

MANDATORY ALL- PARENT ASSOCIATION MEETING

Q & A with Coach Alex

At the mandatory all-parent meeting on Tuesday night, I made one request- if they had any questions, they email them to me so that I could answer them in large scale format. I figured if one person has a question, odds are there is one other person out there who may have the same one!

Q: I couldn't get to the meeting because I was sick/my house flooded/I totally forgot about it!

A: While it was a very important meeting to get everyone together, introduce ourselves, and get pertinent information to the team, don't lose too much sleep over it. We will be sending out an email with the presentation and answers to a few general questions. Read all of the material over and if you have questions, please ask the appropriate point person.

Q: I didn't know the deadlines for USA meets had already closed- ah!?!

A: Not to worry. The reason why these closed so early was so that I could get our team entry into the meet. USA meets can get very full- in reality there aren't too many pools on Connecticut to host a large-scale meets so it can be difficult sometimes. Luckily, we're in almost every meet we've entered so far (waiting to hear from Tim and the November SOCO meet)! That being said, we can make *major* changes to the entry about three weeks prior to the meet (like adding swimmers with a full event list). About two weeks before the meet we can make minor tweaks (like switching out events). Then everything is set and you are financially responsible for the entries.

Q: I heard the acronym *VIP* a lot last night and want to learn more about it. Can you send me a detailed email just for me?

A: Nah, go check out the [team website](#)!

Q: I'm not getting your emails, what should I do?

A: First, check your spam (ha!). If you're still not getting them, let me know ASAP. During the winter we tend to have some practices cancelled due to inclement weather, holidays, or high school swim meets so we need everyone to have access to our email blasts, the website, and our app!

Q: Speaking of the On Deck app, I don't want to get it because I have limited space on my phone. Convince me I should download it.

A: I'm one of those people that takes my privacy pretty seriously. I am NOT a huge fan of getting work texts on my personal cell phone. I know, so old school but you can take that up with my Mom (pictured [here](#) because she is an official and does some meets for us). In that vein, I don't want to invade YOUR personal space either... and that's where the push notifications come in! Through the OnDeck app you will get notifications on your phone that alert you to any updates that we put on the team feed- like practice changes, meet notifications, reminders, and more! That's just one of the many useful features, so delete some old photos and get that app!

Q: I'm new to the whole swim parent thing. Where can I find some starter info?

A: Check out the [website](#)! We've linked some articles to read to get your started on this wonderful new journey. You should also ASK AROUND! There are many parents on this team who have been here 5+ years and have a wealth of knowledge. You can also email your PA representatives. They do have their board positions but are welcoming & kind people who will help you with anything you need. Their contact info is [here](#).

Q: How many practices should my kid attend each week?

A: Approximately 2/3 of practices offered, on average. Obviously, we'd love to see them every day, but know in this crazy world it isn't always possible. Essentially, it all comes down to FLAG;

Fatigue: If a swimmer is doing three practices per week and is always exhausted, then adding more practices or private coaching doesn't make sense. Basically, look at your swimmer's ability to recover.
Level of performance: Two practices per week probably won't get you to the Olympics, but 14 practices per week is a little too much to achieve those qualifying time standards. As a broad benchmark, world class swimmers spend one day per week, i.e. 24 hours per week training and the rest of the time eating and sleeping so the higher you want to go, the harder you have to work.

Available Time: If your kids does ten different after school activities, then adding more practices is unrealistic. Keep in mind your kid's commitments... and the fact that they're KIDS!

Goals: If your kid has serious goals, then the time, effort, and energy to achieve them must also be high.

Q: My kid can't do breaststroke kick yet and it's killing me. What can I do to help?

A: Bring them to practice! We'll work on stroke technique- we learn something every single day. It can certainly be frustrating not to immediately excel at something but be patient. When their body and mind are ready I promise you, it will click.

Q: What do I feed this animal with a hollow leg?

A: Unless they have a medical condition, top swimmers typically follow a "4 MORE 4 LESS, 4 ME" diet:

More – complex carbohydrates like rice, bread, pasta.

More – lean quality protein like chicken, meat, fish.

More – water, fresh juices.

More – fresh fruit, nuts and vegetables.

Less – take away food.

Less – saturated fats and oils.

Less – processed and prepackaged foods.

Less – sodas.

Q: What do I do if I did not order the team suit?

A: Please contact Deb Furtado (deborahfurtado@sbcglobal.net).

Q: I have a question about the team and I need an answer!

A: There are many different resources in which to utilize when you have a question! First, I'd recommend checking the team website- the answers to most questions can be found there, especially in the [NEWS](#) section. If the answer isn't there, you can do any of the following;

Email dolphins@wallingfordymca.org, subject line ATTN: _____ (put in your general question),

Email any of the Parent Association board members,

Or, last resort, email Coach Alex (ahunter@wallingfordymca.org).

At swim meets, we do sometimes have emergencies crop up where we need parental assistance (for instance, a ripped suit!), so at that point we will text or call you (which is why it is important to check your account page and make sure the information is accurate). Or, if you're running late to a meet and will miss warm-up, cell phone numbers for the coaching staff will be made available (but only in emergencies!).

We'll do more of these Q&A sessions throughout the season, so stay tuned!

