

Chelsea Aquatic Club FAQ

How do I know which GROUP my swimmer is in for determining practice time?

- Go to cacsweb.org. **Sign In** to your account. Down the left-hand side click **My Account**. This will show several options under that heading. Click on **> My Account**. In the middle of the screen click the tab **Members**. If you have more than one swimmer each of their names will appear as a tab. *Click the name of the member* and then scroll down until you see categories in **blue**. The furthest category on the right says **Roster / Location Billing / Billing Setup**. The first thing listed is **Roster** and this shows which GROUP your swimmer is in, as determined by the coaches. Go back to the **Calendars / Practice** tab across the top of the screen. Click the arrow next to **Pick a Calendar**: to select the GROUP your swimmer is in.
- If you have the **On Deck** app on your phone or device, **Log in**, go to **Membership, My Account, Members**. Next to your swimmer's name it will say the GROUP they are in.

What do I need to know on the first day of practice?

- The first day will go easier if you have registered online prior to coming to practice. There will be a registration table as you walk into the pool for check in. Once we verify that you have registered and signed the liability waivers your child is ready for their first practice. Boys' locker room is located at the end of the pool by the diving boards. The girls' locker room is by the shallow end of the pool. Swimmers meet up with the coaches on deck outside the office area. First they will do some stretching, then the coaches will divide them into groups and get them into the pool. Parents are welcome to watch practices from the bleachers.

What kind of swimsuit should my child wear to practice?

- We recommend competition swimwear be worn, but it is not mandatory. Girls should wear a one piece swimsuit. Many of the young boys wear board shorts, but the jammer, long leg brief is the most practical.

Does my child need any special equipment?

- You may want to provide your swimmer with a swim cap and goggles. First time CAC swimmers can choose to either receive one complimentary latex swim cap (a \$3 value) or put that \$3 value toward the purchase of a silicone cap (normally \$10) for \$7. Boys may not want a swim cap and that is just fine. It is more helpful for girls, especially those with long hair. All other equipment such as kickboards, pull buoys, paddles, and fins are provided.

How many practices does my swimmer need to attend?

- You can attend as many or as few practices as your schedule allows. Coaches suggest 2-3 times a week to make continued progress. Of course the more practices your swimmer attends, the faster they will progress.

What are the duties required for the meet volunteer jobs?

- There is a detailed description of all volunteer jobs in the CAC Handbook located at cacsweb.org under the documents tab. Or click [here](#).

Does my child need to attend meets?

- Meets are not mandatory, but are a great way for your swimmer to gauge their own progress. Coaches are happy to help your swimmer feel confident during the meet.

How do I sign my child up for swim meets?

- Each swim meet is listed in the events tab on cacsxim.org. There is an Attend/Decline button for every meet. When you hit that button your swimmer(s) names will come up. Tap on the swimmer name and you will have a choice of yes my swimmer will attend or no they will not. You may also leave a message for the coach in the comments box below. **You must then hit save, otherwise the declaration will not be sent to the coach.**

What events will my child swim at the meets?

- Each regular season meet is run on the same basic format. Events are arranged by age group starting with the 8&U first and ending with the 15-18 year olds. Each swimmer can swim up to 3 events each meet. The coaches will email everyone a lineup a day or two before the meet. The events are as follows:
 - 100 or 200 Medley Relay
 - 50 Freestyle
 - Specialty Event- Backstroke, Breaststroke, Butterfly, Distance Freestyle, or Individual Medley
 - 100 or 200 Medley Relay

What should I know about home and away meets?

- Fall and Winter meets are on weeknights with a warm up at 5:15 PM and with a start of 6 PM. Please try to arrive at the pool by 5 PM so your swimmer is ready when warm up begins. Meets have a time limit and will not go past 8:30 PM, and usually are done by 8 PM. In the summer, meets are on Saturday mornings with a warm up at 8 AM and meet start at 9 AM. Again, please arrive 15 minutes before warm up (7:45 AM) so your swimmer has time to get settled before warm up begins. For home meets, there will be a check-in table when you enter the pool for swimmers and for parent workers. Swimmers will wait in the hallway between the pool and the gym for their warm up and in-between meet events. Please encourage your child to stay in this area so that coaches can easily find them when it is their turn to swim. For away meets, swimmers should check in directly with the coaches on deck before warm up. It is recommended that swimmers bring a towel to sit on and an extra towel or two to dry off with. Sometimes it can get a little cold depending on the weather, so clothes to wear over swimsuits are also a good idea. You may also want to pack a water bottle, snacks, and entertainment for their downtime. Please make sure that snacks will not create a mess. Remember that swimming involves lots of water therefore electronics probably aren't a great entertainment choice. Finally, please work with your swimmers to clean up their area at the end of the meet.

What other information should I know about summer away meets?

- Many away swim meets in the summer will be located at country clubs. In addition to the suggested items above, you may want to bring sunscreen and lawn chairs. Some pools have enough spectator seating and some do not, so it doesn't hurt to bring lawn chairs for yourself.

What should I know about Championships?

- Championships are at the end of each season. This meet is a great culminating event for the end of the season. Many kids win heat winners and see big time drops. Swimmers are able to swim up to 4 events at Championships, with one event minimum being a relay. All the teams in the league participate and all swimming events are run during this meet. The meet is broken up by age groups. In the Fall and Winter, 8&U swims Saturday morning, 9&10 swims Saturday afternoon, 13-18 swims Sunday morning, and 11-12 swims Sunday afternoon. In the Summer, each age groups swims a separate day during the same week. An admission of \$5 per person is charged at Championships. For \$2 you can purchase a heat sheet. These are long meets and can run up to 4 hours or more depending on the number of swimmers. Each team will have a designated area for their swimmers to wait. Parents are welcome to check on their children, but swimmers must ask the coaches for permission before leaving the team area during the meet.

I have a question that isn't listed here. Who can I contact with my question?

- Our Parent Representative cacboardparentrep2@gmail.com or Parent Liaison cacparentliaison@gmail.com can help with any additional questions you have. Additionally, any of the coaches or parent Board members are also happy to answer questions. You can talk to them at the pool or email them any time. Contact information can be found on cacswim.org under the Coaches/Board tab or click [here](#).

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