

Some Common Questions

How often should a swimmer workout and compete?

- *White Team* – Practice 2 -3 times per week. Swimmers in this group are competing members of USA Swimming and should compete every 6 to 8 weeks as their schedules permit. Go For the Gold intrasquad meets are in addition to this.
- *Blue Team* – swim a minimum of 7 practices every 2 weeks during the school year and may add up to 2 additional long course practices per week during the summer. Swimmers in this group are competing members of USA Swimming. Swimmers strive to be successful in all events offered in their age group, work to establish and improve their IMX scores and to earn the SwimTulsa Competitor Trophy each season by participating in a schedule of meets.
- *Gold Team* - Gold Team swimmers are to swim a minimum of 4 practices per week, and may add dry land training and morning swimming as their coaches recommend. Swimmers in this group are competing members of USA Swimming. Swimmers strive to be successful in all events offered in their age group and work to establish and improve their IMX scores throughout the season by competing at least one USA Swimming meet each month and all eligible Championships.
- *Senior Team* - Senior team swimmers should attend all practices offered to them. Communicating with their coach when they must be absent is required. Swimmers in this group are competing members of USA Swimming. Swimmers strive to be successful in all events offered in their age group and work to establish and improve their IMX scores throughout the season by competing in at least one USA Swimming meet each month and all eligible Championships.

Should a swimmer wear a cap, team suit and goggles? Yes, the cap is to protect the hair from chlorine and to decrease the amount of drag. For workout, any cap is fine, but the team cap is required for all meets. Goggles protect the eyes from chlorine. A team suit is required for meets. Team suits should be as tight a fit as possible to reduce drag.

Will there be workouts during bad weather? Info will be posted on the Team Feed and texted if you are signed up for SMS.

Should a swimmer workout the day before a meet? YES