

# Parent FAQ Sheet

## **Where does NGAC practice?**

NGAC practices at the Northgate High School pool.

## **How many practices should my child attend?**

There are 5 practices offered a week. There are no practice requirements it's based on what works for your schedules. We do suggest that your swimmer comes to at least 2 practices a week.

## **Who determines what group my child practices with and how is this determined?**

The coaches determine what lane your child practices in. There are a number of factors involved, of which "performance" (meet times as well as practice habits) is but one criterion. In addition to swimming ability, the coaches also take into account athlete maturity, practice attendance, and group size when determining where to place swimmers.

## **Am I allowed to be on the pool deck at practice?**

No parents are allowed on the pool deck or in the locker rooms during practice. Parents can watch practice from the stands if they wish.

## **Does my child have to swim in meets?**

Yes, swimmers are required to attend 4 meets during the season to be part of the team. They must swim 4 WCPSL meets to qualify for the end of the season Champs meet.

## **How do I know what events to sign my child up for?**

For WCPSL meets you must respond if your child will attend the meet or not. The coaches will select up to 3 individual and 2 relay events for each swimmer. Please leave a note if your swimmer needs to leave the meet early for another commitment.

For AMS meet you will sign your child up to attend the meet and can pick their events. Your swimmer's primary coach may make changes and will approve entries.

## **How do I sign up for a meet?**

You will sign up for a meet through the NGAC website by selecting the attend/ decline button next to a meet that has been opened. For AMS meets only you will then follow the prompts that are given to select events. There are strict deadlines for each meet sign-up please pay attention to dates included in the event sign-up. Always make sure to save your response.

## **How do I know if my child qualifies for a specific AMS meet?**

Each meet has its own structure. Once a meet is open for sign ups, you can click on the meet announcement on our website to see its structure. Qualifying times, event order, and event session information are all available in the meet announcement. Some meets are open meets, meaning there are no qualifying times, while other meets have qualifying times based on the 2017-2020 Age Group Motivational Time Standards issued by USA Swimming.

## **What should my swimmer bring to a meet?**

Your child should bring a swimsuit, towels, a hoodie/robe to stay warm, slides or crocs to wear, a healthy snack, a water bottle, a sharpie pen (for writing their events with their corresponding heats and lanes on their arms), etc.

**Where will my child sit at a meet?**

At WCPSL meets your child will sit with you in a designated area. There is a zoo/seeding area that will place them into the correct heat and lane for their assigned event.

At AMS meets your child will sit on the pool deck with his or her teammates and coach.

**What is a heat sheet?**

A heat sheet is the official schedule of swimmers in their assigned events, heats, and lanes. Heat sheets are available for purchase at the concession stands. Parents can use the information in the heat sheet to write their swimmer's event, heat, and lane on the swimmer's arm. This will help the swimmer follow the meet and know when he or she is racing.

**What should my child do after he or she races?**

All of the kids are told to see their coach after a race. If you notice that your child is not doing this, please remind your child that this is an important swimmer responsibility. The coaches will always provide feedback after a race, but they are unable to track a swimmer down after a race because they are busy watching and helping other swimmers.

**What equipment do I need, and where do I buy it?**

No equipment is required, we provide it for all swimmers at the pool. However, if you would like to purchase your own set of equipment to bring to practice you may do that. Swimmers will utilize the following - fins, kickboard, pull buoy. Most swim equipment can be purchased through various online swimming websites and outlets that sell equipment - such as Swim Outlet.

**Do I need a team suit or other team specific gear?**

NGAC has a team suit. You are encouraged, but not obligated to buy it. Team caps are provided and during the season you may also purchase personalized caps.

**Am I expected to volunteer?**

It takes a tremendous number of volunteers to host a successful meet. Every family is expected to volunteer at NGAC hosted meets.

**What are these Swimming apps that I hear people talking about?**

Deck Pass and OnDeck parent are two useful apps.

***Deck Pass:***

Deck Pass is a very useful mobile app that can be used to track swimmer progress. It has both a stat tracking as well as a social media aspect to it. Swimmers and parents who like to keep track of their IMX and IMR scores find Deck Pass to be helpful. You can sign up for an account at [usaswimming.org](http://usaswimming.org), but you do not necessarily have to be a member. Parents can have a separate account from their swimmers, and the two can be linked together. The standard Deck Pass mobile app is free. For more info on Deck Pass, check out [www.usaswimming.org/deckpass](http://www.usaswimming.org/deckpass)

***OnDeck:***

Compatible with the iPhone and Android, and available on iTunes and the Android app store, OnDeck Parent gathers your meet and event information and stores that information on your device. You'll be able to check on meet attendance, verify event load, view times and splits for your swimmer, and check out all the results from past meets. OnDeck Parent also syncs with your TeamUnify account. Once you download the app, sign in with your NGAC username and password. NGAC'S team alias (which you'll also need) is "**recnac**", lowercase, without the quotes. Check out OnDeck Parent at [www.teamunify.com/ondeckparent](http://www.teamunify.com/ondeckparent)

### **What is an IMX and IMR Score?**

The IMX Challenge was created to promote and reward versatility in age group swimming while advocating greater participation and development across a range of events. The IMX challenge, with its two components, IM Ready and IM Xtreme is a motivational program where swimmers are scored on their performance in a combination of five or six events. An IMX or IM Ready score is only established after a swimmer has swum all of the events required for their age group in a sanctioned meet since the start of the current season; both short and long course seasons start September 1 and end August 31 for IMX/IMR purposes. Additionally, a swimmer must complete all of the events in the same course (SCY or LCM) to have a score in that particular course.

#### ***IM READY (IMR) Requirements:***

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. The requirements for each age group are listed below:

**9 & Under; 10-year olds:** 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

**11-year olds; 12-year olds:** 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

**13, 14, 15, 16, 17, & 18-year olds:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

#### ***IM Xtreme (IMX) Requirements:***

The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club. The requirements for each age group is listed below:

**9 & Under; 10-year olds:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

**11-year olds; 12-year olds:** 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

**13, 14, 15, 16, 17, & 18-year olds:** 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

### **How do I score points?**

Rankings in the program are based on power points, a system developed by USA Swimming and Hy-Tek. See the Power Points page at [www.usaswimming.org](http://www.usaswimming.org) for more information and to use the Power Point Calculator.

### **How do I participate?**

Participation in the IMR and IMX is easy. USA Swimming automatically scores and calculates results for all athlete members! Swimmers only need to sign up for a Deck Pass Account, then compete in each required event, at a sanctioned meet, at least once in a season.