

CSTC Swim Team

Frequently Asked Questions (Q&A)

WHAT DOES MY SWIMMER NEED TO BRING TO EVERY MEET?

- Blanket/sleeping bag to sit on
- Swim suit, swim cap, goggles
- EXTRA SUIT
- EXTRA PAIR OF GOGGLES
- T-shirt
- Warm-up/sweat pants and a sweatshirt
- At least 2 towels, 3 is ideal
- 2 pairs of shoes, one at least full-footed, the other pair can either be another full-footed pair or crocs or flip-flops
- 2 pairs of socks
- Pair of shorts
- Extra set of clothes for after the meet
- Water bottle and meet appropriate snacks (bagels, fruit, crackers, power bar, veggies, peanut butter and jelly, cold pasta, etc.)
- Cards, iPod, etc. if desired
- **Parents/siblings may also want to bring portable DVD Player, books, iPod, cards etc.**

WHAT DO I NEED TO BRING TO EVERY MEET?

- CHAIR
- UMBRELLA (IF RAIN IS FORECAST)
- SWEATSHIRT AND OTHER WEATHER APPROPRIATE CLOTHING
- SHARPIE MARKER
- PENS/PENCILS
- CAMERA/CAMCORDER

WHAT ARE THE DIFFERENCES BETWEEN THE SWIM MEETS?

We have four kinds of swim meets.

The first series of competitions are dual or tri meets in which two or three teams compete. These meets are low key and meant to introduce the swimmers to competitive swimming. Swimmers are grouped in heats according to their best time. The faster swimmers are in the earlier heats. The Relay meet is a meet comprised entirely of relays. It is held on a Saturday, and usually begins early in the

morning. It is a very fun meet, and the swimmers often get a chance to compete on relay teams with older and younger swimmers. The Penguin Pentathlon is a meet in which the Coach will invite a swimmer, based upon their ability to legally swim all four swimming strokes and an individual medley. It is held at YSU on a Sunday morning. At the end of the season we have the YSL Championship meet in which all teams compete. It is always held on a Saturday morning. This meet is run in a more formal manner with officials and automatic timing equipment. In addition, team scores are kept and the League Champion is determined.

HOW DOES A DUAL MEET OPERATE?

For HOME meets, the team will normally arrive at the swim club parking between 4:30 - 4:45 pm. The swimmers will set up their blankets in the new pavilion and begin to loosen up for the warm-ups. Parents will set up their chairs poolside. After the warm-ups are completed, the National Anthem will be sung and the meet will begin with the Medley Relays, the freestyle events, backstroke events, breast stroke events, and butterfly events. There is sometimes a short break here to announce the 50/50 winner and give the scorer's table a chance to catch up. The final events are the free relays.

For AWAY meets, the team will normally arrive at the swim club parking lot at a given time and may caravan to the meet together. There is usually a designated team area for an AWAY meet...look for our coaches or other CSTC swimmers. If it is raining, we will bring our team pop-up tents. Otherwise, the meet runs the same as a HOME meet does.

In general, the length of a meet depends upon the size of the team that we are competing against. Most meets will be about 3 hours long, and will end by 9:00 pm. Depending on weather delays and team size, a meet may not end until later.

For each event that the child swims, they will be given a card by the clerk of course 10-15 minutes before the event begins. The card will tell the child which lane and what event (ex. - 8&U 25 Freestyle, Lane 4). In the case of the relay, the card will list all four names of the relay team. The swimmer then proceeds to the starting blocks of that lane and gives the card to the head timer in that lane (the one with the clipboard). The child takes their place in that lane and as each race is completed, moves up one spot in the line until their race. At that point, the referee blows their whistle, the starter tells the swimmers to step up. When all of the swimmers are on the starting blocks, the starter will tell them to take their marks, and then the starting buzzer will sound and the race will begin. Repeat 60 times and that's your meet.

WHAT ARE THE AGE GROUPS FOR THE SWIM MEET?

8 & Under

9 & 10 Year Olds

11 & 12 Year Olds

13 & 14 Year Olds

15 thru 18 Years Olds

Age is determined by your age as of June 1

In general, every other year your child will have an "up" year when they are the oldest in their age group and a "down" year when they are the youngest in their age group.

The system generally works well.

WHAT ARE THE EVENTS IN A SWIM MEET?

ORDER OF EVENTS: BY AGE GROUP, STARTING WITH 8 & U

Medley Relay,

Freestyle,

Backstroke,

Breaststroke,

Butterfly

Free Relay.

Swimmers may swim a total of three events in any combination.

DO I HAVE TO STAY THE ENTIRE MEET?

PLEASE NOTE: All swimmers are expected to stay the entire meet. No one is permitted to leave the swim meet without a coach's permission. If a swimmer already assigned to a relay becomes ill or injured, your child may be asked to swim on a relay. If your swimmer is assigned to a relay at the end of the meet, they **MUST** stay to swim the relay. If a relay does not swim, this may impact the outcome of the meet for the entire team.

HOW ARE RELAYS DETERMINED?

The coaching staff will determine relays, with the head coaches having the final say. Relays will be determined on times, attendance, attitude and sportsmanship.

HOW DO I FIND OUT MY CHILD'S TIME OR PLACE?

Swimmers learn to ask a timer for their unofficial time as they get out of the pool at the end of a race. Once times are collected, they are given to the scorer and recorded. The official results and times will be posted at a designated area at each meet.

HOW DOES MY SWIMMER EARN RIBBONS?

Ribbons will be awarded for the first thru sixth place in individual events, and first place for the Medley and Free Relays. Swimmers improving their times will be awarded personal best ribbons after a meet. Individual heat winners will be given a ribbon at most meets and in some meets, all 8 &U swimmers will receive a ribbon at the conclusion of their race. Please do not try to get your child's ribbons during the meet. They will be placed in your family mailbox at the swim club the morning after the meet.

HOW IS THE WINNER OF A DUAL MEET DETERMINED?

The fastest swimmers in each event earn points for their team using the following scale:
Individual events: 1st = 5 points, 2nd = 3 points, 3rd = 1 point
Relay events: 1st = 7 points, 2nd = 0 points

WHAT DOES A DQ MEAN?

Disqualification - this can happen for a variety of reasons including starting early (false start), leaving the diving block early in a relay, performing an illegal stroke, performing an illegal turn, not touching the wall with two hands during a breaststroke turn, etc.

ARE THE KIDS DQ'ED A LOT?

No. The younger swimmers, especially the 8 & under age group tend to have more problems early in the season, but you'll see a DQ from time to time in every age group.

If your child is disqualified, try not to get upset about it. Your swimmer will be unhappy enough about it without having your emotions adding to the situation. If you think there was an error made, then discuss it calmly with the coach. Do NOT discuss it with the officials. Let the coach do that if it is appropriate.

WHEN SHOULD I SIGN MY SWIMMER OFF A MEET?

Please inform the head coach no later than Friday before a dual meet if your child (ren) cannot swim. Other meets need to be signed off usually 2 weeks prior to the meet.

Please send your meet sign-off via email to cstcswimteam@zoominternet.net. Please include the swimmer name and meet date in the subject line.

WHEN WILL A SWIM MEET BE CANCELLED?

In general, a swim meet will not be cancelled unless thunder and lightning prevent us from getting in the pool. Even if there is bad weather at the scheduled start of a meet or during a meet, we will delay the meet for 30 minutes after the last thunder/lightning. Remember, it may be storming in one part of town but be perfectly clear at the meet location. Unless you hear otherwise, plan to be at the pool at the designated time. If there is a delay we will notify

you on the CSTC website and by email as soon as possible. Please do not call the swim club or the coach.

WHEN SHOULD I ARRIVE FOR A MEET?

- Swimmers should arrive at the pool by 4:45 pm at the latest. This gives them time to find the team area at the pool, find their coach and change into suit (if not already wearing it), etc. Please check the website www.canfieldswimclub.com for up-to-date meet information.
- There will always be a warm-up prior to the start of the meet. Swimmers are not to get in the water until the coach instructs them to do so.
- Swimmers are expected to be there for the entire warm-up period. When it is time for warm-ups to begin, CSTC swimmers will warm-up, by age group, in the lanes designated by the coach. Each group has a specified meet warm-up which they have been doing in practice. They will swim their specified meet warm-up under the direction of the coaches.
- The warm-up schedule, by age is as follows for each meet:

8&u	5 p.m.
9-10	5:10 p.m.
11-12	5:20 p.m.
13 & up	5:30 p.m.

WHERE DO I GO WHEN I GET TO THE MEET?

- Parents are generally not allowed on the pool deck during a swim meet, unless they are volunteering to work the meet. Parents should find a place near the pool to sit. Bring a chair. Look for other CSTC families to sit with—particularly beneficial to new families to help show you the ropes.
- If your swimmer is young and anxious about where to go, feel free to walk them to the pool deck and point them toward a CSTC coach.
- It is recommended that swimmers stay in the team area in between swims. This allows the coaches to find the swimmers in the event that they are needed for relays, etc. However, if the swimmer is new, young and/or anxious about not being with his/her parents, then parents will need to follow the meet closely in order to make sure the swimmer is back in the clerk of course area in ample time for their scheduled event. They also need to notify the coach if this is the case. **COACHES WILL NOT HAVE TIME TO HUNT FOR SWIMMERS THAT HAVE LEFT THE CSTC DESIGNATED AREA.**

HOW DO I KNOW WHAT EVENTS MY CHILD IS SWIMMING AND WHEN TO GO TO THE BLOCKS?

- The Coach will post your child's events for the week's meet on Monday/Tuesday am on the swim team bulletin board. Relay assignments will be posted on Wednesday am. Please write these down so that your child knows what they are swimming.
- Parents can buy a Heat Sheet as they enter the meet.
- The Heat Sheet will reflect in which heat and in which lane swimmers will be swimming. If Heat Sheets are available, it is recommended that parents write on the swimmers hand or arm the event number, heat number, lane number, and description of specific stroke that they will be swimming. It is easiest to do this prior to warm-ups. **BRING SHARPIE MARKERS FOR THIS.**

All meets will have a clerk of course area that lines up swimmers for their events. Check with your coach/another swim parent to find out where the clerk of course area is.

- Listen for your event to be called, and then report to clerk of course. **BE SURE TO TAKE YOUR TEAM CAP AND GOGGLES WITH YOU!**
- Parents of younger swimmers: Please help your child to report to the clerk of course when their event is called.
- Once your child is at the clerk of course area, it is important that all parents allow their swimmers to remain in the staging area alone. Parent volunteers in the clerk of course area will best be able to do their jobs if they do not have to contend with extra bodies and parents!
- When you get to the blocks, **BE SURE TO CHECK IN WITH THE TIMERS IN YOUR LANE TO MAKE SURE THAT YOU ARE IN THE CORRECT LANE. GIVE THEM YOUR NAME AND THEY WILL CHECK THEIR INFORMATION TO MAKE SURE YOU ARE IN THE RIGHT PLACE.**

WHEN SHOULD MY SWIMMER BE EATING AND DRINKING?

- **DRINK ALL OF THE TIME (WATER, GATORADE, POWERADE, ETC.)**
- Your swimmer should eat one of their meet snacks **AFTER** they have put your warm clothes on over your suit **AND** there is at least 20 minutes between events. If your swimmer will be swimming in less than 20 minutes, wait until after the next race to eat a snack.