 Tour de NCA FAQ’s

Q: Why do the Tour?

A: To bring an awareness to how active we can be on a daily basis even if it is in just small increments.

Q: Who can join the Tour?

A: Any swimmer can join.

Q: What if I didn’t start at the beginning of the Tour?

A: Any swimmer can join any time.

Q: If I started late, can I still win a jersey?

A: Yes. If you accumulate the most fitness points in any given week, you win the yellow jersey.

Q: How do I log my points?

A: Just keep a day to day record. It doesn’t need to be on the spread sheet.

Q: What if I just do an exercise for 15 min? Does it still count?

A: Yes. Points are accumulated by ½ hour but if you do 2 half hour walks, then you add these together.

Q: Does everyone who completes the Tour win a Tour tee shirt?

A: Yes

Q: How do I win a hoodie?

A: A swimmer has to accumulate the most overall points in their group to win a Tour hoodie.

Q: When do I send in my points?

A: Send your points in every Sunday evening to:

[nickelcityaquatics@gmail.com](mailto:nickelcityaquatics@gmail.com)

Q: What if I do an activity that is not on the list?

A: Just email Coach Linda with your activity to have it added.