



Parent FAQ Sheet

PRACTICE

Where does PEAQ practice?

PEAQ practices at the Upper Saint Clair High School pool, the Chartiers Valley High School pool, and the Scott Township outdoor pool.

How many practices should my child attend?

Each training group has a suggested minimum number of practices. Please see the "Club Team" heading on our website and select "Training Groups" for those guidelines.

Who determines what group my child practices with and how is this determined?

The coaches determine what group your child practices with. Unlike many clubs, PEAQ does not rely strictly on an objective set of criteria to determine what groups swimmers are in. There are a number of factors involved, of which "performance" (meet times as well as practice habits) is but one criterion. In addition to swimming ability, the coaches also take into account athlete age/maturity, practice attendance, and group size when we are determining where to place swimmers.

Am I allowed to be on the pool deck at practice?

No parents are allowed on the pool deck or in the locker rooms during practice. Parents are able to watch practice from the stands if they wish.

MEETS

Does my child have to swim in meets?

No, but participating in meets is strongly encouraged, as meets provide a multitude of learning opportunities for kids.

How do I know what events to sign my child up for?

You will sign your child up for events and have the opportunity to pick events. Your swimmer's primary coach may make changes as needed and will approve entries before every meet. Please leave note if your swimmer can only participate in only one day of the meet.

How do I sign up for a meet?

You will sign up for a meet through the PEAQ website by selecting the attend/ decline button next to a meet that has been opened. You will then follow the prompts that are given to select events.

How do I know if my child qualifies for a meet?

Each meet has its own structure. Once a meet is open for sign ups, you can click on the meet invitation on our website to see its structure. Qualifying times, event order, and event session information are all available in the meet invitation. Some meets are open meets, meaning there are no qualifying times, while other meets have qualifying times based on The 2017-2020 Age Group Motivational Time Standards issued by USA Swimming.

What should my swimmer bring to a meet?

Your child should bring a swimsuit, towels, a team t-shirt, a healthy snack, a water bottle, a pen (for writing their events with their corresponding heats and lanes on their arms), etc.

Where will my child sit at a meet?

Your child will sit on the pool deck with his or her teammates and coach.

What is a heat sheet?

A heat sheet is the official schedule of swimmers in their assigned events, heats, and lanes. Heat sheets are usually posted in a common area at a meet and are also available for purchase. Parents can use the information in the heat sheet to write their swimmer's event, heat, and lane on the swimmer's arm. This will help the swimmer follow the meet and know when he or she is racing.

What should my child do after he or she races?

All of the kids are told to see their coach after a race. If you notice that your child is not doing this, please remind your child that this is an important swimmer responsibility. The coaches will always provide feedback after a race, but they are unable to track a swimmer down after a race because they are busy watching and helping other swimmers.



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EQUIPMENT

What equipment do I need, and where do I buy it?

The equipment that a swimmer will need to purchase will vary based on the swimmer's group. Please see the "Club Team" heading on the PEAQ website and select "equipment" for a complete list for each group. Most swim equipment can be purchased through B and R Pools where PEAQ swimmers receive a 10% discount. Additionally, there are various online swimming websites and outlets that sell equipment

Do I need a team suit or other team specific gear?

PEAQ has a team suit. You are encouraged, but not obligated to buy it. Team shirts are required and purchased upon registration. Team caps may also be purchased upon registration.

VOLUNTEERING

Am I expected to volunteer?

It takes a tremendous amount of volunteers to host a successful meet. Every family is expected to volunteer at PEAQ hosted meets, or incur a financial penalty for not volunteering.

TECHNOLOGY

What are these Swimming apps that I hear people talking about?

Deck Pass and OnDeck parent are two useful apps.

Deck Pass:

Deck Pass is a very useful mobile app that can be used to track swimmer progress. It has both a stat tracking as well as a social media aspect to it. Swimmers and parents who like to keep track of their IMX and IMR scores find Deck Pass to be helpful. You can sign up for an account at usaswimming.org, but you do not necessarily have to be a member. Parents can have a separate account from their swimmers, and the two can be linked together. The standard Deck Pass mobile app is free.

For more info on Deck Pass, check out www.usaswimming.org/deckpass

OnDeck:

Compatible with the iPhone and Android, and available on iTunes and the Android app store, OnDeck Parent gathers your meet and event information and stores that information on your device. You'll be able to check on meet attendance, verify event load, view times and splits for your swimmer, compare those statistics with local and even national time standards, and check out all the results from past meets. OnDeck Parent also syncs with your TeamUnify account. Once you download the app, sign in with your peaqphg.org username and password. PEAQ'S team alias (which you'll also need) is "ampeaq", lowercase, without the quotes. Check out OnDeck Parent at www.teamunify.com/ondeckparent

IMX AND IMR

What is an IMX and IMR Score?

The IMX Challenge was created to promote and reward versatility in age group swimming while advocating greater participation and development across a range of events. The IMX challenge, with its two components, IM Ready and IM Xtreme is a motivational program where swimmers are scored on their performance in a combination of five or six events. An IMX or IM Ready score is only established after a swimmer has swum all of the events required for their age group in a sanctioned meet since the start of the current season; both short and long course seasons start September 1 and end August 31 for IMX/IMR purposes. Additionally, a swimmer must complete all of the events in the same course (SCY or LCM) to have a score in that particular course.

IM READY (IMR) Requirements:

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. The requirements for each age group are listed below:

9 & Under; 10-year olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

11-year olds; 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

13, 14, 15, 16, 17, & 18-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200



Parent FAQ Sheet

IMX AND IMR CONT.

IM Xtreme (IMX) Requirements:

The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club. The requirements for each age group is listed below:

9 & Under; 10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year olds; 12-year olds: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17, & 18-year olds: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

How do I score points?

Rankings in the program are based on power points, a system developed by USA Swimming and Hy-Tek. See the Power Points page at www.usaswimming.org for more information and to use the Power Point Calculator.

How do I participate?

Participation in the IMR and IMX is easy. USA Swimming automatically scores and calculates results for all athlete members! Swimmers only need to sign up for a Deck Pass Account, then compete in each required event, at a sanctioned meet, at least once in a season.