

Calvert Aquatics Club

Parent Mentoring Program

Parents are a big part of any successful club, and we want to ensure our parents are as prepared for swimming as much as our swimmers are. As parents, we make sure our kids get to practice on time, that they have the appropriate equipment they need, and that they show up with the right attitude. Parents also help make sure that Calvert Aquatics Club sponsored events run smoothly and successfully by volunteering your time and talents. Without the help of our CAC parents, the job of our coaches would be impossible. At CAC, we truly believe that everyone working together makes a successful swim team and swim season.

New swimmers and parents joining a swim team can be overwhelmed at first, and some parents may be full of questions. The best way to learn the “swimming world” is to have a swim parent mentor to help with your questions. CAC has developed a list of common questions and answers to help support our new families.

If you are a returning/experienced swim family, and feel you can offer your support to new families, please consider sending your question and answer and it will be added.

CAC would like to develop this Parent Mentoring Program into a one-on-one relationship and small group information sessions. Parent volunteers are needed to make this a success, if you are interested please coordinate with the CAC Member-At-Large representative for your group.

- Where can I get good deals on swimsuits and goggles, what are the best brands?
 - www.swimoutlet.com is a wonderful source of all swim gear, they offer easy returns on non-used items and have a great sales section
 - Arena and Speedo brands
 - CAC has a program with swim outlet and receives a percentage back on all sales, when shopping through the Calvert Aquatics Club link, icon is on the CAC Team Unify home page.

- What team “gear” does my swimmer need?
 - A list of practice equipment for each group is listed on the CAC Team Unify site, under the Team Info tab
 - Fun suits and swim caps are OK for practice.
 - CAC team caps are required at swim meets.
 - CAC team suit colors of navy blue or black are required at swim meets.
 - CAC team shirts are highly encouraged at swim meets.

- How can I encourage my swimmer to attend practice more consistently?
 - The old saying “practice makes perfect” is hard to stand by when they are tired, however practice does make for fast swimming and progression comes with repetitiveness.

- Should I stay and watch swim practice?
 - We encourage you to stay and watch your child swim. We ask that you do not sit or stand where your presence will be a distraction to your swimmer or the coaches during practice. Spectating areas are on the bleachers above the pool. Per USA Swimming regulations, no parent is allowed on deck. CAC Swimmer and Club insurance does not cover non-registered members on any pool deck.

- Where can I buy CAC swim caps and apparel?
 - CAC white caps (non-personalized) are available through a CAC parent.
 - CAC blue or white caps (personalized) are available by special order twice a year, notice is sent out via email.
 - On the CAC Team Unify website, there are links to stores that have custom CAC apparel: Swim Outlet, and Wear Your Spirit Warehouse.
 - CAC also opens a webstore with Kelly Sports twice a year for additional custom items, notice is sent out via email.

- How / when will I know if my swimmer is ready to compete in a swim meet?
 - Every swimmer is nervous at the first meet, but the best way to get them used to doing meets, is to sign them up. Talk to your swimmers coach first to get his/her advice.
 - Start small, maybe 1 day at a meet.
 - Participate in the CAC inter-squad meets, and fun dual meets.

- What should I bring to a swim meet?
 - Swimmers – water, extra suit, extra goggles, extra caps, chair (depending on the facility), warm clothes (depending on the facility and weather), sharpie
 - Parents – snacks, water, cash, bleacher chair/cushion, sport/camp chair (some meets allow), book, something to do, sharpie.

- How do I know what events my swimmer will be in, and how can I follow them?
 - Log on to your Team Unify account, find the swim meet you'll be attending, click on the edit/commit button, and scroll down to see the approved events the coach has submitted for your swimmer.
 - A few days prior to the swim meet, our Coaches send out meet information from the Host Swim Club. This information consists of warm-up times, psych sheets that show your swimmers time/standing for each event, any changes to meet or facility/parking, swim meet timeline.
 - Meet Mobile / On Deck App installed on your phone or iPad. Host Swim Clubs will have real time updates on Meet Mobile during the swim meet. On Deck will allow you to follow your swimmers progress throughout the swim season.
 - Heat Sheets will be available for sale at the beginning of each swim meet, by the Host Swim Club. Depending on the Host Swim Club, the Heat Sheet will be for the entire meet, or individual sessions. Prices range from \$2 - \$10, and are always cash only sales.