



MOONS AQUATICS CLUB

2021-2022 SEASON, Parent Meeting

1 **SWIM MEET**

- 1. Local Meet**
 - club meets
 - PVS meet
 - 2. Eastern Zone meets**
 - Sectionals
 - Zone
 - IMX
 - 3. National Meets**
 - 4. Parents Volunteer.**
 - 5. Officials**
 - 6. Timer/Runner/Marshal**
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1. Swim Meet Schedule 2021-2022

The schedule may be subject to change.

DATE	SWIM MEET	LOCATION	MINI 6-9y	MINI SWIM 6yrs+	MINI SWIM 9yrs+	Time Cut Required
2021						
10/2-10/3	MAKO MAKO Fall Invitational	St. James	✓	✓	✓	
10/15-10/17	PVS PVS October Open					✓
10/23	PM Halloween Mini Meet	Audrey Moore	✓			
11/12-11/14	PVS PVS November Open					✓
11/21	NCAP Pilgrim Mini	Dulles South Rec.	✓			
12/9-12/12	NCAP NCAP Invitational	University of Maryland				✓
12/19	NCAP Candy Cane	Freedom Aquatic & Fitness Center	✓			

DATE	SWIM MEET	LOCATION	MINI 6-9y	MINI SWIM 6yrs+	MINI SWIM 9yrs+	Time Cut Required
2022						
1/15-1/16	MAKO MAKO Polar Plunge	St. James	✓	✓	✓	
1/28-1/30	PM USA Swimming IMX Challenge	University of Maryland				✓
2/18-2/20	PVS PVS 18&Under Qualifier				✓	
2/26-2/27	NCAP NCAP Mini Champs	Freedom Aquatic & Fitness Center	✓			
3/3-3/6	PVS PVS Senior Championships					✓
3/3- 3/6	PVS PVS Junior Championships					✓
3/10-3/13	PVS PVS 14&U Junior Olympic Championships					✓
4/29-5/1	OCCS Speedo Spring Splash	Freedom Aquatic & Fitness Center			✓	
6/4-6/5	FISH the FISH June LC Invitational	St. James			✓	
6/19	PVS PVS LC Open 1				✓	
6/26	PVS PVS LC Open 2				✓	
7/14-7/17	PVS PVS LC Open Championships					✓
7/14-7/17	PVS PVS LC 12&U Championships					✓
7/21-7/24	PVS PVS LC 13&0					✓ 4

1. What does my swimmer need to bring?

Swimmers need their team suit, MAC cap, towel, several extra towels, water, and healthy snacks. They will need to refuel their bodies after warm ups and after each of their races.



2. What do we do when we get to the pool?

Many meets are “positive check in” which means that the swimmer needs to be physically checked in (by placing a check mark next to their name) under each event that they are swimming.

3. How do I know which events my kid is swimming?

On your Team Unify page (our team website where you signed up for the meet), you can see a list of events the swimmer is entered in for the meet by clicking on their name under the meet information.



4. How do I know when my child will be swimming?

Swimmers are “seeded” into heats by their times. If this is your child’s first meet or the first time they are swimming an event, then they will be a no time (NT) for this meet.

5. How can I find the results?

Results are posted on the walls at the meets and some meets utilize an app called Meet Mobile where you can find the results.



6. What is my role as a parent at the meet?

Your role is to be your child's biggest cheerleader. They have worked hard to prepare for the meet and are excited to get to show off to you their accomplishments. After a race, the swimmers are to talk to their coach immediately and most swimmers will do a cool down before being able to talk to you, but after that, they will be ready for some hugs and high fives.

7. What time do I get to the pool?

The coach will send out communication to all swimmers letting them know what time to be at the pool for warm ups. PLEASE BE ON TIME. The swimmer needs to be checked in, have found their team seating area, and be dressed with their team suit, MAC team cap, and ready to warm up by the time specified.



8. Can my swimmer leave when they are done with their events?

Yes, feel free to leave when your swimmer has completed their events for the session.

9. Does my child have to participate in every meet?

Meets are optional but swimmers are encouraged to attend whenever possible. Swim meets are a great measuring tool to gauge your child's progression while providing invaluable experience at the competitive level.



10. I noticed there were relays at the last meet we attended. Why wasn't my child chosen? Why were some swimmers in the relay not swimming their best stroke?

Relay entries are computer generated and provide coaches with the fastest combination of swimmers by gender and age group.

11. What does DQ mean?

Disqualification – This can happen for a variety of reasons including starting early (false start), performing an illegal stroke or turn, etc. The reason for the DQ is usually listed on the results sheet.



12. Why is there an entry deadline for swim meets and why do I have to pay the fees if my swimmer can't attend if they were entered?

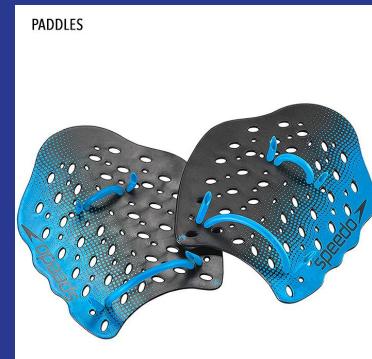
Meet entries are due to the Meet host club weeks before the meet. Once the entries are submitted, the swimmer's spot is secured and Moons Aquatics Club has guaranteed payment to the host team. Changes cannot be made after the deadline.

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TEAM GEAR

1. kickboard
 2. finger paddles
 3. paddles
 4. competition goggle
 5. long fins
 6. short fins
 7. pull buoy
 8. snorkel
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SWIM TEAM	MINI TEAM	MINI-PREP TEAM
kickboard Speedo Team Kickboard	kickboard Speedo Team Kickboard	kickboard Speedo Team Kickboard
finger paddles Arena Elite Finger Paddle	finger paddles Arena Elite Finger Paddle	finger paddles Arena Elite Finger Paddle
paddles Speedo Power Paddle Plus		
competition goggle Speedo Vanquisher 2.0 Goggle	competition goggles Speedo Vanquisher 2.0 Goggle	competition goggles Speedo Vanquisher 2.0 Goggle
long fins FINIS Floating Swim Fins	long fins FINIS Floating Swim Fins	long fins FINIS Floating Swim Fins
short fins FINIS Zoomers Gold Swim Fins		
pull buoy Sporti Junior Pull Buoy	pull buoy Sporti Junior Pull Buoy	
snorkel TYR Ultralite Swim Snorkel 2.0 Phelps Focus Swim Snorkel		



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CLASS SCHEDULE

NO SWIM DATE

2021_ Sep 3, 4, 5, 6 / Oct 31 / Nov 24, 25, 26 / Dec 24-27

2022_ Jan 1, 15, 16, 17 / Feb 19, 20, 21 / Apr 1-9 / May 28, 29, 30

EXTRA PRACTICE(morning practice) * 90 min \$25. 120 min \$30

Oct 11/ Nov 1,2/ Nov 24,26/ Jan 21/ Apr

4 MAKEUP

Swim Meet participation will be considered as class participation. *Consecutive 2 or 3 days swim meet considered as one meet participation.

- If your swimmer participates in one* meet a month, there is no makeup class for swimmers who missed regular swim class.
- If your swimmer participates in two* or more meets a month, a makeup class is available. Please contact coach Joung.
- For your swimmer who participated in the 4 days Championship, it is also considered class participation so there is no makeup class.

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OTHERS

- LCM Practice (Apr ~June)
 - Team Outfit size check
 - PVswim.org
 - Meetmobile
 - Swim counts
 - moonsaquaticsclub.com
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WOMEN'S SIZE CHART

SIZE		BUST		WAIST		HIP		HEIGHT	
KS	US	cm	inch	cm	inch	cm	inch	cm	inch
120	N/A	55-60	22-24	53-58	21-23	60-65	24-26	110-120	43-47
130	N/A	60-65	24-26	58-63	23-25	65-70	26-28	120-130	47-51
140	N/A	65-70	26-28	63-68	25-27	70-75	28-30	130-140	51-55
SS	24	77-79	30-31	56-60	22-24	83-87	33-34	147-153	58-60
S	26	78-82	31-32	59-63	23-25	86-89	34-35	154-158	61-62
M	28	81-85	32-33	62-66	24-26	89-93	35-37	159-163	63-64
L	30	84-88	33-35	65-69	26-27	92-96	36-38	164-168	65-66
XL	32	87-91	33-36	68-72	27-28	95-99	37-39	169-173	67-68
2XL	34	90-94	35-37	71-75	28-30	98-102	39-40	172-176	68-69



MEN'S SIZE CHART

SIZE		HEIGHT		WAIST		HIP	
KS	US	cm	inch	cm	inch	cm	inch
120	N/A	115-120	45-47	51-57	20-22		
130	N/A	125-135	49-53	53-59	21-23		
140	20	135-145	53-57	54-62	21-24		
SS	22	150-160	59-63	63-69	25-27	79-82	28-32
S	24	155-165	61-65	67-73	26-29	82-86	32-34
M	26	160-170	63-67	71-77	28-30	86-90	34-35
L	28	165-175	65-69	75-81	30-32	90-94	35-37
XL	30	170-185	67-73	79-85	31-33	94-98	37-39
2XL	32	180-190	71-75	83-89	33-35	98-102	39-40
3XL	34	185-193	73-76	87-93	34-37	102-106	40-42





POTOMAC VALLEY SWIMMING

pvswim.org



MEETMOBILE



SWIMCOUNTS

THANK YOU

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