



# MAC

MOONS AQUATICS CLUB

2022-2023 SEASON, Parent Meeting

# 1

# SWIM MEET

1. Local Meet
    - club meets
    - PVS meet
  2. Eastern Zone meets
    - Sectionals
    - Zone
    - IMX
  3. Parents Volunteer. (Mini-prep  
3sessions, Team 5sessions)
  4. Officials
  5. Timer/Runner/Marshal
-

# 1. Swim Meet Schedule 2022-2023

The schedule may be subject to change.

DATE	SWIM MEET	LOCATION	MINI 6-9y	MINI SWIM 6yrs+	MINI SWIM 9yrs+	Time Cut Required
<b>2022</b>						
10/1-10/2	MAKO MAKO Fall Invitational	GMU	✓	✓	✓	
10/14-10/16	PVS PVS October Open	TBD			✓	
11/5-11/6	Mako Gobble Gobble	GMU	✓	✓	✓	
11/11-11/13	PVS PVS November Open	TBD			✓	
11/20	NCAP Pilgrim Mini	Dulles South Rec.	✓			
12/8-12/11	NCAP NCAP Invitational	University of Maryland				✓
12/19-12/20	Odd ball Challenge	Fairland Aquatics	✓	✓	✓	

DATE	SWIM MEET	LOCATION	MINI 6-9y	MINI SWIM 6yrs+	MINI SWIM 9yrs+	Time Cut Required
<b>2023</b>						
1/14-1/15	MAKO MAKO Polar Plunge	GMU	✓	✓	✓	
1/27-1/29	PM USA Swimming IMX Challenge	University of Maryland				✓
2/4-2/5	Super Fish Bowl	Spring Hill			✓	
2/11-2/12	PM 14&Under Qualifier	Cub Run				✓
2/25-2/26	NCAP NCAP Mini Champs	Freedom Aquatic & Fitness Center	✓	✓		
3/2- 3/5	PVS PVS Senior / Junior Championships	UMD				✓
3/9-3/12	PVS PVS 14&U Junior Olympic Championships	UMD				✓
TBD	NCSA or Eastern Zone	TBD				✓
5/5-5/7	OCCS Speedo Spring Splash	Freedom Aquatic & Fitness Center			✓	
6/3-6/4	FISH the FISH June LC Invitational	St. James			✓	
6/15-6/18	SNOW LC meet	Cladue Moore			✓	
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&O					✓

# 1. Guidelines for Swim Meet participation

Coach's recommendation for each team

Mini-Prep: Once per two months

Mini Team: Once or twice per two months

Swim Team: Once a month

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

## **2. How do I know that my swimmer is eligible for a swim meet?**

Before registering swimmers for a meet, swimmers and parents should check with the coaches. Based on swimmer's age, times of meet participation vary and meet entries may be adjusted at the coaches' discretion.

### **3. 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.



## **4. 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.

## **5. 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.



## **6. 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.

## 7. 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.

## 8. 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.



## **9. 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.

## 10. 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.



**11. 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.



## **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.

# 2

# MEMBERSHIP

1. FLEX MEMBERSHIP
2. PREMIUM MEMBERSHIP\
3. USA SWIMMING

**Premium Membership**  
For Swim/Mini/Mini-Prep Team

**\$250**

**+ Volunteer Deposit: \$100** (refundable)

**Included PVS & USA Swimming Registration Fee**

a team hoodie, a team t-shirt, 2 silicone caps, 1 latex cap, 1 car magnet, a team swimsuit

- Designed for competitive track
- Must meet program eligibility requirements to select Premium Membership
- Must register for minimum sessions: 3 or more practices per week

Swimmers can attend meets as many as approved by coaches.

- Swim meet fees are not included.
- Membership Fees are non-refundable.
- Flex members can upgrade the membership to Premium when the swimmer is ready and all the requirements are met.

**FLEX Membership**  
For Learn to Swim & More

**Ages 7 - 12: \$90**

**Included** a team t-shirt, 1 team cap

- Swimmers who do not meet the premium membership eligibility requirements yet.
- Available for swimmers to start with less commitment and swim meet participation is NOT required but it is encouraged.
- Available for swimmers in seasonal Swim Teams or Mini Teams but who don't want to participate in swim meets regularly.

Swimmers can attend meets up to **two times** in full (year) season.

### 3. USA SWIMMING Membership

All swimmers and coaches at MAC MUST register with USA Swimming (thru the local swimming chapter: Potomac Valley Swimming). This registration is required to participate with a USA Swimming member club and entitles the swimmer to an excellent insurance policy and the right to enter meets during the year. Due to changes from USA Swimming, this registration must be handled directly **by the swimmer and their family**. Coaching / Admin staff cannot process USA Swimming registrations on the swimmer's behalf.

Starting September, 2022 all USA Swimming member registrations and renewals will be completed online. Each family will be required to set up a family account then register their swimmers and non-athlete members. USA Swimming will then collect the appropriate registration fees and notify MAC that the registration is complete. This will become a yearly process for all USA Swimming members.

- Details will be announced soon.
- USA Swimming Membership fee included your Premium Membership will be refunded to your MAC account.

# 3

## CLASS SCHEDULE

2022-2023 SEASON NO SWIM DATE FOR ALL

2022\_ Sep 2,3, 4, 5, / Oct 31 / Nov 24, 25, 26 / Dec Mini-Prep, Mini Team: Dec 22-Jan 1, Swim Team: Dec 22-27, 31

\*\*\* Dec 28, 29, 30: Swim Team only morning practice(TBD)

2023\_ Jan 1, 14,15, 16, / Feb 18,19, 20, / Mar 31 -Apr 9 / May 27,28,29

- During the no swim dates, clinic or maintenance practice will be held with extra charge.

# 1. LEARN TO SWIM(LTS) VS MINI-PREP

New swimmers in LTS recommended to complete at least LTS Level 1,2,3 then moved to Mini-Prep.

## 2. Practice on the day of Swim Meet

Swim Meet participation will be considered as class participation. The practices on the day of the swim meet are for swimmers who are **NOT** participating in the swim meet. If your swimmer participates in the swim meet, your swimmers cannot come to class on the day of the swim meet.



**3. The Practice schedule can be changed due to facility matters** especially in **HS swim season** and will be announced as soon as possible in the middle of the session.

4. **Fri@OM, Mini & Swim Team : 11/18-2/17, moved to MP**  
**Mini Team: 6:30-8:00pm@MP | Swim Team 5:00-6:30pm@MP**
  
5. **Wed@DSR, Mini Team: 11/9-5/25**  
**6:30-8:00pm@DSR → 5:00-6:30pm@DSR or move to other time**  
*Discuss with coach to change schedule*
  
6. **Wed@DSR, Swim Team: 2/22-5/25**  
**5:00-6:30pm@DSR → 6:30-8:00pm@DSR**
  
7. **Manassas Park Community Center informed us that Fri, 6:30-8:30pm class at MP can be canceled about four times in December and January due to facility matters. If the class is canceled due to facility matters, makeup days will be rescheduled.**
  
8. **New Practice Schedules are added.**  
**Thursday Mini Team 5:00-6:30pm@MP Swim Team 6:45-8:30pm@MP**

# 4

## TEAM GEAR

1. kickboard
  2. finger paddles
  3. paddles
  4. competition goggle
  5. long fins
  6. short fins
  7. pull buoy
  8. snorkel
-

<b>SWIM TEAM</b>	<b>MINI TEAM</b>	<b>MINI-PREP TEAM</b>
<p><b>kickboard</b>  <a href="#">Speedo Team Kickboard</a></p>	<p><b>kickboard</b>  <a href="#">Speedo Team Kickboard</a></p>	<p><b>kickboard</b>  <a href="#">Speedo Team Kickboard</a></p>
<p><b>finger paddles</b>  <a href="#">Arena Elite Finger Paddle</a></p>	<p><b>finger paddles</b>  <a href="#">Arena Elite Finger Paddle</a></p>	
<p><b>paddles</b>  <a href="#">Speedo Power Paddle Plus</a></p>	<p><b>paddles</b>  <a href="#">Speedo Power Paddle Plus</a></p>	
<p><b>competition goggle</b>  <a href="#">Speedo Vanquisher 2.0 Goggle</a></p>	<p><b>competition goggle</b>  <a href="#">Speedo Vanquisher 2.0 Goggle</a></p>	<p><b>competition goggles</b>  <a href="#">Speedo Vanquisher 2.0 Goggle</a></p>
<p><b>long fins</b>  <a href="#">FINIS Floating Swim Fins</a></p>	<p><b>long fins</b>  <a href="#">FINIS Floating Swim Fins</a></p>	
<p><b>short fins</b>  <a href="#">FINIS Zoomers Gold Swim Fins</a></p>	<p><b>short fins</b>  <a href="#">FINIS Zoomers Gold Swim Fins</a></p>	
<p><b>pull buoy</b>  <a href="#">Sporti Junior Pull Buoy</a></p>	<p><b>pull buoy</b>  <a href="#">Sporti Junior Pull Buoy</a></p>	<p><b>long fins</b>  <a href="#">FINIS Floating Swim Fins</a></p>
<p><b>snorkel</b>  <a href="#">TYR Ultralite Swim Snorkel 2.0</a>  <a href="#">Phelps Focus Swim Snorkel</a></p>	<p><b>snorkel</b>  <a href="#">TYR Ultralite Swim Snorkel 2.0</a>  <a href="#">Phelps Focus Swim Snorkel</a></p>	

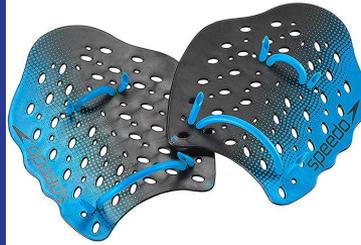
KICKBOARD



FINGER PADDLES



PADDLES



COMPETITION GOGGLES



MESH BAG



LONG FINS



SHORT FINS



PULL BUOY



SNORKEL



SNORKEL



# 5 OTHERS

- LCM Practice (Apr ~June,TBD)
- PVswim.org
- Meetmobile
- Swim counts
- moonsaquaticsclub.com



# POTOMAC VALLEY SWIMMING

[pvswim.org](http://pvswim.org)



[MEETMOBILE](#)



[SWIMCOUNTS](#)

# THANK YOU

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