



SwimUnited – New Parent Meetings

Meeting and Q&A Summary
August 2021



Overview (from Coaches and Team President)

- The transition bringing on the Medina site and with Brunswick coaching has gone very smoothly. Never hesitate to reach out to any board member or coach with questions or concerns. Also, there is a Vice President from each site (Brunswick, Medina, and Strongsville) to ensure site representation on the board.
- SwimUnited is proud of the deep, experienced coaching staff
- SwimUnited takes pride in being community-based and building up and supporting high school programs in our communities. SwimUnited supports youth character development.
- SwimUnited and swimming provides a unique and special opportunity to build friendships with swimmers attending other school districts. We will reinforce this with team social events as well as friendly competition with randomly-assigned “teams” during intra-squad meets. We also want to encourage the team experience beyond what happens in the pool.

Practice Schedules

- Practice schedules are posted by location on the team website under “Calendars/Schedules” tab
- For new families, there are tryouts happening during Development practice the week of September 13. This is a low-stress experience that happens during a normal practice and the emphasis is on proper practice group placement. Group placement is determined by technique, age, and speed. Parents are encouraged to discuss questions with the swimmer’s coach.
- There are two season options to select from during the Fall Registration process
 - Short Course – Aug/Sept – end May
 - Full Year – Short Course + Summer
- Swim spring break – take note on the practice schedules that there will be a swim spring break after the short course champs meets
- The Senior group practices all the way up to high school season starting, breaks during high school season, and resumes after high school season
- Question – does my swimmer need to attend every practice?
 - Answer: The coaches encourage the maximum participation, but practice is not mandatory. If possible, please have the swimmer notify the coaches of an upcoming absence or have the parent email the coach.
- Question – is it better to not attend practice at all if my swimmer has to miss a portion of practice?
 - Answer: if your swimmer needs to *leave early*, and is able to attend at least 30 minutes of practice, please have your swimmer come and leave early. Note: having your

swimmer *arrive late* to practice is more difficult to manage since they will miss warm-up, which is important.

- Question – where will summer practices be held now that the teams are combined?
 - Answer: For Performance and Development, Strongsville and Brunswick swimmers will swim in Brunswick; Medina swimmers will swim in Medina. For Senior and Elite, the board will look for two 50 meter pools to accommodate the larger team and to allow all Senior swimmers to swim together and all Elite swimmers to swim together.
- Question – what are the practice schedule exceptions?
 - At the beginning of the year, a schedule of known practice schedule changes due to high school home swim meets and also no school days will be published.
 - Specific to Strongsville: Generally, during high school season, practices will be moved earlier on some Wednesdays or Fridays to accommodate home high school meets. Generally, during no school days, practices will be moved to the morning.
- Question – if my swimmer has dryland, what shoes should they bring?
 - Answer: athletic shoes

Fee Structure

- The fee structure is shown in detail in the hand-out and is described on the website's Policies and Procedures (sections 5/6).
 - At registration, \$200 team dues deposit is paid plus \$76 USA swimming fee. This USA Swimming fee provides insurance in the event a swimmer is injured and it also supports the national USA Swimming team (including the Olympics).
 - For Development, Performance, and Elite, the remaining dues are: $(\text{Dues} - \$200) / 4$ paid Oct 1, Nov 1, Dec 1, and Jan 1. This is charged to your account automatically and you do not need to do anything other than have an active card on file.
 - For Senior group, the remaining dues are: $(\text{Dues} - \$200) / 2$ paid Oct 1 and Nov 1. This is charged to your account automatically and you do not need to do anything other than have an active card on file.
- Question: what is the fee to opt-out of volunteering? And can I bring a younger child with me while I volunteer?
 - Answer: \$200. This is intentionally high because the team would rather have parent volunteers than this \$200.
 - Answer: please do not bring a younger sibling to volunteer roles on deck (like timing, clerk of course, etc.). But there are other roles such as Splash Out Cancer fundraising and concessions, for example, where it would be fine to have a younger child with you.
- Question: is there a multi-sport discount?
 - Answer: yes, if the sport is school-sponsored and if the swimmer misses nearly all swim practices during this other sport's season. Requests for this discount should be emailed to the team president.
- Question: how much are meet entry fees and are spectator admissions charged?
 - Answer – generally, expect about \$20 per meet day; for most of our meets, this will either include the spectator fee or a spectator fee will not be charged

Meets

- The short course meet schedule has been posted on the website.
 - SwimUnited is hosting 11 meets this season. 8 are intra-squad (5 – 6pm warm-up, 6:05 start on Thursday evenings) and three are LESI weekend meets (Splash Out Cancer, Andy Kuhl, Regional Champs).
 - There are meets at other locations per the meet schedule, as well. The qualifying cuts are noted on the schedule.
 - Parents are encouraged to discuss meet participation and event selection with coaches if you have questions
 - Event selection
 - For all intra-squad Thursday Medina and Splash Out Cancer meets, the events will be coach-pick.
 - For other meets, parents may select the events. If a parent opts into a meet but leaves the events blank, the coaches will choose events.
- Meet Declaration
 - Once a meet event email has been sent, parents will need to log into TeamUnify and declare that your swimmer will attend the meet
 - For Senior and Elite swimmers only, for the meets that SwimUnited is hosting, all swimmers will be opted into the meet as default. Parents will need to log on to opt your swimmer out if they are not able to attend. This is meant to boost participation and help busy parents.
- Swimmer Incentives
 - Swimmers are eligible to request a patch if they have achieved their incentive times during any USA Swimming meet. These incentive times are published by USA Swimming and are NAG (National Age Group) times split by pool length, age, and gender.
 - See the form on the team site under Info > National Incentive Patch Order Form. The patches are included as part of team dues.
- Special notes about meets
 - Prior to leaving a meet, be sure to ask if your child is in a relay (not all meets will have relays). Relay assignments are often made during the meet so you may not know prior to the meet if your swimmer is in a relay. If your child is in a relay, please communicate with other relay parents to be sure all swimmers are able to be present and participate in the relay.
 - Some of the larger meets are Prelim/Finals format. There are special rules that require participation in Finals if the swimmer qualifies for Finals, and penalties if they do not stay for Finals. When the time comes for your swimmer to swim in this type of meet, be sure to understand these rules and ask the coaches questions.
- Question: are Senior Group swimmers allowed to swim at Splash Out Cancer because it takes place after high school season starts?
 - Answer: yes. The rule is that high school swimmers may not swim in any USA Swim meets after their first High School meet.
- Question: we are new and swim meets are confusing. How will my swimmer and I know what to do?

- Answer:
 - See “Swim Meet 101” link in the center of the team website.
 - The coaches will send a message out the day before the meet to remind swimmers of warm-up times and provide event numbers, heat, and lane assignments if available.
 - Events that your swimmer is swimming are shown up until the day prior to the meet under the Team Unify meet event (Note: your swimmer *may* also be in a relay in addition to the events shown.)
 - Coaches and parents will help your swimmer during the swim meet. New swimmers will have an older swimmer mentor assigned to them to encourage your new swimmer.
 - SwimUnited is hosting several intra-squad meets and swimmers are encouraged to participate in these meets. They are a fantastic way to gain confidence before participating in a larger meet that may be held at CSU or Spire, for example. And for the intra-squad meets, the team has greater control of the meet pacing to make sure a swimmer does not miss their event. The Splash Out Cancer meet is nice in that parents can walk their swimmer right up to Clerk of Course.
- Question: will there be restrictions on the number of spectators allowed?
 - Answer: the local and national USA Swimming chapters have removed restrictions that were in place last year

Apparel and Equipment

- See “Apparel and Gear” overview on the team site
- Question – is there a required team suit?
 - Answer: no. SwimUnited does have a team suit that may be purchased through Aquatic Outfitters, however it is not required. This is because many of our swimmers have suits from summer and high school teams and we do not want to require another suit for parents to pay for. Also, caps are much more visible and noticeable.
- Caps – SwimUnited does strongly encourage purchase of team caps. This email to order through the team site has been sent – a reminder will be sent the week of Sept 13, and the order window closes Sept 17. Caps will be distributed in practice approximately 10 days after Sept 17. The team cap will have blue and green to represent Brunswick and Strongsville/Medina communities, as well as a shark fin as the “i dot” to represent the Makos heritage. (For Medina swimmers only, the team is using Makos team funds to purchase latex practice caps for the swimmers. These will not be personalized with last names.)
- Kickboards – families may purchase an optional SwimUnited (red with white flag logo) for \$25. These can be purchased at the time of registration or by contacting a coach at any time.
- Fins – Performance and Elite swimmers will be receiving fins through SwimUnited’s Speedo sponsorship. Be looking for an email asking for shoe sizes. Please return the fins once you leave the team. Also it is possible to trade in fins for a larger size if needed.
- Parka and swim bags – Aquatics Outfitters offers these optional items with the SwimUnited logo

- Spirit Wear – this is offered a few times a year. This will be offered next in the Sept/Oct timeframe.
- Champs shirt – this is offered as part of the team dues for all swimmers participating in a champs meet. Parents will need to “order” this shirt, however, because you will need to provide shirt sizing. An email will be sent closer to the champs meet.

What Apps should I have on my phone?

- OnDeck is paired with the TeamUnify team website. Download this and use your team website log-in credentials.
- MeetMobile is a recommended app available for a nominal fee. This app contains helpful information for meets that our swimmers participate in.
- DeckPass Plus – this is a USA Swimming app that some parents choose to utilize