



South Euclid – Lyndhurst Seamonkeys Swim Team
www.seamonkeyswimming.com
PARENT FAQs

What is the Seamonkeys Swim Team?

The South Euclid – Lyndhurst Seamonkeys is a recreational, competitive summer swim team in the Suburban Swim League (SSL). The team is comprised of swimmers ages 5-15 and practice at pools in both the South Euclid (Bexley) and Lyndhurst (Parkview) communities. The purpose of the team is to compete while having fun in a respectful environment. It is not a *Learn to Swim* program.

Who is eligible to participate on the swim team?

Residents of South Euclid and Lyndhurst (and non-residents from cities without teams in the SSL) having a pool pass from either city are able to join the team. Due to the team's purpose and the size of the team, we are unable to accommodate swimmers who do not wish to compete. Swimmers joining the team from other SSL teams will require approval from the SSL Board.

What is my registration fee used for?

Your annual registration fee includes, but is not limited to: home meet concession supplies, individual and team pictures, SSL Championship per swimmer fee, team events during the season and Championship t-shirt.

My child has never been on a swim team before, so how will I know he/she is capable?

All first year swimmers will be evaluated by a coach before their first practice and must be able to swim at least one length of the pool unassisted. A swimmer will be allowed three separate try out attempts to successfully complete a length of the pool and will be given a 2 week trial period before being required to financially commit to the team.

Where can I find information about practice locations and times?

The most updated practice schedules can be found on our team's website in the "Practices" tab.

What do I need to know about practices?

Swimmers should arrive at least 10 minutes before the start of practice and bring their own towel, cap, goggles, water bottle and sunscreen. Swimmers should not enter the pool area unless accompanied by a coach. Parents are welcome to stay for practices outside of the pool fence, but not permitted on deck while practices are occurring.

How many Seamonkey practices per week should my swimmer attend?

Practice serves 2 purposes: improves the skill of swimming and builds team mentality. In a recreation league, both are equally important. Swimmers are encouraged to attend practice every day, but are **required** to attend a minimum of 3 Seamonkey practices per week to have priority selection on a relay team during that week's meet.

Will there still be practice if it's raining?

YES. Unless there is thunder, lightning or such heavy rain that the bottom of the pool can't be seen from the pool deck, practice will take place. The pool manager will determine whether or not practice needs to be cancelled or suspended for inclement weather or other pool operation reasons.

How will I know if practice has been cancelled?

You will receive an email and a message will be posted on the homepage of the team's website if practice has been cancelled due to the weather. If practice has started and the weather changes so that it must be suspended, coaches will have swimmers exit the pool itself and keep them safe in the covered area by the pool offices and restrooms. If conditions are questionable, a message will only be sent if practice is cancelled.

What if my swimmer is unable to attend a practice?

We understand that families and children are involved in many things during the summer months. If there is a conflict that requires your swimmer to miss more than two practices a week, talk to the Board member who is the age group liaison (go to "Board" tab on team's website) regarding your situation.

When are swim meets?

Typically, meets are every Saturday morning throughout the summer, with the exception of one Friday evening home meet and SSL Championships which are two full days at the end of the season (go to "Meets" tab on website for full schedule).

What should I expect at regular season meets?

Arrive early to get your swimmer unpacked and ready for warm-ups. The exact time of warm-ups will be posted each week on the team's homepage. Pack enough snacks and personal amenities to last approximately 3-4 hours. Most pools will have a concession stand open to purchase food/drinks, but the items sold vary widely by site. You will be out in the weather, so be sure to plan accordingly for sun, rain, wind or anything else that Mother Nature offers. There are 66 events covering two genders and four age groups. Meets begin and end with relays. If your swimmer needs to leave a meet early, he/she must let their coach know so adjustments can be made to relay teams.

How do I enter my swimmer into swim meets?

To enter your swimmer into a meet, login to our team's website and look for the "Swim Meets" tab at the bottom of the homepage. Click "Attend/decline" and follow the directions on the page that opens.

Does my swimmer have to compete in every meet?

Swimmers do not have to compete in every regular season meet, but to be eligible to compete in SSL Championships they must compete in at least three meets (league rule).

What is my role as a parent on the swim team?

Your role is to be supportive of your swimmers and our coaches. Leave coaching to the coaches and they will leave parenting to you! Demand that your swimmers are respectful of their coaches and fellow swimmers at all times. Disrespect and inappropriate behavior directed toward coaches will not be tolerated by the swim team Board or the cities of South Euclid or Lyndhurst. If you and/or your swimmers choose to engage in such behavior, you will be asked to leave the team immediately. Registration fees will not be refunded if a family is asked to leave the team for violating the Parent Behavior Policy. The swim team Board and/or city officials will make the determination as whether you will be permitted to join the team in the future.

Am I required to volunteer at meets?

YES. Swimming is a labor intensive sport and our team is dependent upon parental support for its continued success. Your commitment is essential to ensure meets run as smoothly and fairly as possible. When all families pitch in and help, no individual or family will be over-burdened. This is why all Sea monkey families are expected to volunteer at meets throughout the season.

It takes approximately 60 Seamonkey parents to run one home swim meet! For every home meet in which your child(ren) swim, you will need to provide one representative from your family to work half the meet in some capacity. If you are unable to fulfill this obligation by not providing a representative at the meet, or have not made arrangements prior with the team President, then your child(ren) will be not be able to compete in the meet and will be scratched.

For each away meet, we typically need to provide approximately 20 Seamonkey parents! If your child(ren) is swimming in an away meet, you may be asked to provide one representative from your family to work half the meet in some capacity. As long as the responsibility for away meets is shared among all Seamonkey families, most likely you will only be assigned to work at one away meet during the season.

How do I signup to volunteer?

All volunteer signups are done through the team's website. Next to each meet will be a "Job Signup" tab. Click there and select the job you want to do. You will receive an email reminder the day before the meet. If you do not sign up to volunteer, a job will be assigned to you.

I'm new to volunteering at swim meets so how will I know what to do?

Training can be provided the morning of the meet, in case you are assigned to a job which you have never done before.

What is the role of a coach on a swim team?

Led by our Head Coach, the team's age group coaches will develop practices designed for swimmers to peak at the end of the season while developing throughout the season. Coaches will assign lanes so that similarly skilled swimmers will be grouped together. As the season progresses, swimmers may exceed skill levels of their lane and be moved to different lanes as a result. There may be cases where swimmers may move to the age above if their skillset warrants such a switch. Coaches will be engaged in teaching proper swim team etiquette which includes showing good sportsmanship, using good listening skills, being respectful of their coaches and punctual for practice, meets and events. Coaches will also make the final decision as to which events swimmers will be entered in for meets.

Does our team have a Board?

YES. Our Board is comprised of a number of dedicated parent volunteers who work tirelessly year round to provide a positive experience for all swim team families. A list of Board members and positions can be found on the team website in the "Board" tab.

When should I talk to a coach vs. the Board?

The coaches are responsible for what happens in the pool during practices. The Board is responsible for pretty much everything else. So if your question is about your swimmer struggling with a stroke, etc. you should talk to a coach before or after practice, but not during practice or at a swim meet where it is usually hectic. If your question is about anything non-coaching related, such as volunteering, etc., then contact a board member.

Who should I talk to if I have a concern about a coach or official?

Each Director on the Board is assigned a group to which they are a liaison (see "Board" tab on team's website). If you have a concern, please talk to that Board/parent liaison.

What's the best way for me to find out what is happening with the team?

FREQUENTLY VISIT OUR TEAM WEBSITE via Team Unify!!! Everything you need to know and then some should be on our website. Also, be sure to read emails that come from a Board member via Team Unify.

Where can I purchase team suits, spirit wear apparel and merchandise?

Go to the "Apparel" tab on our team's website for ordering information. Please note ordering deadlines.

Does the team take photos?

Yes. A parent volunteer takes action and candid photos during the swim meets and will coordinate a date during practice to take individual and team pictures. Access to photos from the meets is available on the team's website in the "Photos" tab.

What are the competitive disciplines in swimming?

Freestyle: the competitor may swim any stroke. The stroke most commonly used is the crawl, which is characterized by the alternate overhand motion of the arms and an alternating (up-and-down) flutter kick. On turns, some part of the swimmer must touch the wall. Most swimmers do a flip turn and touch the wall with their feet.

Backstroke: consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn with some part of the swimmer touching the wall.

Breaststroke: requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out front in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.

Butterfly: features a simultaneous over water recovery of the arms combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick.

Individual Medley (I.M.): features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle.

Relays: In the medley relay, all four strokes are swum. The first swimmer swims backstroke, the second breaststroke, the third butterfly and the final swimmer anchors the relay with freestyle. The freestyle relay events consist of four freestylers, each swimming one quarter of the total distance of the event.

What does it mean if a swimmer receives a "DQ"?

DQ stands for *disqualified*. Trained officials observe the swimmer during each event to ensure compliance with these technical rules. If a swimmer commits an infraction of the rules, a disqualification will result. This means that the swimmer will not receive an official time. Violations of the rules are reported to the meet official. The rules require that every reasonable effort be made to notify the swimmer or his coach of the reason for the disqualification. If your child is disqualified in an event, be supportive rather than critical. For beginning swimmers, a disqualification should be treated as a learning experience, not as a punishment. A disqualification alerts the swimmer and coach to what portions of the swimmer's stroke need to be corrected. They should be considered in the same light as an incorrect answer in schoolwork - they point out areas that need further practice. Disqualifications are necessary to keep the competition fair and equitable for all competitors. A supportive attitude on the part of the official, coach and parent can make a positive situation out of the disqualification.

(Updated 4/16)