



Frequently Asked Questions

Q: Does LCSC offer a free trial?

A: No, LCSC does not offer a free trial week. LCSC holds new swimmer evaluations with the Head Coach approximately 2 – 3 weeks prior to the start of a swim session. Families interested in having their swimmer evaluated for swim group placement should contact the LCSC Membership Liaison by clicking on the “Contact Us” link on the left banner of the LCSC website (www.livoniacsc.org) to request an appointment time for swimmer evaluation. Our middle school and high school swim groups (i.e., Platinum and Senior) often fill to capacity during the swim Session. Therefore, some new swimmers may be placed on a wait list if the group is full. The LCSC Membership Liaison can answer any questions you have regarding group wait lists.

Q: Can I start anytime?

A: The LCSC “swim year” runs September through August. LCSC offers 4 sessions per swim year:

- Session I: typically runs the first Tuesday after Labor Day thru the third week of November (12 week session)
- Session II: typically runs the last week of November thru mid-March (16 week session)
- Session III: typically runs mid-March to the end of May (10 week session)
- Session IV: typically runs the first week of June thru the first week of August (9 week session)

The Session exact start/end days will vary by year and can be found on the home page of our web site or on the “Membership Information” tab after you select the “Contact Us” link on the left banner of our home page. Swimmers can join the team at the beginning of any of the 4 Sessions. Your swimmer does not need to commit to all 4 Sessions during the swim year.

Q: What are the swim groups offered by LCSC?

A: LCSC offers five swim groups geared towards swimmer's age and ability. The groups include:

- **Bronze.** The Bronze Group is designated as the **beginner** group for Livonia Community Swim Club. Swimmers in this group are introduced to competitive swimming and strategies of racing. Practices and workouts are focused on racing techniques, exercises, and drills. This group will be introduced to and work on all four competitive strokes, and making them competitively legal. Swimmers in this group generally are under the age of 10 years.
- **Silver.** The Silver Group is the **advanced beginner** group. The workouts and practices for this group consist of mastering all four competitive strokes and beginning with an aerobic training regimen. Swimmers in this group will not only be introduced to competition but they will start to learn racing strategies and proper racing and training disciplines. Swimmers in this group generally are 10 to 12 years old.
- **Gold.** The Gold Group is designed for **advancing swimmers**, through competition, with a focus on championship meets. This group's workouts involve introduction to advance swimming skills for competition, mastering all four competitive strokes, and introducing advanced swim workouts and sets that include all energy systems. Swimmers in this group are applying advanced aerobic, anaerobic workouts as well as introduction to threshold and lactate development. This group's workouts includes competitive swimming techniques that should be mastered before entering high school swimming and the Senior Group. Swimmers in this group generally are 12 to 14 years old.
- **Platinum.** The Platinum Group is designed for **advancing swimmers** who have mastered the Gold Group, through competition, with a focus on championship meets. This group's workouts involve introduction to advance swimming skills for competition, mastering all four competitive strokes, and introducing advanced swim workouts and sets that include all energy systems. Swimmers in this group are applying advanced aerobic, anaerobic workouts as well as introduction to threshold and lactate development. This group's workouts includes competitive swimming techniques that should be mastered before entering high school swimming and the Senior Group. Swimmers in this group generally are 12 to 15 years old.
- **Senior.** The Senior Group is designated as the **advanced training group** at Livonia Community Swim Club. The group is characterized as training in all energy systems (aerobic, anaerobic, threshold, lactic/lactate, sprint, and mixture aerobic/anaerobic). This group's practices consist of mastering, perfecting, improving, and reestablishing racing strategies and techniques. Swimmers in this group compete in wide range of events and wide range of championship meets. Swimmers in this group generally are 14 to 18 years old.

Q: How do I determine the Swim Group (Bronze, Silver, Gold, Platinum, Senior) my child should be in?

A: *For new swimmers:* LCSC holds new swimmer evaluations with the Head Coach approximately 2 – 3 weeks prior to the start of a swim session. Families interested in having their swimmer evaluated for swim group placement should contact the LCSC Membership Liaison by clicking on the “Contact Us” link on the left banner of the LCSC website (www.livoniacsc.org) to request an appointment time for swimmer evaluation.

For returning LCSC swimmers: Towards the end of a swim Session, the coaching staff will discuss group advancement options with swimmers and parents/guardians on a case by case basis. If your swimmer is ready to move up to the next group, a coach will contact you to discuss your swimmer’s success and qualifications to advance to the next group. Because the swim groups have different practice times/days and costs, please let the coaches know if group advancement will not be optimal for your swimmer or if the practice start time for the next group will be an issue.

Q: Who determines when my child is ready to move to the next level (i.e., Silver to Gold)?

A: The coaching staff determines when the swimmer is ready to move up to the next level based on the swimmer’s ability and lane availability. If your swimmer is ready to move up to the next group, a coach will contact you to discuss your swimmer’s success and qualifications to advance to the next group. Because the swim groups have different practice times/days and costs, please let the coaches know if group advancement will not be optimal for your swimmer or if the practice start time for the next group will be an issue.

Q: Where do I get Session registration information?

A: Registration information is available on our website at www.livoniacsc.org. Select the “Start Registration” button on the left banner or the “Join LCSC” button on the right banner. Note that the Session registration window opens up approximately 3 weeks prior to the start of a new Session. Many of our groups fill to capacity quickly during the Registration process. Please register as soon as registration opens to secure a spot on the team for your swimmer. Returning LCSC families will be notified via email when the Registration window opens.

Q: What forms do I need to complete during the Registration Process?

A: The on-line registration process will take you through step-by-step instructions and all forms needed to register your swimmer. The registration process is electronic. The only paper form you will need to submit is the State of Michigan Concussion Awareness form. The Concussion Awareness form only needs to be submitted once per swimmer and does not require resubmission with each swim Session. Registration is **required** prior to entering the pool each Session. Swimmers who are not registered for the current swim Session will not be permitted to practice with the team.

Q: What is the difference between short course and long course season?

A: The short course season begins in September and runs through March and is swum in a 25-yard pool. The long course season runs from April until the beginning of August and is swum in a 50-meter pool.

Q: Why do I have to register/become a member with USA Swimming when I register with Livonia Community Swim Club?

A: USA Swimming is the sanctioning entity for Livonia Community Swim Club (LCSC). Every member of LCSC must have a current, active registration with USA Swimming to be part of LCSC. Registering with USA Swimming also provides the swimmer and LCSC with umbrella insurance coverage during team practices and at meets. In addition, to be able to swim at meets, the swimmer's USA Swimming membership must be current. USA Swimming membership must be renewed on an annual basis. LCSC has all swimmers registering for Session I renew their USA Swimming membership. The membership fee is set by USA Swimming and LCSC does not retain any portion of the fee. If your swimmer does not swim Session I, your swimmer will need to renew their USA Swimming registration during their next LCSC swim Session after Session I. USA Swimming registration process is linked to the LCSC Session registration process. If your swimmer is transferring from another USA Swimming sanctioned team, you will need to complete a USA Swimming transfer form to attach your swimmer to LCSC.

Q: My swimmer only swims in Session IV, the summer long course Session. Is there USA Swimming membership option for swimmers who only swim in the summer?

A: Yes, USA Swimming offers a "Seasonal Athlete" membership level for swimmers who only swim in the summer, Session IV long course season only rather than during the entire year. The typical seasonal athlete is a college swimmer returning to USA Swimming after school lets out or a swimmer that left the sport but returns during the summer, Session IV long course season only. Since USA Swimming registration doesn't go into effect until September 1 and then runs through the next year, Session IV swimmers only have the option of joining USA Swimming as a "Seasonal Athlete". The USA Swimming membership fee for Seasonal Athletes is lower than the full USA Swimming registration rate.

Q: What are the other benefits and services associated with becoming a USA Swimming member?

A: You can find a wealth of information at <http://www.usaswimming.org>. One of the website features is that you can create a login name and password allowing access to all of your (or your child's) swimming history and times. The other benefit is the IMX and IM Ready Programs. IMX is a motivational program that allows swimmers across the nation to compare themselves to the thousands of other athletes in their age group. All you have to do is swim a combination of events, at least one time per season, and USA Swimming will automatically give you your ranking!

Q: Can I get a refund from LCSC for Session Dues, meet entry fees, or from USA Swimming?

A: Refunds are generally not available. If your swimmer must withdraw from a Swim Session due to a medical reason, LCSC may occasionally approve a credit towards a future Session Dues. Such requests are reviewed and approved by the Board of Directors on an individual basis. A letter from a doctor is required for medical withdrawals from the Session. Swim meet entry fees are passed along to the swim teams hosting the swim meets. LCSC is not able to refund swim meet entry fees as the hosting team will not refund LCSC once the swim meet commitment is made by the swimmer via the meet registration process. LCSC will not refund the USA Swimming registration fee for any reason as the registration fee is not retained by LCSC and is passed along thru to USA Swimming.

Q: Why does LCSC host swim meets? And, why does my family have to work 2 jobs at each of the 2 home hosted swim meet held during the swim year even if my swimmer isn't swimming in the meet or swimming in the current swim Session?

A: LCSC hosts swim meets to generate revenue which keeps membership costs down and avoids asking families to do fundraisers. We host two swim meets during the swim year. The first meet is typically held at the beginning of December (referred to as the Snowball Splash swim meet) and the second meet is held at the beginning of February (referred to as the Polar Plunge swim meet). All families are required to work 2 jobs at each of our home hosted meets during the swim year. For each job not worked, a \$75 fine will be assessed to the family account. The work requirement is in effect regardless of whether or not your swimmer is swimming in the meet or registered for the swim Session during which the LCSC home hosted meet is held. For example, if you register your swimmer only for Session I which runs September thru November, your family will still be required to work 2 jobs at the December meet and 2 jobs at the February meet. If the jobs are not worked, a \$75 fine per job not worked (\$300 total) will be assessed to the family account. The fine must be paid in full before the family can register with LCSC for any future swim Sessions.

If it is difficult for your family to work 2 jobs at the home hosted swim meet, please note that a friend or family member on your behalf may fill the work commitment. High school students age 14 and over may also work as long as they are not swimming in the meet during the job shift. If someone works on your behalf, please make sure you make a note on the sign up site that the person is working on your family's behalf. Working at the swim meet is a great way to partake in the swim meet and if you are a timer when your child swims a race, you will be right on deck with your swimmer.

We also request each family donate concession items which will be sold during the meet. The team will announce the dates of these meets at the beginning of the swim year in September.

Q: How do I sign up to work at home meets?

A: The LCSC Meet Director will notify families by e-mail when it is time to sign-up for jobs and concession donations. All sign-ups are done on-line and the Meet Director will provide directions on how to sign up.

Q: What is a Team Effort Meet?

A: A team effort meet is one where coaches are sent to the meet and our swimmers are encouraged to sign up for these meets to swim. LCSC selects the meets at the beginning of the swim Season. There are usually one or two Team Effort Meets per month. Some meets have time standard requirements and the coaches can assist with letting you know if your swimmer qualifies for a specific meet. Regular season and non-championship meet time standards are ranked as A, B, or C with A times being the fastest times and C times being the slowest. When choosing Team Effort Meets, LCSC tries to select a variety of meets so that all swimmers will have ample opportunities to compete.

Q: What are Championship Meets?

A: Championship meets occur at the end of each short course and long course season. Swimmers may qualify for different championship meets based on their best swim times in each event. The short course season offers a District meet and these swimmers are designated with Q3 times. Next is Junior Olympics, which requires faster times and are designated as Q2 times. The highest level in Michigan is the State Championship meet and these times are designated as Q1 times. The State meet is divided into two age groups, 12 and Under, and 13 and Over. During Long Course there is only one State Meet. Time standards can be checked by going to the home page of our website and clicking on the "Time Standards" tab at the top of the page.

Q: Who determines what events my child swims in a meet?

A: LCSC does not require swimmers to participate in a certain number of meets per Swim year. Each swim family determines the swim meets and events they wish to compete in. The coaches will provide input upon request. However, we do encourage swimmers to consider participation in the IMX and IM Ready Programs sponsored by USA Swimming. Coaches will encourage swimmers to participate in events that qualify under the IMX and IM Ready programs.

Q: How do I sign my child up to swim in a meet?

A: An e-mail will be sent out one to two weeks prior to the meet entry deadline. This could occur up to six weeks prior to the date of the meet. The sign-up process is done on-line and detailed instructions are provided in the e-mail. Please note that there is a narrow time window to register for a swim meet so make sure you register early.

Q: I missed the meet entry deadline. Can I still enter?

A: If you missed the meet entry deadline, your entry cannot be processed with the team entry. However, you can check the meet information packet to see if deck entries will be accepted. If you choose to do a deck entry, show up at the meet at the scheduled warm-up time, locate a meet representative and request a deck entry. The meet officials will let you know if your request can be accommodated. It is up to the meet host to make that determination. You may be required to show your USA Swimming membership card (USS number) to prove current registration. If you do not have your USA Swimming card yet, please contact a coach prior arriving.

Q: How much do meet entry fees typically cost and how do I pay my meet entry fees?

A: When you register for a meet, the meet entry fees are automatically added to your account balance and will be included in your next month's bill. Meet entry fees vary but are typically \$5 to \$7 per swim event registered plus a \$1 per swimmer registration fee. Once you register for a swim meet, your meet entry fee cannot be refunded as the fees are passed through to the swim team hosting the meet.

Q: What is my child's USS number?

A: The first time a swimmer is registered with USA Swimming, they are assigned a 14-digit alphanumeric number (known as their USS number) that uniquely identifies them. This number is used in both the "Top Times" database which is maintained by the Office of Michigan Swimming as well as USA Swimming consolidated database of times for all USA Swimming Local Swim Clubs (LCS), known as SWIM. This number is created by using the first 4 letters of the last name followed by the first 3 letters of the first name, the middle initial, and finally the child's birthday (MMDDYY).

Susan Q. Public born on February 1, 1999 would have the following for a USS number:

PUBLSUSQ020199

If your child has a last name less than 4 letters, a first name less than 3 letters, or no middle initial, an asterisk is used. An asterisk may also be assigned to differentiate between two otherwise unique numbers.

Q: What if I have other questions?

A: Please contact our Membership Liaison for additional questions via the "Contact Us" link on the left banner of our team website, www.livoniacsc.org.