fly on Sunday and only swim 2 events. So that's 5 events x 3.00 + 1.00= 16.00. Heck that's cheaper than the movies!

4. Can I pick what events my children swim at the meets?

Answer: The coaching staff is solely responsible for placing athletes in events. The coaching staff will discuss with each individual athlete event options and then the decision will be made. This ensures that the athletes swim the appropriate events and become well-rounded athletes.

5. Are practices mandatory?

Answer: No. Being a part of a competitive team is a choice and a privilege. The coaching staff encourages athletes to come on a regular basis as to provide more opportunities for your son or daughter to improve. As the athletes' progress and move into higher level groups more commitment is suggested if the athletes are serious about improving. Family vacations, gatherings, reunions are just a few of the many things that go on in the summer and so we have tried to set our practice times to accommodate the many different schedules we all have. As a teacher I know how sacred the summer is!

6. What will the practices be like?

Answer: This depends on which group your son or daughter is in. Beginning groups will only practice for one hour, three times a week so that time will be spent solely on instructional work. Members of the White group will blend a mixture of dryland workouts with instructional work to improve their technique work in the water. The main goal of this group is Quality before Quantity. Technique is the number one priority! The Blue group will have a mixture of both technique and yardage to make them more competitive. Members of this group will be invited to participate in morning practices in addition to their evening workouts. The senior group practices will be very similar to high school practices except toned down slightly.

7. Are there any discounts for having more than one child in the program?

Answer: Yes! You were waiting for that weren't you! Any family that registers three or athletes will receive a discount. Families of three will receive a 10% discount and the fourth child of a family will be free. In all cases the lowest priced group will be the one that is assessed.

8. Will scholarships be made available?

Answer: Absolutely! It is my belief that any individual who is serious about swimming has a place on this team. Please feel free to contact me with any concerns and complete confidentiality will be kept.

9. What are the outside costs of being a part of a club swim team?

Answer: USA Swimming requires an insurance policy that is \$51.00 per year which would include the championship meets such as Sectionals, Central Zone Championships and Nationals for one calendar year. There is no way around this. Other than that it depends on you. I do not require a team suit (just that you have a suit!). Athletes will be expected to wear team caps in meets.

10. What is the experience of the coaching staff?

Answer: The most important qualification needed in a coach is whether or not they enjoy working with kids. I have chosen a staff that fits this expectation and it is my first priority when selecting coaches. While I am the only coach who has had experience coaching a USA team, all of the assistant coaches possess the ability to instruct your children with the proper techniques and guidance to help them achieve their goals.