



## Important Information & Tips

### September Dates to Remember:

**9/12/2020** – “Back to Pool” Day at Quest (Deer Run) 8am-2pm

**9/12/2020** – Deadline for ordering team Arena suits, practice equipment and apparel

**9/12/2020** – Deadline for ordering Spirit Wear

**9/14/2020** – Dryland starts

**Date to be Announced** - New Families Parents Meeting via Zoom

### **Practice:**

- Practice starts Tuesday, September 8<sup>th</sup>.
- Be at practice 15 minutes early to be on time.
- Follow Covid-19 Policy & Procedure ([found here](#))
- Bring a water bottle or sports drink with you behind the blocks...you will need it
- Bring your mesh bag with equipment to the blocks as well. Required use will be mid to late September when all swimmers have them. (Do not store them in the locker rooms.)
- For dry-land you need to have shorts/pants, shirt, athletic shoes, water bottle and your own yoga mat to participate
- Caps are not required for practice; however, if you wear a cap it must be a Quest cap-except on Saturdays (fun cap day).

### **Some safety considerations to keep in mind while at practice:**

- Diving well is "off limits" before and after practice unless coach supervised.
- Parents please do not leave swimmers for long periods of time unsupervised at the pool.
- Use the gate to enter and exit the pool.
- Children must be supervised with an adult while in the clubhouse. Otherwise, they should play outside where adults are watching

### **Meets:**

- Always follow the Quest Uniform Policy.
- Pay close attention to the deadline registration dates for opting in/out of meets. If you opt in and do not attend the meet for any reason you are still responsible for the meet fees. The club prepays the entry fees in advance to meet.
- If you have questions or need to make changes to your child's events then you will need to contact your child's coach via email. John (All Senior Groups), Amy (All Age Group and Homeschool Groups) and Chrissie (Quest 1, 2 and 3)

- It is the PARENTS responsibility to pick your swimmers events. Once you Opt-In to the meet, you must pick the events. These will be reviewed by the coaches. Coaches may change entries during this review process if necessary. Please check the final entry list once it is posted to the website. If you are unsure if your swimmer is ready for a particular event, ask their coach.
- Hotel blocks- Dawn Moudry is our Travel coordinator. Dawn arranges the blocks for our hotel rooms on our out of town meets. Emails will come out periodically with the block information. If you know you are going to the meet or if your swimmer has a chance on qualifying for a meet you should book your room right away. These will fill up quick and also pay attention to the deadlines on blocks as well. The hotel gives us these blocks but they are only good for a certain amount of time and at a limited quantity.
- Always pack lots of healthy food options and plenty of water and/or sports drinks (Gatorade) for your swimmer. They will eat and drink during the course of a meet. It is also wise to pack warm clothes to be worn between swims (Quest sweatshirt or warm-ups). Always have a spare cap and goggles in your swimmer's bag as well.
- Swimmers need to be on deck 15 minutes before warm-ups. Warm up times will be posted before all meets.
- Timing at Meets- Beth Yeomans is our Timing Coordinator. At most meets all families will have to time for a period of time. This is usually scheduled prior to the meet and timing assignments will be emailed out and posted to the website. Timing assignments usually last no longer than 30/60 minutes per session per day. It is your responsibly to communicate with Beth if your swimmer is not participating in a meet that they have been entered. If they are listed on the entry report, Beth assumes they will be at the meet unless she hears otherwise from you. Her email is [nbyeomans@gmail.com](mailto:nbyeomans@gmail.com)
- Ribbons and medals will be placed in the swimmers' folders in the club house after we receive them from the hosting team.

### Websites & Apps:

- [www.questswimming.com](http://www.questswimming.com) - All things Quest! Just about anything you need to know is published on our website from practice schedules, meet dates and Quest news. Our Quest Handbook is also located on the website and Dudley encourages everyone to read it.
- <https://www.facebook.com/questswimming> Quest Business page.
- <https://www.facebook.com/groups/170715343669> Closed/Private Parents Facebook page.
- [www.questboosters.org](http://www.questboosters.org) – Fundraising opportunities for our families and spirit wear information.
- [www.virginiaswimming.org](http://www.virginiaswimming.org) - The Virginia Swimming website holds all the meets information. You can access the meet dates, times, format, qualifying requirements, events, etc. All qualifying times for state level championship meets are also accessible.
- [www.usaswimming.org](http://www.usaswimming.org) - The USA Swimming website has the 2017-2020 National Age Group Motivational Times (time standards).
- Mobile Apps: Deckpass and Meet Mobile - These apps are used to track your swimmer's times, events and meet results.
- [Remind App Instructions](#) - We utilize the Remind app for communicating things like important announcements, reminders, schedule changes, and other pertinent information for each Quest training group. Email remains the primary means of communication, but we will use Remind for shorter, time sensitive messages and reminders.