



Calvert Aquatics Club (CAC) HANDBOOK



CONTENTS:

Welcome

1. USA Swimming/ MD Swimming/ LSC
2. CAC Swim Groups
3. How to Register for CAC
4. Practice
5. Team Apparel/ Equipment
6. The Four Strokes
7. Types of Swim Meets
8. How to Register for Swim Meets
9. Swim Meet Basics
10. Volunteering
11. Fundraising
12. USA Swim Insurance
13. Swim Questions
14. Swim Venues
15. Frequently Asked Questions
16. Parent Do's and Don'ts

WELCOME to the Calvert Aquatics Club! We are excited to have your child join our swim team, whether it's for a little exercise, to stay in shape for other sports, getting ready for high school swimming, or to successfully compete in USA / MD Swim meets, our team has just what you are looking for. As you begin this swimming adventure with your swimmer, we know both of you will have questions and I'm hoping this reference guide will assist in finding those answers. If you can't find your answer in this reference guide, CAC has a Parent Mentor Q & A sheet on our website. The Parent Mentor Q & A sheet was developed by our "experienced swim parents" and offers helpful suggestions while navigating through the "swimming world". As always, you can reach out to your CAC Group Member-At-Large, or any other parent you see hanging out on the bleachers.

If you find items are missing from this reference guide, and you feel others will greatly benefit, please email them to president@calvertaquaticsclub.org

USA Swimming/ MD Swimming/ LSC:

United States Swimming (www.usaswimming.org) is responsible for the administration of swimming throughout the United States. USA Swimming formulates the rules, implements policies and procedures, conducts national championships, disseminates safety and sports medicine information and selects the athletes to represent the United States in international competitions. The USA Swimming website offers a vast amount of resources for coaches, parents and athletes.

Maryland Swimming (www.mdswim.org) is the governing body of swimming in most of the state of Maryland. Prince Georges and Montgomery Counties of Maryland belong to another governing body, Potomac Valley (www.pvswim.org).

Because Maryland Swimming is the local chapter of United States Swimming, we are referred to as an LSC – or the Local Swim Committee. There are 59 LSCs that make up United States Swimming.

Maryland Swimming is responsible for managing the business affairs for United

States Swimming within the Maryland LSC. MSI, Maryland Swimming Incorporated, establishes a meet schedule and oversees the running of all meets in Maryland according to the rules established by United States Swimming. MSI registers all of the clubs, athletes, coaches and officials in Maryland in accordance with rules established by United States Swimming.

A House of Delegates, made up of 2 delegates from every club, governs Maryland Swimming. The House of Delegates meets once a year, in the month of May. The House of Delegates elects a Board of Directors to conduct all business for MSI during the year. The House of Delegates must approve the schedule, the annual budget, and any changes or additions to the rules, regulations or policies. The MD Swim website is a great resource, check back to it often.

CAC Swim Groups

Calvert Aquatics Club is comprised of ten training groups:

- Novice C

This group is for swimmers ages 10 and under. The focus of this practice group is to develop the swimmer's skills and to teach the Freestyle stroke. Swimmers must be able to be in the water without assistance to be in this group. No competition for swimmers in this group (except for the Team's Intra-squad Festival).

- Novice B

This group is for swimmers ages 11 and under, who have some or no competitive swimming experience and would like to continue to learn and improve their swimming skills. To be in this group swimmers must perform the Freestyle with the correct technique. In this group they will learn the Backstroke

and start the leaning of the Butterfly and Breaststroke. Participation in home swim meets are encouraged.

- Novice A

This group is for young swimmers 11 & under, who already can perform both Freestyle and Backstroke techniques well. They will learn/improve their Butterfly and Breaststroke techniques in this group. Participation in home and away swim meets are encouraged.

- Age-group

This training group is for the 11 & Under swimmers that already know how to swim all four strokes, and still need to improve their technique. Correct stroke mechanics are emphasized at all times in this group, and as stroke skills improve, swimmers are challenged with more difficult training sets. Participation in all swim meets are encouraged.

- Gold “track”

- Jr Gold

This group is for 11-13 swimmers who are serious about their swimming career. Swimmers need to be very good in all four strokes. This group will be introduced to harder practices that will give them conditions to compete with swimmers from other teams from the State. Swimmers need to be committed to come to about 80% of practices, and to attend most of the meet on the team’s calendar.

- Sr Gold

This group is for 14 & Over swimmers who are serious about their swimming career. Swimmers need to be very good in all four strokes. This group will be exposed to high level practices that will give them conditions to compete with swimmers

from other teams from the State and from the rest of the US. Swimmers need to be committed to come to about 85% of practices, and to attend most of the meet on the team's calendar.

- Silver “track”
 - Jr Silver

This group is for 11-13 swimmers who are not at the technique/skill level to be part of the Jr Gold. Swimmers in this group do not have to commit to come to a certain number of practices, but we encourage to come to 80%. Swimmers in this group can be “moved up” to the Jr Gold group as they achieve their level of technique/skills, and with the coaches' recommendation, Participation in Swim Meets is not required, but is encouraged.

- Sr Silver

This group is for 14 & Over swimmers who are not at the technique/skill level to be part of the Jr Gold. Swimmers in this group do not have to commit to come to a certain number of practices, but we encourage to come to 80%. Swimmers in this group can be “moved up” to the Sr Gold group as they achieve their level of technique/skills, and with the coaches' recommendation, Participation in Swim Meets is not required, but is encouraged.

All new swimmers must be evaluated by the head coach to determine the appropriate group. Assignment to a group and progression from group to group is solely the decision of the coaching staff. Starting with our Novice C program, each group is specifically designed to pave the way for individual swimmers to progress/advance to the next level.

How to Register for CAC

Our on-line registration is available for all members and will give you access to your own private account that will enable you to:

- sign up your swimmer for a season or sessions,
- sign up for meets,
- see your swimmer's times,
- maintain your contact information and
- review/update all your billing and account details.

To register you will go to our home page at www.calvertaquaticsclub.org.

Click on “Start Registration” button to register. Simply follow the instructions. Your swimmer will be officially registered and given “active” status once the registration has been approved by the Registrar. You will have to pay the USA Swimming registration fees at the time of registration (one time annually). Multiple payment plans are available.

New swimmers must show proof of full name and date of birth (i.e. birth certificate or passport).

Note that at the time of registration you will be asked to read and agree to the following policies and waivers:

- Medical Release Waiver
- Liability Waiver
- Covid-19 Waiver

- Code of Conduct Policy
- Electronic Communications Policy
- Bullying Policy
- Photo/ Video Waiver
- Team Travel Policy
- Swim Meet Policy

Practice

Swimmers will benefit greatly through regular attendance at practice sessions. At practices, they will receive instruction and coaching in the proper competitive stroke techniques and will be given the opportunity to build physical endurance. Regular attendance at practice will also help the swimmers and their families keep up with what is going on and get to know fellow team members. Swimmers should beat the pool and ready to get in the water at the time their practice session is scheduled to begin. Swimmers should check in at the front desk of the Hall Aquatic Center before each practice. Swimmers should sit on the bleachers on deck prior to their practice beginning. There should be NO playing around on the deck either before or after practice. Swimmers should demonstrate respectful behavior at ALL times while at the Hall Aquatic Center. This includes the locker rooms, where other HAC patrons are present.

The practice schedule is posted on the website. Changes to practice will be sent out via Remind 101. To obtain your swim group Remind 101 code, please log in to your personal Team Unify account and click on the Parent Information tab.

Only registered members of USA Swimming (swimmers and coaches) are allowed on deck. Parents should sit in the stands to watch practice. If you have a question for a coach, please email them or set up a time to meet with them before or after practice.

Team Apparel/ Equipment

The CAC team suit is a solid blue competitive suit. Each swimmer should have a team t-shirt and a team swim cap for swim meets.

CAC is currently being sponsored by Arena Swim. In partnership with Arena Swim and Metro Swim, there will be 2 team fittings where swimmers and families can try on and purchase CAC competition suits, and practice gear.

Each swim group has a specific equipment list (see below or visit the team website).

Novice Groups: practice swimsuit, goggles

Age Group: small fins, small kick board, snorkel, pull buoy

Junior Silver: small fins, small kick board, swimming snorkel, pull buoy.

Junior Gold: small fins, small kick board, swimming snorkel, pull buoy.

Senior Silver: small fins, small kick board, swimming snorkel, pull buoy, medium paddles

Senior Gold: small fins, small kick board, swimming snorkel, pull buoy, medium paddles, parachute (8'), DragSox (#30)

The following links are on the CAC Team Unify to purchase apparel and equipment for CAC swimmers:

Swim Outlet; www.swimoutlet.com [**important to register with CAC**]

Amazon Smile; www.smile.amazon.com [**choose CAC**]

Metro Swim Shop; www.metroswimshop.com

Wear Your Spirit Warehouse; <https://wearyourspiritwarehouse.com/CAC-Merch/shop/home>

In addition, periodically during the swim season CAC has a temporary store where items from brand name vendors such as Arena or Speedo that can be purchased. The buying sessions will be posted in the CAC Newsletter.

The Four Strokes

The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly. The combination of all four strokes is called individual medley (IM).

In **Freestyle** events, the competitor may swim any stroke. The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the surface of the water surface and an alternating (up-and-down) flutter kick.

Backstroke consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.

The **Breaststroke** requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.

Some consider the **Butterfly** to be the most beautiful of the strokes. It features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish.

The **Individual Medley**, commonly referred to as the IM, features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle.

Types of Swim Meets

Age-Group Swim Meets

Age Group meets apply to any swimmer under the age of 19, no matter what their skill level. Most age group meets are grouped by gender, age and ability. Some meets are referred to as *mini meets* and allow only swimmers who are 10 and under. Most meets use the age groups of 10 and under, 11-12, 13-14, and Open. *Open* at an age group meet, usually applies to any swimmer over the age of 15. Most often, meets have *qualifying times* that a swimmer must have attained in order to swim in that particular meet. Some meets, particularly at the beginning of the swim season are called “*no time*” meets – meaning that anyone can swim in the meet and there are no qualifying times.

Senior Meets

Senior Meets are open to any swimmer, any age, who can meet the qualifying time or *time standard*, for the events they want to swim. Instead of competing against swimmers of the same age, they are competing against swimmers with the same qualifying times. The Speedo Championship Series, Grand Prix Meets, Junior Championship, National Championship and Olympic Trials are examples of Senior Meets.

How to Register for Swim Meets

First, log on to the CAC Team Unify site.

On the home page, look at the Events section. If you don't see the meet you want click on the MORE tab for the complete list of scheduled meets CAC will be attending. Our coaches may add swim meets throughout the season, be sure you check team unify often.

Events

Swim Team | **Water Polo Team**

- 2016 NAAC Open Water CLOSED**
Sep 10, 2016 Edit Commitment
- RAC Columbus Day Classic (NA 9-10)...**
Sep 30, 2016 - Oct 2, 2016 Edit Commitment
- 2016 Bill Schmidt Invitational OPEN**
Oct 7, 2016 - Oct 9, 2016 Edit Commitment
- CAA Early Season Mini Meet OPEN**
Oct 23, 2016 Edit Commitment
- NAAC B/BB and Under Meet**
Dec 3, 2016 - Dec 4, 2016 Edit Commitment

[← More...](#)

Click on the **name of the meet**. You could just click on attend/decline, but then you won't be able to see any instructions or the meet notice

October

10

2014

[Attend/Decline](#)

Oct 10, 2014 - Oct 12, 2014 - York Invitational ←

5th Annual Bill Schmidt Memorial Invitational October 10-12, 2014 Graham Aquatic Center, 543 N. Newberry St., York, PA 17404

Select Attend/Decline to commit your swimmer to days/sessions you will attend. (Once you have committed, the tab will read Edit Commitment when you revisit it.) Click on your swimmer's name.

Meet Name: 5th Annual Bill Schmidt Memorial Invitational	Location: York YMCA's Graham Aquatic Center	Course: YSL Meet Type:
Start Date: 10/10/14	End Date: 10/12/14	Age Up Date: 10/10/14
Use Date Since: 1/1/70		
Enforce entry based on [Qualify Times]: No	Restrict entry [Best Time] to same [Meet Type]: No	
Event Declaration Setting: Commit by Session » Edit	Maximum Event Entry Limitations » View	
Allow Course Conversion for Relays: No		
If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Qualify Time]: No		
View/Edit All Meet Events	Go Back to Event Home Page	

Click on Member Name to declare for this Event:

Member Name	Member Commitment	Coach Approved	Last Updated
Sandy Avery *Active	Undeclared		

Click either Yes, sign up for this event (if you are attending any sessions) or No, swimmer will NOT attend the meet. If you click attend, there might be the option for you to pick your sessions, otherwise your swimmers' coach will review the meet qualifications and your swimmers times and sign up appropriately.

There is a section for notes. Your coach will see these when he/she is selecting events for your swimmer. That is a good place to request an event your swimmer particularly wants to swim, to let your coach know you may not be able to stay for relays, etc.

Be sure to click Save Changes. Your swimmer is committed for the meet. Once the coach chooses the events your swimmer will compete in, you can revisit the Edit Commitment button of a meet to see what your swimmer will swim. Please take some time to view the other great things Team Unify can do for you and your swimmer. From the home page, click on My Account and take a few minutes to view My Tutorials.

Swim Meet Basics

Swim meets are a great family experience. They're a place where the whole family can spend time together.

Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and as detailed as we

possibly could. If you have any questions, please ask your Coach, a CAC Board Member, other swim families, or visit the Parent tab on the CAC Team Unify site for additional resources.

BEFORE THE MEET STARTS

Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed on the MD Swim website (under Meets), in the meet information emailed out to all swimmers and also on the team website.

Upon arrival, your swimmer will find a place to put his/her blankets, chair, swim bags and/or sleeping bags. The team usually sits in one place together, so look for some familiar faces. Parents are not allowed on pool decks. Then you find the other CAC swim families in the bleachers and get settled in.

Find the check-in place. Usually, your swimmer or your swimmer's coach will need to do this. Make sure your swimmer checks in with his or her coach! Check for special posted instructions in the check-in area.

- Usually one will need to circle the swimmer's name or "#" before each swimmer's name, in each event he or she is swimming, that day. If this is not done, the swimmer will not be allowed to swim that event. Check-in is required so that the people running the meet know who is actually at the meet. After check-in, the meet administrators "seed" the swimmers into heats. Heat and lane assignments will be posted, so be sure your swimmer knows where to look!
- Sometimes the meet is "pre-seeded" and no check-in is required. You and your swimmer can find heat and lane assignments by purchasing a program.

Once "checked in", write or have the swimmers write each event-number on his or her hand in ink. This helps him/her remember what events he/she is swimming and what event number to listen or watch for.

Your swimmer now gets his/her cap and goggles and reports to the pool and/or coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. A swimmer's body is just like a car on a cold day he/she needs to get the engine going and warmed-up before he/she can go all out.

After warm-up, your swimmer will go back to the area where his/her team is sitting and wait there until his first event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just gets settled in.

The meet will usually start about 10-15 minutes after warm-ups are over.

According to USA Swimming rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to a coach. He or she in turn, will pursue the matter through the proper channels.

Psych Sheet or Heat Sheets. A psych sheet is usually available for two to three days before the first day of a meet. It can be found on the MD Swim website under Meet section. Find the Meet you are attending and the psych sheet should be listed as a PDF. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time (up to the date that the entry was submitted) in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event. A Heat sheet is usually available for purchase upon your arrival to the swim meet. The heat sheet lists the event, actual heat and lane a swimmer will be competing in. In most cases swimmers, will be listed from slowest to fastest. In meets where you have preliminary and finals, swimmers will be circle seeded.

MEET STARTS

It is important for any swimmer to know what event numbers he/she is swimming (again, why they should have the numbers on their hand). He/she may swim right away after warm-up or they may have to wait awhile.

Most meets are computerized. There are generally two ways a swimmer gets to his/her lane:

- a. A swimmer usually reports directly to his/her lane for competition a number of heats before he/she actually swims. Check with your swimmer's coach for specific instructions.
- b. In some novice meets, a swimmer's event number will be called, usually over the loudspeaker, and he/she will be asked to report to the "clerk of course" or "bullpen". Swimmers should report with his/her cap and goggle.

After each swim:

- c. He/she may ask the timers (people behind the blocks at each lane) his/her time.
- d. Depending on the coach's instructions, the swimmer may be asked to do some recovery swimming if a "warm down" pool or lanes are available.
- e. The swimmer should then go immediately to his or her coach. The coach will discuss the swim with each swimmer. Some coaches may wish to talk with the swimmer before her recovery swim.

Generally, the coach follows these guidelines when discussing swims:

- f. Positive comments or praise
- g. Suggestions for improvement
- h. What is needed to get ready for the next event Things you, as a parent, can do after each swim:
- i. Tell him/her how great he/she did! The coaching staff will be sure to discuss stroke technique with him/her. You need to tell him/her how proud you are and what a great job he/she did.

- j. This is another good time to check out the bathrooms, get a drink or something light to eat.

The swimmer now waits until his/her next event is called and starts the procedure again. When a swimmer has completed all of his/her events he/she and parents get to go home. Make sure, however, you, as a parent, check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and he/she is not there.

Results are usually posted somewhere in the facility. Awards are often gathered for a team and given to the coach at the end of the meet. The coach will give the awards to the swimmers at a later time.

Volunteering

It takes over 40 volunteers to run a swim meet and many more behind the scenes of all swim clubs. EVERY FAMILY is expected to volunteer in some capacity during the season. There are many meet and practice opportunities. No experience is needed for most jobs we will tell you exactly what you need to do, it isn't hard! Visit the CAC Membership tab to learn more about volunteering.

Fundraising

Fundraising is essential to any swim team. Fundraising allows the team to get program fees as low as possible. Teams find it hard to exist if they don't participate in fundraising along with hosting swim meets. CAC has several fundraising events every year. Our main fundraising events are the Swim-A-Thon, Spirit Nights and CAC Swim Meets.

USA Swimming Insurance

In order to help protect its members, USA Swimming provides Secondary Medical Insurance coverage to all of its registered members. Everyone on the pool deck or in the pool at a meet (with the exception of meet workers) or at practice must be registered with USA Swimming in order for the insurance to apply. This includes all athletes, all coaches including assistants, and all officials, including trainees. The presence of unregistered persons on the pool deck (with the exception of workers at a meet) will void the insurance coverage.

All clubs, coaches, officials and swimmers must be registered with USA Swimming in order to participate in any USA Swimming event. Additionally, every club must have a registered safety coordinator and every swim meet must have a registered Safety Director and Meet Director. All clubs, coaches and officials must meet stringent requirements in order to be registered.

Swim Questions

For your swim questions not covered in the handbook or in the CAC Parent Information tab in Team Unify, please use the following guide-

Practices, Meets, specific- swimmer questions- Contact your swim group coach:

Coach John	CoachJohn@calvertaquaticsclub.org
Coach Sarah	CoachSarah@calvertaquaticsclub.org
Coach Kandy	CoachKandy@calvertaquaticsclub.org
Coach Joseph	CoachJoseph@calvertaquaticsclub.org

Questions and concerns related to Registration, Fundraising, Volunteering, Team Activities, please contact a CAC Board Member:

President, Jana Post	jpost@calvertaquaticsclub.org
Vice President, KJ Wiles	kwiles@calvertaquaticsclub.org
Treasurer, Jeff Strain	jstrain@calvertaquaticsclub.org
Secretary, Paola Laino	plaino@calvertaquaticsclub.org

Registrar, Cindy Meadows cmeadows@calvertaquaticsclub.org
Member at Large, Tammie Sasscer tsasscer@calvertaquaticsclub.org
Member at Large, Philip Campbell pcampbell@calvertaquaticsclub.org

Swim (Most Used) Venues

St Mary's College of Maryland (SMCM)

SMCM is our second largest facility. It is nestled in the middle of nowhere on the campus of St. Mary's College of Maryland. An extremely beautiful campus. Take a stroll and relive history. SMCM is an eight-lane pool where SCY and LCM indoor meets are held. The sitting was recently changed to blue metal benches similar to the metal outdoor sitting you see at high schools. There is plenty of seating for swimmers and spectators. Swimmers can bring their chairs but it is not necessary. As with other facilities, if you want seating near the starting blocks it's suggested that you get there early. CBAC provides a pretty good selection of food at their concession area but they take the next step and bring in Chic-fil-A sandwiches and during the summer they bring in Rita's.

Community College Baltimore County (CCBC)

CCBC is probably the smallest facility used in the Maryland LSC. The pool consists of six lanes and is very shallow. Swimmers have to be careful on their dives not to hit the floor of the pool. Parents and swimmers are requested to stay upstairs in the gym area until it is time for their swimmer to compete. That being said, it is essential that you bring a chair for you and your swimmer to this swim meet. You may also want to bring a blanket for your swimmer to lay on while waiting for their event. You really get a sense of how much "downtime" there is in swimming, while at this venue. Viewing your swimmer is somewhat of a challenge. Seating is limited and Greater Baltimore Aquatic Club (GBAC) request that you view your swimmers event then return upstairs until your swimmer swim again. Everyone does not adhere to this policy so most people will stand at the end of the pool to watch their swimmer. GBAC always has a good selection of

food to choose from at their meets. It's always good to support the hosting club for this is how swim teams raise funds for their teams to keep their program fees as low as possible.

University of Maryland Baltimore County (UMBC) or Retrievers Aquatics Club (RAC)

UMBC is a unique set up. It has a short course yard (SCY) indoor facility and a long course meters (LCM) heated outdoor pool. The SCY pool is shallow so swimmers have to be mindful of that on their dives and turns. Swimmers will need chairs for both SCY and LCM meets. During SCY meets, spectators will sit upstairs on old style high school wood benches. LCM meets have your classic metal outdoor bleachers. We would suggest you bring some padding. Though there is ample seating, viewing is not that good when you sit at the far end of the bleachers for the SCY meets. Get there early if you want a good spot. UMBC also has a walking track on the upper level of the gym adjacent to the spectator area. A lot of people spend their downtime walking and exercising. UMBC has a decent selection of food at the facility but the campus has a Chic-fil-A and Starbucks which are about a minutes' walk from the facility.

Naval Academy Aquatic Club (NAAC)

Naval Academy is our largest facility and by far the most beautiful. Parking is an issue due to the Aquatic Center being on academy grounds so most people have to park on the street or parking garages then walk to the campus. Military, DOD and some other Federal government personnel have access to parking on campus. You will have to check when you arrive. Identification is always a must at this facility. While on campus, during your down time feel free to walk around the campus. It is a beautiful campus full of history. NAAC is a 10-lane pool and is usually the sight of our 14 and Under Championships. This facility has stadium seating and viewing is not a problem. There is plenty of bench seating while on deck for your swimmers. Swimmers can bring chairs if they desire, but it's usually not necessary. The food sold at this facility is an outside vendor not associated with the team and is usually expensive. There is a small

place across from the Aquatic Center called the Dry Dock. It is in the building that use to be the Naval Academy's old hockey rink. There you can buy burgers, fries and such at a fair price. And you support the midshipmen.

Frequently Asked Question's

- * Who can answer my questions about the swim team?

We hope that through the FAQ section most of your questions can be answered. If not, questions regarding billing/online account management and team policy should be sent directly to the CAC Treasurer and/or Registrar. Questions about schedules, practices, and meets can be asked directly to your swimmers group coach.

- * What are the requirements to join Calvert Aquatics Club? What are the skills that my child should have?

The minimum age to join CAC is FIVE (5) years of age. Swimmers wishing to join the team must be able to get in and out of the pool by itself and be able to be by him/herself in the pool in a comfortable way.

- * My child cannot currently swim or cannot currently meet the requirement to join CAC. What kind of assistance can CAC give us?

CAC does not currently offer a class that teaches how to be comfortable in the water. Those classes are available through the HAC staff.

- * What swimming strokes should my child know in order to join CAC? The requirements vary by groups. The minimum requirement for our youngest group is to be able to be by him/herself in the pool, in a comfortable way. An evaluation must be set up prior to registration to establish which group your swimmer would place within the CAC program. Evaluations can be set up by contacting Coach John via email at coachjohn@calvertaquaticsclub.org.

- * Does my child need to wear a team suit during practice? During a meet? What about team caps?

At practice, we do not require that a swimmer wears a team suit. Practice caps will be provided and swimmers are expected to wear them. At the swim meet swimmers are required to wear a black or navy blue competition suit that is properly fitted, and wear a CAC team cap.

- * What equipment should my child have? Do they need to bring their equipment to practice every day?

Required equipment varies by group. The required equipment list can be found on the CAC website under the Team Info Tab. All swimmers with long hair, regardless of gender, are required to wear a cap during practice. All swimmers are also required to have goggles and a competitive style racing swimsuit on. Required equipment is just that, **REQUIRED**, every day. Swimmers repeatedly without equipment will be given other assignments until proper equipment is brought to practice.

- * Is there team apparel and merchandise available for purchase?

Yes, we have a variety of merchandise available for purchase via the CAC Website. We will periodically have group orders for equipment, custom gear, and custom named caps. Group purchases generally occur twice a year, during our team fittings.

- * What are the monthly/yearly fees associated with CAC?

It depends on the practice group your swimmer is in. Review the Program

Fee link under the Team Info tab on the CAC Team Unify website.

- * Swim Meet Entry Fees: Typically, \$5-7 per individual event per swimmer (varies by the type of meet and number of events swum, also the relay entry fee is additional).

- * Why is there a swim meet surcharge?

CAC adds a small per meet surcharge to all swimmers that participate in that meet to offset coach expenses for attending that meet.

* How do I pay my dues?

CAC registration dues and swim meet entry fees are processed through the Team Unify system on a monthly basis. Yearly registration fees may be paid in full at time of signing up your swimmer, or you may choose to be billed in 3 month or 9 month installments. Team Unify bill processing is completed on the 1st of each month, and we ask that you keep a current credit card or ACH on file in your Team Unify billing account section.

* How often and when is practice?

CAC practices year-round; in the rain, snow, hot, and cold. We practice Monday through Saturday. The hours of practice depend on which group your swimmer is in. The group practice schedule can be found under the Team Info tab on the team website. There are different practice schedules depending on the time of year; In-School Season Schedule (September–June), and a Summer Schedule (June-August). Any additional changes for holidays will be posted on the team website.

The practice schedule has been designed by the coaches in length and in frequency (number of practices per week) to best maximize effective learning and progress of each swimmer. We highly encourage swimmers in their groups to adhere to their practice schedule without interruption. Under the Team Info tab/ CAC groups page and CAC move-up criteria there is a breakdown of the attendance expectations for each group. Swimmers need to adhere to their current groups practice and meet expectations in order to be considered for a move up to the next practice group.

* Should I stay and watch swim practice?

If you would like to stay and watch your child swim you are more than welcome. 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 bleacher above the pool. If your swimmer is distracted by your presence they are not paying attention to the coach's instructions.

If you have any questions for a coach, please refrain from asking during practice. After practice, if you have a quick question, feel free to ask your child's coach. If you have multiple questions or can anticipate that your question may last more than a few minutes, please set up a meeting with your child's coach.

* How do I find out if practice is canceled?

It is **EXTREMELY** rare for practice to be canceled. If we do cancel practice due to weather or any other event we will send an email to all practice groups. Practices canceled due to meet schedule conflicts, holidays, or team breaks will be posted in advance on the team website and on the calendar. Email reminders will also be utilized to communicate changes in schedule.

* Does the team practice year-round?

Yes, CAC practices year-round except for 1 week during the Schools' Spring break, and 2-3 week during August at the conclusion of summer season with MD State Championship Meet. The Hall Aquatic Center also closes for a couple of weeks in August for scheduled maintenance.

* Who do I notify if my swimmer will be missing practice for a prolonged period of time?

Please send an email to your swimmer's coach regarding any prolonged (more than just a couple days) absence due to illness, injury, vacation, etc.

* What is a swim meet and how many are there?

A swim meet is the competitive side of the sport of swimming. Calvert Aquatics Club (CAC) is a competitive swim team, so our swimmers need to compete! There is an average of two meets per month that CAC will compete in, however, not every meet is for every swimmer. Some meets have specific qualifying times that swimmers need to have in order to

compete in. Under the Team Info Swim tab of the team website you can find a list of meets that CAC will be competing in. Under each meet you will see an event description that will help define which swimmers can compete in the meet. This will be supplemented via team newsletters which will outline which meets are important to each Practice Group.

* How do I register for a swim meet?

1. Go to www.calvertaquaticsclub.org
2. Log in with your log-in email and password.
3. Click on EVENT from the Top Menu Bar.
4. Find the meet you wish to commit to and click 'Attend this Event'.
5. Confirm 'Yes My Swimmer Will Attend' in the drop-down menu.
6. A new drop down menu will appear once you have selected 'Yes'.
7. In this new drop down menu, select which Days/Sessions your swimmer will be available to attend. We ask that unless you cannot be physically present at the meet, early/late distance sessions are also selected. The coaches may or may not elect to have your swimmer participate in the distance session but they will know you are available!
8. Click 'Save Changes' at the bottom. A MUST!!!!
9. Repeat steps 5-8 for additional swimmers.
10. After the deadline has passed, the coaching staff will enter each swimmer in events determined to best correspond with the needs of the swimmer, the direction of the training cycle, and what the coaches believe is in the best interest of each individual swimmer.

11. After all the entries are approved, please look over the entries and if you notice that you are entered in a day that is incorrect, or a session you did not sign up for, you generally have 24-48 hours to get in touch with your swimmer's coach to make the correction before we submit entries to the meet host. Once entries are submitted to the meet host, all entries are final. **IT IS VERY IMPORTANT TO LOOK OVER THE EVENT LIST AFTER TWO DAYS OF THE DEADLINE.**

* What can I do to help prepare my child for the meet?

Swimmers should have a healthy diet going on a daily basis but it is especially important prior to competition. A good night of sleep prior to competition and being overly hydrated are all advantages to your swimmer. Get your swimmer to the pool at least fifteen minutes prior to your scheduled warmup time so you can get settled and your swimmer will know where to find you. Arriving late to warmups and dropping your swimmer off in the nick-of-time for warmups creates a stressful atmosphere for your swimmer. Not getting an adequate warmup places physical and additional mental stress on your swimmer. Please be on time. Remind your swimmer to see their coach before and after the race, keep them hydrated, don't feed them sugar, and keep them overly warm. These are all excellent ways to help your child achieve success and have a fun meet experience!

* If my swimmer misses the meet can we be reimbursed the meet entry fees? If the meet registration deadline has not passed you may withdraw your swimmer by clicking 'Edit Commitment' while logged in on the team website. Be sure to click 'Save Changes'. Once the coaches have submitted entries to the host team there will be no way to change your swimmer's commitment to the meet, regardless of attendance, meet fees will be incurred.

* How long are we expected to stay at the swim meet?

You are not required to stay past your last event at the meet. However, we do ask that you speak with a coach to check and see if you are needed on a relay team before you leave. Also, if

you can stay we encourage our swimmers to support their teammates who have not finished swimming.

* What events will my child be swimming in?

Swimmers events are chosen by your swimmer's coach. You can see what events your swimmer is signed up for prior to the meet by logging into your website account and clicking 'Edit Commitment' or clicking 'My Account'.

* What is a heat? And what is a heat sheet?

A 'heat' is a race within an event. For example, the "9-10 50 Freestyle" may have 30 swimmers. If the pool has 8 lanes in it, there will be one heat of 6 swimmers and three heats of 8 swimmers. A 'heat sheet' is the meet program which lists all Events, and shows swimmers which heat and lane the swimmer is going to be swimming in. It is the responsibility of the swimmer to know what heat and lane they are in for all events.

* What is a relay? What types of relays are there?

A relay is composed of four swimmers per relay team. There are two styles of relays recognized in USA Swimming. Freestyle relay and Medley relay. In the freestyle relay all swimmers will swim freestyle. In the medley relay swimmers will go in the order of backstroke, breaststroke, butterfly, and then freestyle; one swimmer per stroke.

* Why isn't my child on a relay?

Relays are broken down by age groups so there are limitations on who can be on a relay. An example might be the 'Girls 9-10 200 Freestyle Relay'. If we only have three female swimmers aged 9 or 10 at the meet, then we cannot swim a relay. If we have five, only four will be able to swim in the relay. The coaches will generally enter the most competitive relay that they can into the competition. This may vary in some meet formats. All relay assignments are pending and can be changed right up until the start of the relay. We will always announce relays at the end of warm-ups. ^[1]_[SEP]The coach does not have to justify decisions pertaining to relay selection, order, or stroke

being swum on the relay. The coach's decision is the final word on relay selection.

- * If I notice my swimmer is swimming in the wrong lane, what should I do? Chances are that your swimmer was instructed to swim in a different lane by an official for numerous reasons, such as a combination in heats, events, etc. However, if you notice this happened just mark what heat and lane your swimmer did swim in. Have them go tell their coach after the race and the coach and swimmer will discuss if it was correct or incorrect. If incorrect, the coach will correct the mistake with the officials.
- * If my swimmer misses his/her event, what should I do?
If your swimmer misses and comes to you - not their coach - send them directly to the coach. Officials will do their best to put them in an open lane later in the event, however it is not guaranteed as it was the swimmers mistake to miss their swim.
- * My child has missed practice all week, won't the coaches know he/she will not be at the meet?
No. If you cannot make the meet we expect that the parent will email their child's coach with as much notice as possible. Coaches need to know who will be present to adjust relays accordingly as well as to know who to expect at warm-ups, etc. Please do your best to inform your coaches!
- * What do DQ, DNF, NS, DFS, and NT mean?
DQ=Disqualification, DNF= Did Not Finish, NS=No Show, DFS=Declared False Start, NT= No Time.
- * What are CAC meet policies per group?
Novice C – No swim meets.
Novice B – encouraged to participate at Home meet only.
Novice A – encouraged to participate in Home and Away meet.
Age Group – highly encouraged to participate in all swim meets
Sr & Jr Gold groups – should attend all meets on the calendar.
Sr & Jr Silver groups – encouraged to participate in as many meets as possible.

* How can I help the coach help my child?

Bring them to practice regularly, prepared, and on time (for age group and above swimmers this means they need to be on deck prior to the start of their given practice time). Be supportive and positive and let them enjoy the sport. Let the coaches do the coaching.

* How can I best help the team?

Support your child by bringing them to practice, preparing them for the meet, and cheering for them and the team at swim meets. Sign up to bring hospitality items to our home swim meets. Consider becoming a swim meet official as a stroke and turn judge, starter, or referee. The officiating is volunteer based and it always helps to have more people trained to step in when others have scheduling conflicts. Talk to other CAC officials in the steps it takes to get trained!

DOS AND DON'TS FOR SPORT PARENTS

DO

- Enjoy yourself at competitions. Look relaxed, calm, positive, and energized when watching your child compete. Your attitude influences how your child feels and performs.
- Make friends with other parents at events. Socializing can make the event more fun for you.
- Volunteer as much as you can. Youth sports depend upon the time and energy of involved parents.
- Leave the coaching to the coaches.
- Give them any support they need to help them do their jobs better.
- Communicate with them about your child. You can learn about your child from each other.
- Inform them of relevant issues at home that might affect your child at practice.
- Inquire about the progress of your children. You have a right to know.

- Provide guidance for your children, but do not force or pressure them.
- Assist them in setting realistic goals for participation.
- Emphasize fun, skill development and other benefits of sports participation, e.g., cooperation, competition, self-discipline, commitment.
- Show interest in their participation: help them get to practice, attend competitions, ask questions.
- Provide a healthy perspective to help children understand success and failure.
- Emphasize and reward effort rather than results.

DON'T

- Interfere with their coaching during practice or competitions.
- Expect your children to get anything more from their sports than a good time, physical fitness, mastery and love of a lifetime sport and transferable life skills.
- Ignore your child's disruptive behavior in practice or competitions, please talk with them afterward.
- Show negative emotions while watching them perform.
- Compare your child's progress with that of other children.