**Alexandria Swim Club FAQs**

**How many sessions does swim club run and how long is each session?**Currently our season is broken into 3 separate sessions: Fall, Winter, and Spring/Summer. Specific dates can be found on the registration forms under the “documents” tab on the website.

**In order to be in swim club, does my swimmer have to be able to swim the full length of the pool?**In short, yes. Swim Club is different from swim lessons in that the swimmer to coach ratio is much higher. Swimmers must feel comfortable in the water and be able to complete one length of the pool comfortably as they are learning to competitively swim with defined strokes and learn technique. Coaches will instruct from the deck at the pace of the swimmers in their lane(s), however they are not in the water with them.

**What is the MSI fee on the registration form?**MSI stands for Minnesota Swimming, Inc. This is a required fee for all athletes taking part in competitive swimming in the state of MN sanctioned by MSI. MN Swimming is part of USA Swimming.

**What do swimmers wear to practice?**   
Girls: One piece suit

Boys: Jammers or speedos

All:  
Goggles (any competitive racing style google works. Cannot be the googles that have the full nose covering.)  
Swim cap (optional). Each swimmer receives an Alex swim cap at registration. If you did not receive one the first time you registered, please see a board member. A swim cap is not mandatory, however most swimmers do choose to wear them

**Does my swimmer have to be at every practice?**  
The club encourages swimmers to make as many practices as possible, but you know your swimmer best. Practices are flexible and swimmers are able to choose as many or as few practices as they wish to attend.

**Is attendance taken at practice?**The coach does maintain an attendance log, however there is no attendance requirement as to how many practices per week your swimmer must attend.

**Do parents have to stay at practice?**That is a personal choice and you know where your swimmer’s comfort level lies. You are welcome to stay or drop your swimmer off and leave…it is your choice.

**What do swimmers wear to meets?**  
Girls: Race-style suit (i.e. Speedo, TYR, Dolfin, etc)

Boys: Jammers or Speedos

All:   
Goggles  
Swim cap (again, optional, although most do choose to wear them, especially if you have longer hair)

**I don’t know anything about swim meets…how do I know what to volunteer for?**All the volunteer jobs are quite simple and any board member or swim parent would be happy to explain how to do any of them! If you are interested in fulfilling a specific spot, but are unsure of the requirements, please ask!

**Volunteer requirements**In order for our meets to be successful, volunteer hours are necessary. The club requires each swimmer to supply a volunteer (parent, grandparent, family friend, etc) for 2 four hour blocks of time at our team hosted event. There are many areas of need to be sure our events run smoothly. You will receive an email from the club with an electronic sign-up sheet. It is first come, first pick, so if you have an area where you would feel most comfortable, sign up early! Volunteering is a great way to be “in the mix” of the meet and understand how swimming works. If you are hesitant about a specific volunteer task, please ask any board member or veteran parent and they will talk you through it!

**How do I register my swimmer for meets?**An email will be sent from the club to your email listed on registration paperwork alerting you that there is a meet available. You can either click on the link available in the email or go directly to the team website under the “Events” tab. Choose the meet that you are intending to register for. Click either “Yes-register my swimmer”, or “No-my swimmer will not attend”. If you choose to register your swimmer, a list of events will pop up for which they are eligible to compete (Note the individual maximum events allowed listed in the meet information). Click “save” and that’s it! The coach will go through and make the final approval for the swimmer’s events. If you would like help registering for a meet, please ask any board member or any parent at the pool…they would be happy to walk you through the steps!

**How do meets work? Do swimmers compete against age groups?**Yes and No. Swimmers are typically grouped in divisions such as “8 and under”, “9-10”, “11-12”, “13-14” and “15 and older”. Within those age groups, swimmers are divided into different heats of typically 6-8 swimmers based on their times. They will race against swimmers with generally the same time and age. However, some meets are divided into age groups of “12 and under” and “13 and over” where an 8 year old may swim against an 11 year old, but it is still divided up by times. For example, an 8 year old with a time of 2:00 in the 100 freestyle might compete against an 11 year old if their time is similar. The emphasis of Alex Swim Club is on swimmers improving upon their own times at each meet and less on the competition amongst swimmers.

**What is Meet Mobile?**Meet Mobile is an app that you can use to get up-to-date results for your swimmer during meets. Most, but not all, meets will have results available on Meet Mobile. Swimmers and parents are able to keep track of their progress throughout the duration of the meet. The app is available both as an Apple and Android app.

**What is Deck Pass?**Deck Pass is an app that is geared towards keeping track of a swimmer’s progress throughout their swim career. Parents and swimmers can find best times for each event, time standards, swimming information, etc. on this app. This app is available both as an Apple and Android app.

**What strokes do the swimmers learn and what strokes are required for competitive meets?**The swimmers will initially learn basic skills related to freestyle and backstroke and continue to improve upon these strokes as well as breaststroke and butterfly. There are a variety of events available at most meets as well as a variety of distances. If you have questions regarding which events/strokes your child should be competing, your coach will be happy to answer any questions.

These are a few of the questions that are typically asked by swimmers and parents new to Alexandria Swim Club. We also know there are many other questions you may have. Please feel free to contact the head coach Dave Molesworth at [moleswd@morris.umn.edu](mailto:moleswd@morris.umn.edu) or any of the board members. We look forward to meeting you and your swimmer!

Website: [www.alexswimclub.org](http://www.alexswimclub.org)  
“Like” us on Facebook: Alexandria Swim Club  
Remind app to receive up-to-date and last minute information: <https://www.remind.com/join/alexswim>  
Or on your phone enter this code into the remind app to join the group  
