



COOL WAVES FREQUENTLY ASKED QUESTIONS



COMMUNICATION

How do I know what is going on with the team?

Communication is a number one priority of COOL! There are several great ways to stay current:

- Team website – the team website, www.coolwaves.org, is the absolute best way to stay informed about team happenings! Be sure to get familiar with all the features and get in the habit of checking it daily.
- Team email – a weekly team email, the COOL Surf Report, is sent out every Sunday night. This email is full of important information for the upcoming week including practice changes, upcoming meet information, and social events. Team emails are occasionally sent out during the week as well for various reasons.
- File boxes - Each swimmer is assigned a file folder that is on the pool deck during practices. Articles and notes from the coaches, notices of upcoming events, and other tidbits are placed in the swimmer's file.
- Monthly Parent Education Sessions – these quick and informative sessions presented by the head coach focus on topics for swim parents such as nutrition, goal setting, and training details.
- Parent Meetings – Parent Meetings are held at least once every trimester and feature coaches' reports and information from the Board of Directors and Parent Groups.
- Team Newsletter – the monthly newsletter, The Water Log, is sent electronically around the first of each month and includes articles by coaches and board members as well as special features such as birthdays, team records, and upcoming events.

COOL strives to provide its members with the most up-to-date information in a timely manner. Please do your part by checking your email, file box, and the team website frequently, and by attending all available meetings!

I have a question concerning my swimmer. Who do I ask?

Any questions or concerns regarding the "wet" side of the team should be directed to the head coach. She is happy to answer your emails or phone calls whenever you have questions or concerns.

REGISTRATION/DUES

How does COOL break up the swim season?

The swim season is broken into 3 trimesters:

- Spring Trimester: January through April
- Summer Trimester: May through July
- Fall Trimester: September through December

August is typically COOL's off month with no training.

Do I have to wait until the beginning of a trimester to join the team?

Swimmers are invited to join COOL at anytime during a trimester.



Does the team have a roster?

Yes! You may access other families' emails and phone numbers through the member search on the team website. This can be found at the top of the website on the magnifying glass icon with the word "Member" beside it. Only COOL members that are logged onto the site and have chosen to be listed themselves on the roster may access this information. Make sure you are on the list by signing in, going to your account and choosing "Yes, I want to participate" in the member search box.

My swimmer joined a month ago and is now involved in other activities. Do we have to complete the trimester?

You are financially responsible for the remainder of the trimester whether your swimmer attends practices or not. Be sure to talk to the coach about scheduling conflicts as occasionally it is possible to have alternate practice times. COOL also offers a "seasonal swimmer" option for junior and senior high swimmers involved in school sponsored sports.

Who do I contact if I have a question about my dues?

Contact the COOL Treasurer for questions about dues. The Board of Directors link on the team website will have the appropriate contact information.

How do I know when it's time to pay dues again?

Fees are due on the 20th of each month. Fees past due will automatically be assessed a \$15 late charge. You will be sent an email each month informing you that your monthly invoice is ready to be paid. You may also check your online account at any time by logging in to the team website.



How do I pay for my dues, meet fees, etc?

There are two ways to pay:

1. Through the team website, set up automatic debit to withdraw fees directly from your bank account on the 1st of the month.
2. Mail your payment to the team treasurer at:
Jim Erickson
13622 S. Sycamore
Olathe, KS 66062

Does COOL pay a referral bonus if I recruit someone to join the team?

Yes, you are given a \$25 credit if you refer a new family to the COOL Swim Team. You will receive a \$10 credit for referring a family to the Swim Academy.



Do you have a sponsorship program?

Yes! Parents that find sponsors for our swim team will receive a 25% credit based on the amount the sponsor contributes to the team. Ask a board member for more information and a COOL sponsorship packet.

Are we required to do any team fundraising?

We are a not for-profit organization that relies solely on dues, donations, and sponsors to exist. COOL's biggest fundraiser is the SWIM-A-THON every fall. Swimmers have a required \$100 to

collect for this event. Other fundraisers are planned throughout the year and families are highly encouraged to participate.

PRACTICE/COACHING INFORMATION

My swimmer is supposed to be at practice and meets early to do "drylands." What exactly is this?

Drylands refer to the stretches and callisthenic type exercises that are important for a swimmer's flexibility and strengthening as well as a great opportunity for teambuilding.



Are parents allowed to watch practice?

Parents are encouraged to stay and watch practice. .

Walking around the pool deck and/or speaking to your child during practice is discouraged as it is highly distracting to both the coaches and the swimmers. Pool areas can become very noisy with extra people, making the coach's job of working with the team difficult. Keeping conversations at a low volume is much appreciated. We ask that siblings and children not on the team remain seated on the benches with an adult. Please take children out of the pool area if they become restless.

When is the best time to talk to coaches?

Coaches are quite busy before and during practice with the kids. It is best to wait to talk with a coach until after practice is over, or to call or send an email.

How many practices must my swimmer attend during the week?

Swimmers will get as much out of swimming as they put into it. The more practices a swimmer attends, the better they will become. COOL normally practices 5-6 days a week—the specific days you attend are up to you.

How does my swimmer move from one training level to another?

Coaches will talk to you and your swimmer when they believe your child is ready to move up to the next training level. Communication is important so feel free to discuss any questions or concerns with your swimmer's coach.

Why are there days when COOL does not have practice?

COOL rents the pools from the Olathe School District. Sometimes when school is not in session (such as for conferences, school breaks, etc) COOL is not allowed to use the pool. Occasionally COOL will not have access to the pool due to a school-wide event such as an evening concert. Every effort is made to provide practice times at alternate locations when our "home" pools aren't available.

How do I know when practice is cancelled due to weather?

During the winter months, a Winter Weather box will be posted on the homepage of the website and updated as soon as a practice has been cancelled. In general, if school is cancelled due to a snow day, COOL will not have practice. If during the school day the weather turns questionable, please check the website for possible cancellations. During the summer, COOL has a Weather Hotline that will be updated as soon as possible in the event of a cancellation due to thunderstorms, etc. The website will also be updated if possible.



SWIM GEAR & COOL ATTIRE

What gear is needed for practice?

Equipment needs are specific to each group. All swimmers will need swim suits, goggles, team cap, and water bottle. Please check your swimmer's group requirements for a list of equipment needed.

Does COOL have any gear to purchase?

COOL apparel including T-shirts, team suits, and team caps as well as training equipment are available through the Team Store. Several times a year, usually in the beginning of the trimester, the Team Store will "be open" at the pool during practice times, giving swimmers a chance to try on swimsuits and apparel.

At any time you may also log-on to the team website to access the Team Store link to view and order merchandise online.

Where else can I purchase swim gear?

Most sporting goods stores carry basic swim equipment. Often swim gear is for sale at swim meets as well. Several good on-line stores include:



www.swimoutlet.com

www.speedo.com

www.actionaccents.com

www.swimyourbest.com

SWIM MEETS

Does my swimmer have to compete in meets?

Meet participation is highly recommended. Swimming in meets is one of the best ways to gauge a swimmer's progress. Meets are also fun for swimmers! It is a time to strengthen friendships with teammates and coaches as well as meet kids from different teams.



How many meets should my swimmer attend?

This depends on which training group your swimmer is currently in. In general, meets for novice swimmers are highly encouraged but not required. All swimmers will also be entered in COOL hosted meets unless prior arrangements have been made with the coach.

What are time standards?

Time standards are meant to be a motivational tool for swimmers. Also, some meets require swimmers to meet certain time requirements in order to enter that meet. These are called "qualifying times." USA Swimming publishes time standards for each age group every year which are categorized as "B", "BB", "A", "AA", and "AAA" times. Missouri Valley Swimming (our local swimming conference) also has time standards for the Division II and Division I championship meets. You may hear swimmers and parents refer to these time standards as "D1" and "D2" times.

What is a "qualifying meet?"

A qualifying meet is one where a certain time standard (see above) is required in order to enter the meet. For instance, in order for your swimmer to enter an event in a Division 2 meet, he would have to have achieved a D2 time standard in that event at a previous meet.

Does COOL ever sponsor a meet?

COOL usually hosts 2 meets per year. These are whole team events with every swimmer participating and every family working sessions.

Where do I sign up for meets?

You will log into the team website and will be able to declare which meets you plan to attend. Pay close attention to the registration deadline dates!

Do I sign up for individual events for a meet or are they assigned?

You will only sign up for the days your swimmer is able to attend. Coaches determine the events your child will be swimming.

Do I need to attend all three days of meets?

Swimmers are encouraged to attend as many days as possible.



How do I know what days my swimmer should attend?

Meet information from the host team is posted on the team website as soon as possible, usually several weeks before the meet. Parents should read the meet information thoroughly and check the Schedule of Events, usually on the last page of the information. You will be able to see which events are offered each day. Talk to your swimmer's coach if you are still unsure of what days/events would be appropriate for your swimmer.



Do I have to pay to attend a meet? Do I bring money to the meet or how do I pay?

Swimmers pay per event (typically \$3.50 per event which goes to the host team) plus a nominal surcharge to cover relay charges and coaches' travelling expenses. You will be billed the balance due for the meet.

Do I have to pay meet fees if we signed up for a meet and then couldn't go due to illness, change of plans, etc?

Once the swimmer has been entered in a meet, the family is responsible for the meet fees even if the swimmer does not participate in meet. The team must pay the host team the entry fees when the entries are mailed.

How do I know what events my swimmer is entered in at the meets?

Approximately 5-7 days after the sign-up deadline, a list of COOL swimmers and the events they will be swimming should be posted on the team website and/or at the pool.

What time should my swimmer be at the meets?

Swimmers should be at the meet 15 minutes before warm-ups start to check in with coaches, get suited up, and do dry land stretches as a team.

This is our family's first swim meet and we have no idea what is going on!

Who can help us?

Be sure to check out "What to Expect at Your First Swim Meet" in the New Family Handbook on the website for lots of information about what to bring, what to do, etc. And when in doubt, grab any nearby COOL parent and let them know you would like some help!