

## **Countryside Waves FAQ**

### **How do I sign up for swim meets and volunteer jobs?**

A: Visit our Countryside Waves website and locate the Events Tab. Use the Edit Commitment button to declare your swimmers for swim meets (details on Dual and Developmental Meets below) and the Job Signup button to sign up for volunteer jobs.

<https://www.teamunify.com/team/reccslva/page/events#/team-events/upcoming>

### **How many volunteer jobs do I need to sign up for?**

A: Every family is required to sign up for at least 4 volunteer jobs throughout the season. Many times we will need additional volunteers to make the meet run smoothly. Timing is always a great way to be able to be part of the action. Runners take cards from the swimmers and timers and provide them to the data entry team. Clerk of Course lines swimmers up in their events and lanes, coaches help get the swimmers into Clerk of Course. Of course we need help running the snack bar, our swimmers favorite!

### **What are the sign up deadlines for Dual Meet (Saturday A Meets) and Development (Wednesday B Meets)?**

A: Dual Meet declaration deadline is Wednesday at midnight the week of the meet. Developmental declaration and event choice deadline is Sunday night at midnight the week of the meet. A reminder email will be sent out for every event.

### **Is my swimmer required to participate in swim meets? What if we need to miss one?**

A: If your swimmer is Top of the Ladder, please make every effort to be available on Saturday for Dual Meets. Waves are competing each Saturday to WIN! We understand it's summer and there are camps, vacations and other commitments, it's important to declare availability for each meet so that we know.

We encourage all swimmers to participate in our Wednesday Developmental meets. All swimmers are eligible to swim in Wednesday Developmental meets. If you have a question about what events to sign your swimmer up, please talk to a coach prior to the sign up deadline.

### **How will I know if my swimmer is swimming on Saturday in the Dual Meet?**

A: The first step is to make sure you've declared your swimmer(s) availability by the deadline. Deadline for Saturday meets is Wednesday at midnight the week of the meet. The head coach creates the most competitive line up possible each week based on the ladder and who is available. Top swimmers will be in the lineup so if your swimmer is in the Top 8, please be ready for Saturday. The line up for Dual meets is very important. If your swimmer is included because you've said they are available, the team needs them! Coaches will tell Dual Meet swimmers of their events Friday at practice and an email is sent on Friday with the Dual Meet lineup.

### **What is a Ladder?**

A: Each time a swimmer competes in a swim meet, the times are loaded into a ladder for the team. There is a ladder for every stroke by age/gender. Therefore each age group has 5 ladders: Freestyle, Backstroke, Breaststroke, Butterfly and Individual Medley. The ladder takes every heat and "ladders" the times from fastest to slowest for each stroke and age group. A first place finish in a heat should be celebrated, however, it does not necessarily mean that the swimmer is top of the ladder.

### **If there are only 3 or 4 swimmers in a heat on Saturday, why should I declare "yes" if my swimmer is 8th on the ladder?**

A: We often need our top 10 swimmers! There are several factors at play: 1. Availability -- if we need 4 swimmers for freestyle and the 3 fastest swimmers on the ladder are not available, swimmers 4-8 would be included. 2. Stroke Limit -- swimmers can only swim 3 individual events on Saturday. If one swimmer is in the top 4 on the ladder for 4 events, they cannot swim them all moving the next fastest up on the ladder. 3. Exhibition Heats -- Waves love Exhibition or "B" Heats! These offer swimmers an opportunity to race in a Dual Meet environment and allow the Waves to include more swimmers. If there are Exhibition Heats at our pool, Top 8 are included. We sure hope you'll designate some time on Saturday mornings to compete for the Waves!

### **Where do I find my swimmer's ribbons from a meet?**

A: Ribbons will be put in your family folder the day after a swim meet. Your family folder is located in the bottom drawer of the file cabinet in the pool lobby.

### **How can I be ready for practice each day?**

A: Swimmers must have the following in order to participate in daily practices: Cap, goggles, fins and towel. Waves caps are required for swim meets and encouraged for practice. If Waves gets one cap as part of registration, additional caps are available for purchase for \$10. See any board member or snack bar during meets to purchase a cap.

### **How can I find my swimmer's times?**

A: All meet results are posted in the **Meet Mobile app**. You can search by team, event or swimmer. Results are posted during the meet. Results will also be sent out after each meet. They are also posted on the Colonial Swim League website (<http://csl.nvbllu.com/>)

### **What do I do if my swimmer will miss practice? Is it okay to miss a week of practice for vacation?**

A: It's summer, we understand schedules change plus, camps and vacations are scheduled! Simply give your coach a heads up and be sure to mark your swimmer present or absent for swim meets.

### **How do I know if practice is canceled due to weather?**

A: If there is a threat of storms, please monitor your email and the Countryside Waved Facebook page. All practice announcements will be posted on the FB page and via email. If there is a threat of weather, please stay close to the pool.

**My swimmer is top of the ladder, how do they make it to Divisionals?**

A: Ladder placement and participating in two Dual meets are required to be included in the Divisionals line up.