

Swim Team Frequently Asked Questions

Q: How old does my child have to be to join the team?

A: We accept children between the ages of 4-18. Under 4 please contact head coach.

Q: How long is the Summer Swim Season?

A: The season begins the Tuesday after Memorial Day and ends on the last Saturday of July or first Saturday of August with the Divisional Championship meet. The team banquet and awards ceremony will take place the day after Divisionals; on Sunday.

Q: Does my child have to know the different strokes to join the team?

A: No, however, we do require that the child is water safe when unassisted and is comfortable in the water.

Q: What if my child cannot swim 25 yards unassisted after 2 weeks?

A: The head coach will recommend that the child join our developmental team, The Ripples.

Q: How do I register for the Ripples?

A: The same way you register for the Waves. The Coaches will assign children to groups after the 1st or 2nd practice.

Q: What is the fee for the Ripples?

A: The same fee as the Waves

Q: Will my child remain on the Ripples for the entire season?

A: The Coach will discuss options with parent, and together, will determine if the child is able to move to the Waves and participate in meets.

Q: Does Westridge provide private swim lessons?

A: No, however, the coach can assist you with this information.

Q: Do you offer a refund if we decide we do not want to participate on the swim team after all?

A: If you've changed your mind or discovered a scheduling conflict before practices have begun, we will credit your fee minus a \$10 processing fee. After practices have begun, a refund of \$30.00 per swimmer will be given up to and including the day of time trials. After this, no refunds will be issued.

Q: When does registration begin?

A: Registration will open the first week of April

Q: I do not live in Westridge, can I join the Waves?

A: You must first select the "CONTACT US" button on the home page & send an email with your name, address, child's gender, age, swimming ability and phone number. The Coach will give you a call. Per our HOA, our team can only be made up of a certain percentage of nonresidents.

Q: How do I register?

A: Go to our site at www.westridgewaves.net Select the "Registration" command button

Q: Do I have to register on line?

A: Yes

Q: What is the registration fee?

A: Please view the registration information posted NLT February to see fee for both residents and nonresidents.

Q: Are there any other fees?

A: No

Q: How can I pay for registration?

A: Payment by Credit Card must be made when registering.

Q: Who is the team treasurer and how do I get in touch?

A: Select "Coaches" on the top left hand corner of our home page and scroll all the way down. A list of all committee members and their corresponding email address is available.

Q: Where can we purchase a team suit?

A: Please check our website for details on Suit Fitting/Sales dates

Q: How much do the suits cost?

A: Please refer to our website for current pricing

Q: If I just bought a team suit last year, do I have to buy a new one this year?

A: No, if your child can wear their suit from last season, they can wear it this season. Check to make sure it has not thinned out in areas and has become see through.

Q: Is a team suit required?

A: No

Q: Are Westridge Waves swim caps required?

A: Yes, any Westridge Waves cap can be worn and will be required during swim meets.

Q: Where do I get a Westridge Waves swim cap?

A: Each registered member will receive a swim cap with their paid registration. Additional caps can be purchased from our Registrar, Apparel Volunteer or home meet Concessions for \$5.00

Q: How do I get the cap?

A: Caps will be distributed at suit fitting/sales and at practice. Account must be approved by HOA before receiving cap.

Q: When does practice start?

A: Practice begins **FOR 8 & UNDER ONLY** on the Tuesday after Memorial Day. **The entire team will practice starting the Wednesday after Memorial Day.** **** Please Refer to the Practice Schedule Tab for more information.**

Q: What if we cannot practice in the afternoons due to other sports commitments?

A: It is understood that other sports are finishing up and some practices during this time will be missed.

Q: When do morning practices start?

A: Morning practice starts the first weekday after school is out.

Q: What are the practice times?

A: Check out our website home page and select the "Practice Schedule" tab.

Q: In addition to morning practice, is there an evening practices option?

A: Evening practice is available for a limited number of swimmers.

Q: Who can attend evening practice?

A: Due to limited lane availability and coaching staff, a limited number of swimmers can attend. This practice was created for the children that would not be able to be on the team due to parents working and similar situations where the child would not be able to attend any morning practices. This practice time is also available to children who will miss their regular morning practice because they are at a day camp for the week or have an appointment in the morning. **You must contact Coach Ray in order to participate in the evening practice.**

Q: What does my child need to take to practice?

A: Child should wear a swim suit and bring a towel, goggles, filled water bottle, athletic shoes (sneakers) and a swim cap (optional for practice but mandatory for meets).

Q: Why should my child wear sneakers to swim practice?

A: A portion of the practice is dedicated to land exercises (Dry Land) which includes running. To avoid injury, the proper footwear **must** be worn.

Q: What if it is raining at practice time?

A: Practice may still take place if it is only raining; Call the pool at 703-730-3975 to be sure.

Q: What if I see lightning or hear thunder just before practice time?

A: Swimming and deck entry is not permitted until 30 minutes pass after the last sound of thunder. Call the pool to see if the remainder of practice will take place. Also, check your email for a message from the Coach.

Q: Do I need to stay at the practice while my child swims?

A: It is recommended that you stay at practice or arrange for another parent to be responsible for your child.

Q: If my child has trouble focusing, following directions and is easily distracted when in a large group, can he/she still be on the team?

A: Most likely Yes, but you need to talk to the Head Coach prior to registering your child so he and his coaching staff are aware of the situation. Safety for your child and other children is paramount.

Q: What if we can't make it to all of the practices?

A: Practices are important to build endurance and acquire stroke technique. It is desired that the swimmer participate in as many practices as possible, but it will not be held against the swimmer in meet participation.

Q: Where do parents sit during practice?

A: Parents need to sit on the upper deck (baby pool area) during practice time.

Q: What if I need to talk to the Coach?

A: Please wait until after the practice is over to speak with the Coach or better yet, email him to set aside time to talk.

Q: If I need to talk to somebody about the team, who should I contact?

A: Please contact the Team Manager or any member of the committee with questions or concerns. Their contact info. is posted on the website after selecting **Coaches** on the top, left corner of our home page. Scroll to the bottom to see Committee Member's contact info.

Q: Is participation in swim meets required?

A: No, but as a part of any team, participation in competitions is expected. We do not have a speed /ability requirement, just a willingness to attend team events.

Q: What days are meets on?

A: Meets take place on Saturday mornings throughout the season.

Q: How many swim meets are there in the season?

A: There are 7 meets per season; this includes the Divisional Championship meet.

Q: How many teams do we swim against during a meet?

A: All of our meets are dual meets; total of two teams with the exception of Divisionals which is a tri meet; total of 3 teams.

Q: What time do swim meets start?

A: Meets start at 7:00 AM however, swimmers and families must arrive at least 1 hour earlier.

Q: When is the meet over?

A: A dual meet is usually over by 11:30

Q: Do I have to volunteer at every meet?

A: Yes; Home meets require 1 adult from each family to work at least one shift. Fewer volunteers are needed for away meets. Sign up on our website

Q: What if we have a vacation or camp planned during the swim season?

A: We encourage the swimmers to attend all practices and meets, but understand that other activities and family functions are a part of everybody's lives. Swimmers are not penalized for missing practices and meets. Please plan ahead and make the appropriate selection for your swimmer with regard to meet attendance. This is all done on the website under EVENTS then SWIM MEETS.

Q: What if a child has a birthday in June or July, will their age group change?

A: The child's age (Age Group) on June 1 is the age the child will swim at for the entire season