

# CSTC Swim Team

## Frequently Asked Questions

### What does my swimmer need to bring to every meet?

- Swimsuit, swim cap, goggles
- a blanket
- extra pair of goggles
- a sweatshirt and sweatpants
- extra towels
- extra set of clothes for after the meet
- water bottle and appropriate snacks
- cards, travel games, Uno, coloring books for the young swimmers, etc

### What do I need to bring to every meet?

- chair
- umbrella if rain is in the forecast
- black Sharpie marker

### How do I know what events my child is swimming and when to go to the blocks?

- The coach will post your child's event for the week's meet on Wednesday morning on the swim team bulletin board. Relay assignments will also be posted on Wednesday morning. Please write these down so your child knows what they are swimming.
- Parents can buy a heat sheet as they enter a meet.
- Heat sheets will reflect which heat and in which lane swimmers will be swimming. If heat sheets are available, it is recommended that parents write on the swimmer's hand or arm the event number, heat number, lane number, and description of specific strokes that they will be swimming. It is easiest to do this prior to warm-ups. **Parents you will need a black Sharpie marker for this, the clubs do not provide these. Every swimmer also has to have their swim number written on both upper arms with CSTC under their number.**

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

- Listen for your event to be called, and then report to the 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 courts area, it is important that all parents allow their swimmers to remain in the staging area alone. Parent Volunteers in the clerk of courts area best be able to do their job if they do not have to contend with extra bodies and parents.
- SWIMMERS - 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.)
- Snacks can be eaten 20 minutes between events

## **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. All ribbons will be placed in the swimmers individual folders at the swim club a few days after the meet, they are not given out at the meets.

## **What does 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 kids DQ'd a lot?**

No. The younger swimmers, especially the 8 and 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 of a meet?**

Please inform the head coach no later than Monday of that meet. A sign-up sheet will be located near the front office of the Swim Club. For a Relay Meet, Pentathlon, and Champs, sign-offs are required two weeks prior to those meets. Please include the swimmers name and age group on the sign off sheet.

## **When will the swim meet be cancelled?**

In general, a swim meet will not be canceled 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 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 through Remind. Please do not call the swim club or the coach.

## **When should I arrive for a meet?**

- Swimmers should arrive at the pool between 4:30-4:45. This gives them time to find the team area at the pool and to check in with their coach.
- there will always be a warm up prior to the start of the meet. Swimmers are not to get into the water until the coach instructs them to do so.
- Swimmers are expected to be there for the entire warm up. 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 specific meet warm up which they have been doing in practices.

## **Where do I go when I get to the meet?**

- Parents are 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, as some clubs do not provide chairs.
- 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 need are needed for relays, etc. However, if the swimmer is new and or anxious about not being with his or 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 events. 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.

## **What are the age groups for the swim meet?**

8 and under

9 and 10 year olds

11 and 12 year olds

13 and 14 year olds

15 through 18 year olds

age is determined by your age as of June 1st

## **What are the events in a swim meet?**

Order events: by age group, starting with 8 & unders

Medley relay

Freestyle

Backstreet

Breaststroke

Butterfly

Free relay

swimmers may swim a total of 3 events in any combination

## **Do I have to stay for the entire meet?**

**Please note: all swimmers are expected to stay the entire meet.** No one is permitted to leave the meet without a coach's permission. If a swimmer already assigned to a relay meet 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 meet 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 coach's having the final say. Relays will be determined on time, attendance, attitude and sportsmanship

## **How do I find out my child's time or place?**

Once times have been collected, they are given to the scorer and recorded. The official results and times we posted at the designated area at each meet.

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