

## **RAMONA SWIM TEAM FREQUENTLY ASKED QUESTIONS**

### **Where do I get information about this swim team?**

The best place to get information is from our website at [www.ramonaswimteam.com](http://www.ramonaswimteam.com).

### **How do I go about signing my child up?**

You can register through our website at [www.ramonaswimteam.com](http://www.ramonaswimteam.com). Once you register online coaches will be alerted to your new registration. You will be contacted by coaches to meet and complete an orientation and assessment so your swimmer can be placed in the appropriate level for a tryout.

### **What are the minimum skills requirements to join the team?**

A safety swim of one length of freestyle (25 yards) and one length of backstroke (25 yards) is required to join the Stroke School, Summer League, or Junior Blue Teams. The Red and Blue Teams have their own minimum skill requirements.

### **What are the strokes swimmers will learn/do?**

Freestyle, backstroke, breaststroke and butterfly. They will also learn the correct starts, turns and finishes for each of those strokes.

### **What is the initial cost to join the team?**

There is an annual RST membership fee charged that includes your USA swimming registration, a team cap and an equipment bag. The cost is dependent on the group your child joins (Novice/Competitive).

### **What is a USA Athlete Registration/Membership and why do I need one for my child?**

Every swimmer is required to purchase a USA swimmer's Membership from San Diego/Imperial Swimming. This is an insurance requirement that covers the team for liability. The cost for this membership is included in your RST membership fee.

### **What is the seasonal (quarterly) cost?**

RST operates on a seasonal (quarterly basis). Swimmers must join for a minimum of one season. Dues may be paid in three monthly installments. Dues are dependent on the group your swimmer will be participating with. You can check our website for current monthly and seasonal dues.

### **How do I pay membership dues each month?**

Payments may be made by credit card. If you need to make an arrangement for cash or check, please check with our bookkeeper. All cash and check payments must be made for the full season up front.

NOTE: WHEN PAYING ONLINE, DO NOT USE THE "ON DEMAND FUNCTION" UNLESS YOU ARE WILLING TO PAY AN ADDITIONAL FEE THAT IS CHARGED BY OUR WEBSITE VENDOR.

### **Are there any discounts for multiple children on the team?**

No there is no discount for multiple children on the team.

### **Can you join the team in the middles of the season (quarter)?**

Yes, you can!

### **Are there other costs?**

Swimmers will also need to have a competitive swim suit, cap, goggles and may be asked to purchase fins. We also have social events that are optional but may require additional fees. All team sanctioned swim meets are covered with the seasonal membership dues. Each group has a minimum of two meets covered by the dues. If you do not attend the meets, you do NOT receive a refund or credit for the meet fees that are unused.

**What is the schedule?**

Please check our website for current schedules for each group.

**What are USA Swimming Regulations?**

USA Swimming regulations can be found on their website (USAswimming.org) and we are governed by their rules and regulations. We must follow their guidelines when establishing our team governing rules and procedures.

**Are the Coaches certified?**

YES. All are certified in First Aid, and CPR, Coaches Safety Training, Athlete Protection Training, Foundations of Coaching 101 and Foundations of Coaching 201. All Coaches and Staff must pass a criminal background checks. We continue to increase our knowledge and educate ourselves through the professional organizations of USA Swimming and the American Swim Coaches Association.

**How many days should my child go to practice?**

The more your child is in the water practicing, the better swimmer they are going to become. We like younger swimmers to participate in other sports but swimming should be a priority for our older swimmers. The number of days a child should swim is dependent on many factors: their age, their experience, their goals, and outside activities.

**Are there weekend practices?**

Younger children (novice) will not have weekend practices. Bulldog and Junior Bulldog competitive groups have optional Saturday morning practices. There will be swim meets on weekends. Typically, there is one swim meet a month.

**During the winter, how cold does the pool get?**

The San Diego Country Estates Pool is regulated daily to be set at 81 degrees. We do have a hot tub available for use after practice for our cold little ones to warm up.

**What should my child wear to practice?**

Swimmers should wear tight fitting competitive swim suits. All swimmers must have their buttocks completely covered and their suits must be opaque. Swimmers with long hair must wear a cap.

**Who will be sharing the pool with?**

We use the homeowner's association pool during the school year. The association keeps the pool open to its members even during our use. There will be homeowners & their guests using the pool, the hot tub and bathrooms. In addition, the bathrooms are used by golfers and other patrons of the San Vicente Inn.

**What kind of training equipment do we need?**

We use the kickboard, pull buoys, paddles, fins, bands, and any other piece of equipment we think will help your child. Your swimmer will be given an equipment bag when they join. They are responsible for bringing their equipment to each practice and taking all their equipment home each day.

**Where do we get the equipment and swim suits?**

The best place to purchase lost equipment is through our affiliate store with [www.swimoutlet.com/Ramona](http://www.swimoutlet.com/Ramona). Please use this url when ordering equipment and the team will receive 10% from your purchase.

**Will my child be grouped with kids their own age?**

All swimmers are grouped by age and ability. We currently group swimmers 10 and under, 9-12 and 13 and over.