

# Scarborough Swim Club

## Frequently Asked Questions

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### **How do I know which group to register my child in?**

Before registration, it is important to contact the Club to arrange an in-water swim assessment to ensure proper placement within the Club structure.

Please use the "Contact Us" link on the homepage of our website or contact us directly at:

Phone: 1-855-567-7557

Email: [scar.office@scarswimming.ca](mailto:scar.office@scarswimming.ca)

### **What is the Family Bond?**

The Scarborough Swim Club could not operate without the contributions of its members as we are a non-profit, volunteer organization. To encourage family participation, the family commitment credit system was established. A \$500 payment (\$250 Dev 2 swimmers) is required at registration, intended as 'bond', with the expectation that each swimmer's family will participate in Club activities by volunteering at our swim meets, joining one of the committees or becoming a Board member.

The Family Commitment Bond will be rolled over to the next season when the commitments are fulfilled. The families of Development 2 swimmers are expected to fulfill 6 family commitments while all other Competitive groups are expected to fulfill 12 commitments. For each commitment not fulfilled \$50 will be deducted from the family commitment bond at the end of the season.

### **Are there discounts available for multiple swimmers?**

We offer discounts for families with multiple swimmers on training fees only. The discount is 25% for the 2<sup>nd</sup> swimmer (at lesser value) and 40% off for the 3<sup>rd</sup> swimmer (of lesser value).

For the I Can Swim program, a 5% discount off of both lesson fees is offered for 2 swimmers from the same family and 10% discount of all lessons fees with families for 3 or more swimmers.

## **Why are we charged the same amount for months like September and June which typically have few training sessions?**

The fees are annual fees rather than monthly fees. We prorate the fees over 10 months to make it easier for parents from a cash flow perspective. There are months in the season which will have fewer workouts than others typically September, December, March and June.

## **What equipment does my child need?**

A list of recommended equipment for each group can be found under the 'Programs' tab. All swimmers will need goggles, swim cap, water bottle, kickboard, pull buoy and fins at minimum. Swimmers in higher groups will need more specialized equipment like snorkels, paddles and bands. Please refer to our website for a specific list for your child's level.

## **How do I order equipment?**

A Scarborough Swim Club t-shirt and 3 swim caps are included in the registration fee for Competitive swimmers.

As of September 2016, the Club has a limited number of kickboards, pull buoys and mesh bags available for sale in the TPASC office. Additional equipment such as swim fins, goggles, etc. can be purchased from the Team Aquatic Supply store at TPASC or another aquatic store of your choice.

The Club also has a customer online store that sells swim suits and Spirit Team Wear. Sizing clinics run by our supplier are held twice per year in September and January. At this time, your child can be measured to ensure the correct size is ordered. The store is open for orders twice per year in September and January.

## **What is Dryland training?**

Dryland training is designed to complement the training that occurs in the pool and is run by the Coaches either before or after swim practices. Running shoes, shorts, Scarborough t-shirt and water bottle are the required equipment for dryland training.

## **Do I need to stay during my child's practices?**

The Coaches are responsible for the swimmers only while they are on the pool deck or during dryland training sessions. Parents are responsible to supervise their children in the change rooms before and after practice.

Please note that parents are not allowed on the pool deck at any time. There are viewing galleries where you are welcome to watch the practices but please refrain from interacting with your child during practice times. Coaches are usually available to speak with parents before and after practices but if the situation requires significant attention, please send them an email to arrange a suitable time to meet.

### **What do I do if my child needs to miss a practice?**

If you know in advance that your child is going to miss a practice, you can advise your Coach in person or by email. It is particularly important that you advise Coaches of extended periods of absence.

### **Is my child required to compete?**

The Scarborough Swim Club is a competitive club (excluding I Can Swim) and as such, it is expected that all swimmers will compete in swim meets during the season.

### **How do I sign up for meets?**

You will receive email notifications from the Coaches with a link to the website in order to sign up for meets. You can also access the meet sign-up at to the bottom of the Home Page under Events. Locate the appropriate meet and then click on the Attend/Decline button. The Coaches will determine which events your child will swim in any given meet based on their abilities.

### **How do I know which meets to sign up for?**

This is a common question for first year swimmers. Some swim meets have time standards that a swimmer must achieve before they can be entered in a particular event. Some meets even have a de-qualifying time (no faster than) that the Coaches have to adhere to when entering a swimmer. Your Coach will advise you in advance if your child is attending a meet. Meet classes fall into several categories:

**Developmental Meets:** These swim meets usually require no time standards and last approximately three hours. First year swimmers attend many of these types of meets to build their confidence and experience.

**Invitational Meets:** These swim meets make up the bulk of the competitive swim schedule. Usually time standards are required for the swimmers to qualify, i.e. an Ontario "A" standard.

**Championship Meets:** These swim meets offer the best competition for a particular time standard, for example, Provincials, Nationals or Eastern Cup.

**Team Championships:** In these meets, each Club sends a specific number of athletes to compete as a team.

If you are unclear whether your child's group is participating in a particular swim meet, you can find this information by clicking on the Meet Tab at the top of the Home page and then 'Meet Schedule'. Groups that are attending are indicated with an 'x'. Please look at the legend at the bottom of the schedule for further explanation.

### **What does my child need to bring to swim meets?**

Swimmers need to bring extra towels, goggles as well as the standard Scarborough swim suits and white cap. Swimmers also need to bring plenty of healthy snacks and water and/or sports drinks as well. The parents may want to bring fold out chairs to sit in since there will not always be enough seating for everyone at the pool.

### **How can I support my swimmer?**

The best way to support your swimmer through their development in swimming (this is ongoing) is to understand that this is their sport. More importantly, it is their place to come to learn important values that they can carry forward in their everyday lives during their swimming careers as well as after they have moved on. That being said, you are a part of their support system. This system involves the Coach and the parent and each has a role to play in the developmental process. The Coach is the facilitator who provides the developmental framework and the technical expertise to systematically guide the swimmer through the developmental process for long term swimming success. The parent is the caregiver who provides unconditional love everyday regardless of any swimming results. The parent is also a supporter of the program that the child is involved in and will show this through volunteering when necessary (hosted swim meets, car pools etc.).

### **How does a Coach decide if a swimmer is ready to move up to the next level?**

Your swimmer's Coach will look for various things in practice to determine when your swimmer is ready to move up to the next level. To move from Dev 2 to Dev 1 level and Dev 1 to Bronze, Coaches will look for proficiency in all four strokes, moderate endurance and proper technique. To move from the Bronze to Silver or

Silver to Gold level, the Coaches will look at a swimmer's meet times and for the ability to maintain their endurance for a longer period of time. Attitude, attendance and work ethic are also deciding factors in any group movement.

Swimmers who start out with the Dev 2 group should be ready to move up to Dev 1 within 6-12 months and this hold true from Dev 1 to Bronze and Bronze to Silver. Movement also depends upon the number of practices attended, the swimmer's age and the swimmer's ability.

It is important not to move a swimmer up from one level to the next too quickly. The swimmer must build their confidence and knowledge and be ready for the next level. However, it is also important not to hold a swimmer back when he/she is ready for the next level.

Feel free to talk to your swimmer's Coach to find out when your swimmer might be ready for the next level.

### **What sports nutrition tips do you recommend?**

Typically all a swimmer needs is a well balanced meal. There are some very good resources on the internet to get very specific. The link below that gives a very good outline for a swimmers daily routine.

<http://www.swimming.org/swimfit/daily-nutrition-tips-for-competitive-swimmers>