



EDINA SWIM CLUB
HANDBOOK
2019-2020

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Welcome to the Edina Swim Club! The club began in 1957 and continues to be a top-notch USA Swimming club for 62 years! We are glad you have joined the club and wish you and your athlete the best swimming experience you all can have.

Main Contacts:

Coach Jeff Rodriguez: Head Coach/CEO – jeff@edinaswim.com

Coach Travis Anderson: Head Age Group Coach – travis@edinaswim.com

Julie McCarthy: Team Administrator – office@edinaswim.com

Mission Statement

The Edina Swim Club prepares swimmers of various abilities to achieve the highest level of the sport. Edina Swim Club combines fun and hard work in a team-building atmosphere that produces long-term success for its athletes in the pool and as good citizens.

Core Values

- Excellence** ESC seeks to provide an environment that encourages excellence in performance.
- Love of Swimming** ESC strives to create an atmosphere that fosters a love of the sport and encourages fun and enjoyment in practice, competition and other club activities.
- Sportsmanship** ESC celebrates the positive aspects of competition - those that elevate the performance and confidence of athletes - and takes care to avoid actions that in any way might contribute to lowered performance or self-esteem of swimmers.
- Teamwork** ESC values teamwork as a crucial element of swimming, recognizing that teamwork allows the whole to be greater than the sum of its parts, while the lack of teamwork results in unrealized potential.
- Competition** ESC strives for a competitive environment that encourages excellence in performance, is safe and contributes positively to all swimmers as they gain experience in dealing with competitive pressures in swimming and other aspects of life.
- Integrity** Parents, coaches, and swimmers of ESC are expected to demonstrate integrity, honesty and sincerity - as well as respect for all individuals – at all times.

2019-2020 Membership Rates & Information:

- **Full Season: September 3, 2019 – mid-July/August 2020**
- **Fall/Winter Season: September 3, 2019 – end of February / March 2020**
- **Spring Season: April – May**
- **Summer Season: June - July**

The 2019-2020 season begins on Monday, September 3, 2019. The table below explains the fee structure for the upcoming season. Fall registration will allow families to register for full year or fall/winter season. Spring/summer registration will be available in February of 2020.

All families will be required to have a credit card/checking account on file with the Edina Swim Club. Invoices are generated by Team Unify on the 1st of each month. Credit card/checking account will be charged for each month's charges on the 1st of each month. Your credit card information is secure and is not viewable or accessible by any employees of the Edina Swim Club. For security reasons, you may have a loaded Visa gift card on file and your charges will be withdrawn from said gift card on the first of each month.

Fall/Winter Registration Options for Gator 1, Age Group Prep & Sr. Prep:

Families have the option of signing up for 13-week sessions, without committing to an entire season or year.

- **Session 1:** September 3 – November 27, 2019: Gator 1: \$400; Age Group Prep & Sr. Prep: \$450
- **Session 2:** December 2 – February 23, 2020: Gator 1: \$400; Age Group Prep & Sr. Prep: \$450

Athlete Dues Chart:

Season	Gator One	Gator Two	Gator Three	Age Group Prep	Age Group Bronze	Age Group Silver	Age Group Gold	Sr. Prep	Sr. Bronze
Full Season Sept - July	\$1100	\$1400	\$1950	\$1400	\$1500	\$2050	\$2150	\$1400	\$2000
Fall-Winter Sept - March	\$800	\$900	\$1300	\$900	\$1000	\$1400	\$1500	\$900	\$1400

[Developmental Dues Chart with Payment Options](#)

[Age Group Dues Chart with Payment Options](#)

[Sr. Group Dues Chart with Payment Options](#)

- Swimmers who register for the full year receive a discount from those who register for individual seasons.

- Choosing a payment option (instead of payment in full) will increase the dues to cover administrative fees.

Multiple Swimmer Discount:

Multiple swimmer discounts are for families who register for the **Full Season** prior to the first billing period of October 1.

Full Season is September through August. The first swimmer pays full price, the second receives a \$100 discount, and each additional swimmer receives a \$200 discount.

First Swimmer	Second Swimmer	Additional Swimmers
Full Amount	\$100 discount	\$200 discount for each swimmer

Fee	Fee Description
Registration & Group Move-Up Fees	<p>Full Season Registration Fee per swimmer: \$100</p> <p>Fall/winter Registration Fee per swimmer: \$75</p> <p>Gator 1, Age Group Prep, Sr. Prep Session 1 & 2 Registration Fee per swimmer; \$25</p> <p>Registration cap for families with 3 or more swimmers: \$250</p> <p>Spring/Summer Registration Fee per swimmer: \$50</p> <p>Full Season Registrations mid-season move up fee: \$50</p>
USA Swimming	All swimmers must be registered with USA Swimming via the Edina Swim Club. The team administrator will take care of all USA Swimming registrations. Annual fee per swimmer is \$70.
Meet Fees	<p>The Edina Swim Club will add all meet fees to each swimmer's invoice throughout the season. Meet fees will be billed on the first of the month. Meet fees are generally between \$25 and \$100 depending on the number of events a swimmer has.</p> <p>Per Splash Meets: The ESC will add \$.50 per splash per swimmer and \$.50 per relay per swimmer along with an admin fee of \$6.</p> <p>Flat Fee Meets: The ESC will add \$5 per swimmer for admin fees.</p> <p>A travel meet fee will be added to help cover club travel expenses if overnight is required. Fees will be based on location of meet.</p>

Late Fee	Any balance past due after the 20th of each month will be assessed a late fee of \$20. If an account is delinquent for more than 60 days, the swimmer will not be allowed to practice until the account is paid in full.
Late Pick Up Charge	All families are responsible for picking up their swimmer(s) no later than 15 minutes after the posted practice end time. Any swimmers without a responsible party present after 15 minutes will be assessed a late pick up fee of \$15 starting with the second offense and each additional offense.

Refunds

- New swimmers who withdraw from the club within two weeks of registering will receive a full refund of all dues.
- **No dues/fees will be refunded after the first two weeks of practice, with the exception of injuries that cause the swimmer to be out for more than six weeks. In such situations, a doctor's medical note is required. Contact the Edina Swim Club office.**
- The \$70 USA Swimming Athlete membership fee is non-refundable.

Fundraisers:

Fundraising is an important part of our club's operations, as it helps us to maintain and to purchase needed equipment, as well as to ensure that our swimmers have the highest quality of coaching possible. Each family (with the exception of families that **only** have a Gator 1, Age Group Prep or Sr. Prep swimmer) is expected to raise \$150 during the course of the season through one of our fundraising opportunities, such as the Swim-A-Thon. **Families who choose not to participate in the fundraiser will be billed \$150 to their club account following completion of all fundraising activities for the season.**

2019-2020 Season Emails/Attachments (EXAMPLE OF WEB SITE)

[September 23 - Personalized Green EDINA Swim Cap Order Information](#)

[September 23 - Weekly Notes from the Office](#)

2019-2020 Volunteer Requirements

A part of joining the Edina Swim Club is committing time to volunteer at our hosted meets throughout the year. All families registered for fall/winter, fall/winter with another sport, spring/summer or full season will be required to fulfill shift requirements.

- **There will be a \$150 charge for each shift not filled. Requirements are per family and based on the highest level swimmer in the family.**

The volunteer requirements listed below are the minimum number of shifts required for each family, but all families are encouraged to volunteer for additional shifts.

GATOR 1, AGE GROUP PREP & SR. PREP		
Session 1 Session 2	No Volunteer Shift Required	
Fall/Winter (Sept - March)	1 Volunteer Shift Required	It is recommended that Gator 1, Age Group Prep & Sr. Prep families volunteer at our hosted Pre C / C Novice meets, but they can volunteer at any hosted meet.

Spring/Summer (April - July)	No Volunteer Shift Required	
Full Season (Sept - July)	1 Volunteer Shift Required for fall/winter Nothing required for spring/summer	It is recommended that Gator 1, Age Group Prep, & Sr. Prep families volunteer at our hosted Pre C / C Novice meets, but they can volunteer at any hosted meet.
Gator 2; Gator 3; Age Group Bronze; Age Group Silver; Age Group Gold		
Fall/Winter (Sept - March)	3 Volunteer Shifts**	**1 Shift is required at our MRC hosted meet on Feb. 28 - March 1, 2020
Spring/Summer (April - July)	1 Volunteer Shift	
Full Season (Sept - July)	3 Volunteer Shifts for Fall/Winter** 1 Volunteer Shift for Spring/Summer	**1 Shift is required at our MRC hosted meet on Feb. 28 - March 1, 2020
Senior Bronze; Senior Silver; Senior Gold; National		
Fall/Winter (Sept - March)	3 Volunteer Shifts**	**1 shift is required at our hosted MRC meet on Feb. 28 - March 1, 2020
Fall/Winter with Another Sport (Sept - March)	2 Volunteer Shifts	**1 shift is required at our hosted MRC meet on Feb. 28 - March 1, 2020
Spring / Summer (April - July)	1 Volunteer Shift	
Full Season (Sept - July)	3 Volunteer Shifts for Fall/Winter** 1 Volunteer Shift for Spring/Summer	**1 shift is required for our hosted MRC meet on Feb. 28 - March 1, 2020

LEAD* positions count as 1.5 shifts served for:
awards
concessions
hospitality
Colorado timing (trained volunteers only)
meet manager (trained volunteers only)

*Must have at least 1 shift of experience to be a lead. Shifts are a bit longer and have more responsibility.

Shift Requirements

Volunteers under the age of 18 will be limited to certain positions. Please check with the volunteer coordinator before you sign up.

Shift times vary from meet to meet. Always check the volunteer signup for shift time.

If your volunteer position is not on the pool deck, you will still be able to see your child compete. Just be sure to communicate your needs to your fellow volunteers, and your role will be covered during your brief absence.

Three days before the meet - finalized shift information will be posted on the website. Details will include positions filled and check in/start time. Once the timeline for the meet has been posted, you will be able to determine the length of your shift.

You must stay for your entire volunteer shift.

The club is always looking for volunteers who are interested in training for specialized positions, including Colorado Timing, Meet Manager, Chairs, and Officials. Contact Liz Kniffen at elizabeth.kniffen@gmail.com

APPAREL:

Speedo is our vendor for athlete gear. Elsmore Swim Shop is a great place to purchase your items.

- Our blue team shirt "All For One, One For All" is recommended for all swimmers to purchase.
- The navy Speedo suit is highly recommended for swimmers to wear at swim meets.
- Warm-ups, parkas, etc, are optional.
- Group equipment can be purchased from Elsmore.

SWIM CAPS

Our green EDINA swim cap can be purchased through the Edina Swim Club office. Email Julie McCarthy at office@edinaswim.com if you are in need of caps.

Green Edina Latex swim cap: \$7

Green Edina Silicone swim cap: \$14

Personalized caps are ordered once or twice a season, by our team administrator.

These items which are sold out of the office, will be available for purchase during home meets and anytime throughout the year. Green Edina Speedo swim caps may be available for purchase during away meets - please check ahead of time by emailing the office to be sure coaches have extra on deck at the meet for sale.

PROGRAMMING DETAILS/TRAINING GROUPS

DEVELOPMENTAL PROGRAM: AGES 5 – 9

Our developmental groups on Edina Swim Club are called **Gator 1, 2, and 3**. They are swimmers age 5-8, and range from the very beginner to those with competitive experience. The primary goal of all Gator groups is to have fun, and get excited about swimming and being on a team. Practices revolve around skill, technique and learning. Coaches are trained at working with children of this age and lots of feedback is given within each practice. We have 3 different groups within the Developmental level.

GATOR 1

This is our introduction to competitive swimming. Swimmers develop all 4 strokes as well as dives, flip turns & competitive basics. In order to be placed in Gator 1, swimmers must be able to:

- swim 25 yards of freestyle with rhythmic breathing
- 25 yards of backstroke non-stop

Gator 1 practices are offered 3 times a week. Coaches would like to see swimmers at least 2 times a week. Gator 1 swimmers may participate in any novice meets that are offered. All swimmers should wear tennis shoes and bring a water bottle to all practices. Group equipment consists of a mesh bag to carry their own kick board and fins. Please label all items as they look alike.

GATOR 2

Swimmers will refine the 4 strokes, add competitive elements of racing as well as clock reading and "sets". Swimmers move at a faster pace than Gator 1. In order to be placed into Gator 2, a swimmer must be able to:

- swim 100 yards of freestyle in 3 minutes
- swim 100 yards of backstroke
- perform 25 breaststroke and dolphin kicks
- perform somersaults

This group is offered 4 practices a week, coaches would like to see them at least 2 times a week, more preferred. Gator 2 swimmers are encouraged to compete in 1 meet per month and finals meets. All swimmers should wear tennis shoes and bring a water bottle to all practices. Group equipment consists of a mesh bag to carry their own kick board and fins. Please label all items as they look alike.

GATOR 3

This is our highest level swimming for 9 and unders. This group remains focused on technique but adds elements of competition and race readiness. Practices move more quickly than Gator 2. These swimmers must be able to

- swim 200 yards freestyle
- 100 IM (individual medley)
- consistent flip turns
- 6 x 100 freestyle @ 2:30
- 6 x 50 flutter kick @1:30
- Minimum of 4 BB times

Gator 3 has 7 practices offered per week. The coaches would like to see swimmers at least 4 times a week. Swimmers are encouraged to participate in one meet per month and finals meets. All swimmers should wear tennis shoes and bring a water bottle to all practices. Group equipment consists of a mesh bag to carry their own kick board, fins, and a pull buoy. Please label all items as they look alike.

AGE GROUP PROGRAM: AGES 8 – 12

The main focus of our Age Group program is to develop efficiency within all four strokes – butterfly, backstroke, breaststroke and, with proper technique and distance per stroke. We aim to teach our athletes the importance of learning how to train and compete within a healthy, fun and competitive environment.

We have 4 levels within the Age Group portion of the club - **Prep, Age Group Bronze, Age Group Silver and Age Group Gold**. Practices are designed to daily improve skill and technique, develop concentration and learn to swim fast while having fun with friends. Each group is progressively more challenging with our highest Age Group category being Age Group Gold. This group prepares swimmers to compete regionally and be ready for the Senior program on Edina Swim Club.

AGE GROUP PREP

This is our introduction to competitive swimming for our newer, older swimmers. Swimmers develop all 4 strokes as well as dives, flip turns, and competitive basics. In order to be placed in Prep, a swimmer should be able to:

- swim 50 yards of freestyle with rhythmic breathing
- swim 50 yards of backstroke non-stop

This group is offered 3 practices a week and the coaches would like to see them at least two times a week. A Prep swimmer may want to participate in the novice meets that are offered. All swimmers should wear tennis shoes and bring a water bottle to practice. Group equipment consists of a mesh bag to carry their own kick board and fins. Please label all items as they look alike.

AGE GROUP BRONZE

This group focuses on technique but add elements of training, intervals, and race readiness. In order to be placed in Age Group Bronze, a swimmer must be able to:

- complete legal 50 fly and 50 breast
- complete legal 100 IM
- 6 x 100 free @ 2:30
- 12 x 50 flutter kick @ 1:30

This group is offered practice 5 practices a week and coaches would like to see swimmers 2 – 3 times per week. Swimmers are encouraged to compete in 1 meet per month and finals meets. All swimmers should wear tennis shoes and bring a water bottle to practice. Group equipment consists of a mesh bag to carry their own kick board, fins, stroke maker paddles, pull buoy and snorkel. Please label all items as they look alike.

AGE GROUP SILVER 1 & 2

Swimmers in this group are highly competitive and ready to be challenged. Skill is still the top priority, with more advanced techniques combined with training sets. In order to be placed in this group, a swimmer must be able to:

- Established times in all 9-10 events
- 4 – B times for 9-10
- 6 x 100 free @ 1:50
- 12 x 50 flutter kick @ 1:15

Age Group Silver has 8 practices offered a week and the coaches would like to see swimmers at least 4 times a week. Swimmers are expected to compete in 1 -2 meets per month and finals meets. All swimmers should wear tennis shoes and bring a water bottle to practice. Group equipment consists of a mesh bag to carry their own kick board, fins, stroke maker paddles, pull buoy and snorkel. Please label all items as they look alike.

AGE GROUP GOLD

This is our most competitive group for 12 and unders. They have mastered the Age Group Silver curriculum and are dedicated to swimming. This group contains a mix of skill technique and training with an emphasis on preparing for the senior program. Underwater work is a strong component and swimmers are expected to be reaching for State, Zones, & National level times. In order to be placed in Age Group Gold, swimmers must:

- Have established times in all IMX or IMX events
- 12 x 100 free @ 1:30
- 12 x 50 free flutter kick @ 1:00
- Minimum of 4 BB times, 4 – 10 and under champ times or 2 zone times.

There are 8 practices offer a week and Age Group Gold swimmers are expected to attend at least 4, more preferred. Swimmers are expected to compete in 1-2 meets per month and finals meets. All swimmers should wear tennis shoes and bring a water bottle to practice. Group equipment consists of a mesh bag to carry their own kick board, fins, stroke maker paddles, pull buoy and snorkel. Please label all items as they look alike.

SENIOR PROGRAM: AGES 12 - 18 Senior groups are for swimmers age 13 and over. There are 4 groups within the Senior level and they progress from fitness oriented to highly dedicated. Seniors are expected to take ownership of their own swimming, including technical advancement, training ethic and development of leadership qualities. Practices for seniors are challenging, and are designed to prepare swimmers for Regional, State, Zone, and Junior National competitions. All athletes should wear tennis shoes and bring a water bottle to practice. Group equipment consists of a mesh bag to carry their own kick board, fins, stroke maker paddles, pull buoy, snorkel, 8" StretchCordz Drag Belt/Tow Teather.

The Senior program is lead by Jeff Rodriguez

Sr. Prep	12-17	This is a transition group from age group to seniors not ready for the bronze group or for those who want to stay fit within the context of a team environment. They train with a mix of skill work and fitness.	-Be able to swim 100 of each of the 4 strokes -100 freestyle 2:00	3 times per week	Swimmers are expected to compete in at least 2 meets per season.
Sr Bronze	13-17	Swimmers refine skills, technique and develop aerobic and interval training with the goal of advancing to Sr Silver. Training is oriented towards competing at the local and State level.	-Established times in the 100's of all strokes, 200 free and 200 IM -16 x 100 freestyle @ 1:40 -12 x 50 flutter kick @1:05 -Minimum of 4 "B" times	3-6 times per week	Swimmers are expected to compete in 1-2 meets per month and finals meets

With many of our families being new to the sport and new to our team, we know that many of you have questions about meets.

What is a meet?

“Meet” is the term for swimming competitions. Swimmers race a variety of distances and strokes against those of similar age and skill.

Why should my swimmer do a meet?

Swim meets are the culmination of all the skill development and hard work swimmers put into practice. Participation in meets is strongly encouraged, and Edina coaches want swimmers to embrace competition as fun and challenging. At the younger ages, it is understood that swimming will be among several activities that kids are exploring. As the swimmers progress and age, the expectation is that meet participation will increase relative to the goals of the athlete. Edina Coaches are committed to helping swimmers achieve the highest levels of swimming that they are capable of and choose to pursue. Plus, meets are the best way for swimmers to have fun and get connected to other teammates!

When should my swimmer do their first meet?

Gator 1 and Age Group Prep developmental swimmers should spend the first few weeks to months working on techniques, skills and learning about the sport. Once the group coaches feel that a swimmer is ready to compete in at least one event, they will encourage you to sign your swimmer up. We have a range of competitions for each level from the novice to the experienced. They are based on time standards that are set up by Minnesota coaches each year. The chart below shows the basic progression of meets:

Type of meet	Participation	Description	Time Commitment
Pre-C/C Novice Meets	14 and Under, new swimmers	Meets for beginners and those needing to establish times or achieve B or C times	These are usually local one session meets lasting a few hours from start to finish.
Intrasquads	All Edina swimmers	Meets for our whole team. Sometimes we divide into 2 teams for a fun, competitive one session meet	These are usually one session meets lasting a few hours from start to finish.
ABC meets	All Edina swimmers who are ready to do 2 day meets	Meets divided into 4 sessions, with swimmers competing in one session each day. Events are organized by age group and gender.	These are 2 days meets, with each session being about 4-5 hours from start to finish
Invitationals	Swimmers with the qualifying times set by the host team	Meets that are set up by the host team to include certain teams. Some invitationals include all levels and some are level restrictive by time standards such as A, AA, BB etc.	These meets range from a single session to a 3 day travel meet, based on what the host team has set up
A or AA meets	Swimmers with A and AA times or faster	Meets with time standards to limit the swimmers participating	These are generally 2-3 day meets with travel involved for some
Minnesota Achievement Championships(MAC)	Swimmers with established C times	This is the first of the MN Championship meets and is for swimmers with C times. There is one to conclude the fall/winter season and one to conclude the summer season	This meet is usually a 2 day, 4 session format. Sometimes travel is involved within MN

Minnesota Regional Championship(MRC)	Swimmers with established A, BB and B times	This is the second of the MN Championship meets and is for swimmers with A, BB and B times in the winter and A and BB times in the summer. It is a scored team meet.	This is generally a 2 and 1/2 day meet and often requires travel within MN
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What can we expect at their very first meet?

Check out [First Meets 101](#) to help you and your swimmer know what to expect at the very first competition.

What are the basic rules for each stroke?

You can find the basic rules and descriptions of each stroke on [USA Swimming](#).

What are the time standards?

Swimming is measured in [time standards](#), and participation in most meets is based on this system of time standards. Minnesota sets our own standards which are updated each year. The times range from C(slowest) to Champ(state qualifying). These are posted on our website, as well as the [Minnesota website](#). There are also Zone(AAA), Sectional, Juniors, Seniors, and Olympic Trial qualifying times that go beyond the State level. As those time standards are available each year, they will be posted on our website.

All Minnesota time standards are grouped into gender and age groupings-8 and under, 9-10, 11-12, 13-14, 15-16, 17-18 or Senior. When a swimmer moves into a new age category on their birthday, their times are measured in that new category. Most meets are arranged by the Minnesota time standards. There are some meets which use their own standards or the National USA swimming standards. For example, we have:

Pre-C/C novice - 14 and under swimmers with no times in events and C times or slower. Perfect for beginners.

A meets - swimmers with A times and faster.

Minnesota Achievement Championships – All swimmers who have achieved C times during the qualifying period.

Minnesota Regional Championships – All swimmers who have achieved A and B times during the qualifying period.

State Meet – All swimmers who have achieved Champ times or faster during the qualifying period. There are 2 state meets each season. One for 14 and under swimmers and one for 15 and over swimmers.

Zone Meet-Summer Long Course meet where 14 and under swimmers compete for Team Minnesota. Typically AAA qualifying times.

NCSA or NASA-Junior Nationals for swimmer with qualifying times.

USA Swimming Junior and Senior Nationals-highest level meets for those with qualifying times.

Olympic Trials-These are the fastest time standards in the country. They are adjusted every 4 years to determine those swimmers eligible to compete for a spot on the USA Olympic Team.

Edina Swim Club expects that all Gators will be working to move up the ladder of qualifying times for each age group.

What does short course yards mean? Long course meters?

Swimming is divided into two basic seasons: Fall/winter and spring/summer. In the fall/winter season, meets are conducted indoors in pools that are 25 yards long. Each race is a multiple of 25 yards. I.E.-50 yards is 2 lengths of the pool, 100 yards is 4 lengths of the pool. In the summer, many meets are conducted in longer pools that are 50 meters, so a 50 meter race is only 1 length of the pool, a 100 meter race is 2 lengths, etc. Minnesota has time standards for both yards and meter competitions.

How often should my swimmer compete?

Coaches recommend swimmers compete 1-2 times per month. We want athletes to compete in a variety of events throughout the season. Your group coach will send out emails recommending appropriate meets for your swimmer. All swimmers are expected to compete in the highest level of Finals meets for which they qualify.

How do I find out the schedule, location, directions etc?

Each meet has written information concerning the location, time schedule, cost, order of events and time standard, which is published and posted on Minnesota's website, as well as the Edina website on the title page of any given meet.

Meets are divided into sessions based on age groups. These sessions generally last 4-5 hours including warm up times. Novice meets and intrasquads are usually one session meets. For other meets, swimmers may compete in one session each day over 2-3 days.

All families are expected to read the meet information for each meet, so that you are aware of which session your swimmer is in, what events are offered, as well as the location and directions to any particular meet.

How much do meets cost?

Meets are either a flat fee or a per event cost. The flat fee meets charge one amount, no matter how many events a swimmer does. The per event meets charge a certain amount per event entered. Some meets are more expensive than others. Relays are divided by the 4 swimmers who compete. If a swimmer is signed up once meet sign up is completed, you are charged the costs of that meet, regardless of whether you end up competing. Edina Swim Club is required to submit payment to a host

club with entries, and does not receive refunds for swimmers who do not show up. **Edina Swim Club adds an administrative fee to all swimmers at meets to cover the cost of coaches attending.** Your accounts will be billed for meet fees. You do not need to bring payment with you.

How do I know what events they are swimming?

Once the coaches edit and approve entries, they will publish a "preliminary meet entries" document on the website. This will have each swimmer's name listed, their events, and their entry times. An important part of our meet entry process is the "review" period. Once preliminary meet entries are posted, it is the responsibility of the swimmer and parents to confirm that all entries are correct. If entries are not correct, parents and swimmers are asked to immediately contact their group coaches with corrections. Final entries are posted the week of the meet. Swimmers are responsible for knowing what events they are swimming. Please review the final meet entries once they are published and make sure your swimmer knows his/her events.

What is a relay?

Many meets have relays, comprised of 4 swimmers doing the same distance. These events are the most fun, and add to the team component of each meet. All Edina Swim Club swimmers in a session of a meet are expected to be available for relays if they are chosen. Freestyle relays have all swimmers doing freestyle of a given distance. Medley relays have each swimmer doing a different stroke of a given distance (back, breast, fly, free). Coaches put together relays based on objective standards such as who is at the meet and who has the fastest times in given strokes and distances. They also use subjective standards to put together relays. These include practice attendance, arrival to warm ups on time, on deck attitudes, as well as whether a swimmer is a good "relay" swimmer.

How do I know when to arrive?

The week before the meet, we are sent a timeline that gives a rough estimate of when events will occur. We use this to generate a warm up time for each of the sessions. Coaches will send out an email letting people know when specific warm times are, and post this on the main title page of the meet. They will also post any other important meet news there.

How do I find their results and best times?

Results for Edina swimmers are posted on our website within a day or two of the meet finishing. Full results for meets can be found on Minnesota swimming. You may also find your swimmers current best times on the [USA swimming](#) website and under "my account" on the Edina website. Swimmers are expected to know their best times for any given event. Coaches periodically send out top times reports to their groups.

There are a few helpful applications for smart phones now available to keep track of best times and meet entries: Deck Pass, On Deck for Parents, Live Results, and Meet Mobile. You are strongly encouraged to download these apps.

What is the team expectation for swimmers and parents?

Meets are the primary way to measure progress in the sport. Meets are also the best way for swimmers to get to know each other and feel valuable to the team. It is important that swimmers come to meets to give their best effort and learn from the experience. Parents are expected to offer love and encouragement; coaches are expected to offer advice, strategy, motivation, and feedback. Swimmers will have a better experience if those roles are defined. No one bats .1000 in baseball, and no swimmer achieves best times 100% of the time. Some meets are focused more on development of technique that

will help achieve faster times in the future. As much as everyone wants every race to be perfect, please be reasonable in your observations and expectations. Provide a sense of fun and connectedness to teammates regardless of the races, so that the overall meet experience leaves a positive memory for your swimmer. Swimming can be a lifelong sport, and there are many important values that can be learned from participation in this great sport.

As always, the coaches are here to help in this process and welcome your questions and concerns. We look forward to many more successful seasons integrating new families into Gator Swimming. You can find the e-mail for your group coach on the coaches tab on the Edina Swim Club website.