

FAQ's for Quest Swimming

Facility

Where is the Evergreen pool located? 1201 Walton Bluff Parkway, Midlothian 23114

Where is the Deer Run pool located? 6800 Deer Run Drive, Midlothian 23112

Where is the Woodlake pool located? 14710 Village Square Place, Midlothian 23112. We conduct our Quest Swim School program at this pool.

Which pool does my swimmer practice at?

Deer Run - Quest 1, Quest 2, Quest 3, Age Group 1, Age Group 2 and Senior 2

Evergreen - Age Group 3, Pre-Senior, Senior 1 and Senior 2

On the practice schedule, Deer Run is (DR) and Evergreen is (EV).

What is Bubble Up/Down? Bubble Up/Down is the 1-2 days when we prepare for and then manually raise or lower the bubble over the pool. The prep is done the day before by the coaches and Senior groups. The day we raise or lower the bubble we need help from all families.

When does the bubble go up? We normally put the bubble up mid-late October.

Why don't you put up the bubble sooner? We believe that the fresh air provides the healthiest training environment for both our swimmers and our coaches.

When does the bubble come down? We normally take the bubble down in mid-late April.

How does the bubble stay up? Fresh air is continually forced in to the bubble.

How is the air quality in the bubble? Generally, the air quality in the bubble is better than most indoor pools because of the fresh air forced into it. Some times, for instance when the bubble first goes up, the chloramines build up briefly. We modify practices during that time.

Why are we using the Evergreen pool which is outdoors? Evergreen allows us to expand our program slightly and in a controlled manner and we believe that fresh air provides the healthiest training environment for both swimmers and coaches.

Registration and Admin

Do I have to register my swimmer every year? Yes, we conduct online registration during the month of August.

What was the \$100 I paid in the spring? Didn't that register me? The \$100 saved your spot on the team but it was not a registration nor a deposit. It merely holds your spot. During registration, you will be asked to pay the deposit which is 25% of your annual group fee. The \$100 is then applied to your October monthly payment.

Why am I getting charged an additional \$100 at registration? What about the \$100 I paid in the spring to hold my spot? The \$100 charged upon registration covers the USA Swimming fee, the Virginia Swimming fee as well as the certification of our officials who volunteer at meets on behalf of Quest and Virginia Swimming. The \$100 you paid in the spring saves your spot and is applied to your October monthly payment.

Can I stop paying when my swimmer starts with their summer swim team? No. We are a year-round swim team with payments going through July.

I'm not getting emails anymore. What do I do? Please email TeamUnify at support@teamunify.com.

Meets

What is short course season? Short course refers to competitions swum in a 25 yard pool and typically runs from September through mid-April.

What is long course season? Long course refers to competitions swum in a 50 meter pool and typically runs from mid-April through August.

Where is the meet schedule? It is posted on the website under Swim Team but you have to be logged in to see it.

Why does the meet calendar change sometimes after it's been published? We've set the meet calendar to give all swimmers, regardless of level and time standard, at least 1 meet per month and sometimes two. We encourage all swimmers to race at least once a month. We try to publish the meet calendar far enough in advance to allow families to plan. However, changes do occur which are out of our control like when a meet host cancels a planned meet or when we determine that the cost for hotels at a given location are too much for our families to bear - both of which we have experienced recently. In both cases, we were able to find substitute meets on the same weekends to minimize the impact. We appreciate your understanding.

Why is our deadline for registering for a meet so far in advance of the meet, especially in long course? We set our internal deadline far in advance to give the coaches a day or two to review and approve all entries and still get them in before other teams. There are so few long course pools in the state compared to short course pools so there are fewer meets offered. Fewer meets means more teams trying to get into them. Teams who wait get blocked out of meets. That happened to us once so we never want it to happen again.

What is a meet invitation? The meet invitation is the formal document issued by the meet host outlining the schedule, events offered, qualifying times if applicable and order of events among other things. It includes the maximum number of entries per day and/or session as well as the order of events and a general timeline. We post the meet invitation on our website under the event name (just click on the event name to see it). Always read the entire meet invitation before entering your swimmer in a meet.

Why do we have to declare that my swimmer will attend or decline to attend a meet? The meet hosts charge meet fees (per event and per swimmer) for those entered in a meet. You know your schedule better than the coaches and the coaches do not want to incur a financial obligation for you. Therefore, you must opt in or out of each meet.

I picked my swimmer's events for a meet so why did they change? Coaches have final review and approval of all meet entries. It is the coaches' job to know when a swimmer is ready for an event, physically, mentally and emotionally. It is Quest philosophy to max out the number of events when a swimmer is capable of doing them. It is also our philosophy to develop well-rounded IM swimmers capable of swimming all four strokes equally as well.

How do I know which session/what time my swimmer competes? You can find that information on the schedule of events in the meet invitation (usually the last page). The meet invitation is posted under the event name on the website when we open up registration. Just click on the event name.

How do I know when my swimmer warms up? The warm up schedule for each meet is posted under the event name on the website, usually a few days before the meet once we receive the information from the meet host. Look for our team's code, "QSTS", on the schedule. You will see the start and end time of each of our warm ups. You will also need to know which session your swimmer is swimming in. You can find that information on the schedule of events in the meet invitation (usually the last page). Quest swimmers are on deck ready to swim 15 minutes BEFORE our warm up time starts.

Why does my swimmer have to be on deck 15 minutes before warm up? We use that time to meet with the swimmers, give direction for warm up and to finalize relays, if applicable. Arriving early allows us to start warm up exactly on time in an organized manner. It also allows us to meet the turn in deadline for relays.

Why can't my swimmer swim on a relay? Most meets limit a team to 2-3 relays per age group. The coaches will put together the fastest relays possible based on best times.

Why aren't the relays posted in advance? Relays can and do change all the time based on illness etc. Sometimes we will post them in advance and at the meet but they are finalized and announced either before or after warm ups to the swimmers each day. It is the swimmer's responsibility to notify his/her parents if they are on a relay.

What are time standards/classifications? What does A/BB/B/C mean? C is the slowest time category with the next fastest being B, then BB, then A, AA, AAA and AAAA (the fastest). Most of our new swimmers will begin as B/C swimmers. You can find the time standards for every age group and long and short course by going to www.usaswimming.org. Click on Times, Time Standards, Age Group Time Standards and 2017-20 Age Group Motivational Standards (By age groups). Some swimmers choose to buy a bag tag with the time standards for their age group on them. You can get these at meets from a vendor or a local swim shop. The time standards are also posted under Swim Team, Meet Schedule on the website.

Can my swimmer swim in a B/C meet or do they have to qualify? They do not have to qualify to swim in a B/C meet. Most new swimmers start out as C swimmers, meaning they have times slower than B times and/or No Times (where they haven't swum the event yet in a USA Swimming sanctioned meet).

How do I know what time classification my swimmer is in an event?

Note: These instructions may not work on a mobile device or tablet. Often those devices will not display all the necessary selection options. For best results, use a computer to follow these instructions.

- Go to www.usaswimming.org
- Click on Times
- Click on Times Search & Power Point Calculator
- Select Individual Time Search – enter name
- if it doesn't automatically go to that page or if not already highlighted (iPad/mobile device) you have to select it
- Select the current competition year
- If checking before first meet, select last year (2017)
- If checking after first meet, select current year (2018)
- Select "All" in the Distance, Stroke, Course, and Age Range categories
- Under Times to Show select - "Show Only Fastest By Event"
- Leave the Sort By selections bank
- Click Find Times

What is Age Group Champs? Age Group Champs is the state championship for 14 and under swimmers. It occurs in March for the short course season and in July for the long course season. Swimmers have to qualify for Age Group Champs.

What are the qualifying times for Age Group Champs? The qualifying times are posted under Swim Team/Meet Schedule on our website. They are updated periodically by Virginia Swimming.

What is Senior Champs? Senior Champs is the state championship for 15 and older swimmers. It occurs in March for the short course season and in July for the long course season. Swimmers have to qualify for Senior Champs.

What are the qualifying times for Senior Champs? The qualifying times are posted under Swim Team/Meet Schedule on our website. They are updated periodically by Virginia Swimming. They stayed the same from last year.

Why are we limited to 150 swimmers in long course meets sometimes? The limit is set by the host team and/or Virginia Swimming to ensure that each session in a meet does not exceed USA Swimming's 4 hour limit. While most families only attend 1 session a day, meet officials, coaches and volunteers work every session which can be a long day. Also a long course pool only has 8 lanes usually compared to short course pools that can run 10-20 lanes at the same time.

What is a chase start? A chase start is when both ends of the pool are used for starts in a long course pool in an effort to keep the meet moving efficiently and get everyone out of there as fast as possible. Normally, odd numbered heats will start at one end and even numbered heats will start at the opposite end for events longer than 50s. The 50s all start at the same end. For example, heat 1 starts on a 100 freestyle. Heat 2 swimmers will be started once Heat 1 swimmers have completed the turn and are at about the 75 meter mark (halfway back to the finish). Thus the "chase" starts. Heat 1 finishes and exits quickly as Heat 2 swimmers are approaching their turn. You don't want to get caught in the chase.

Why don't we swim at the Newport News pool in the summer? We enjoy that pool very much for short course; however, when it is set up for long course, several of the lanes have a strong current running through them. This impacts the times achieved in those lanes. Therefore, we look for alternative pools in which to compete.

Practices

Why aren't the coaches correcting what they see my swimmer doing wrong? The coaches give 1-2 objectives or focus points for each set given and that's what they are observing. These objectives are based on our fundamental principles of stroke length, body balance, core rotation and rhythmic breathing. The objectives are developmentally appropriate to each group. Sometimes they give individual feedback and sometimes they give group feedback. Coaches' feedback is tied to the objectives given. It is very common for one part of the stroke to "fall apart" when focusing on another but over time most swimmers are able to incorporate all aspects. During the course of a swimming career, each swimmer will get plenty of instruction and feedback both during practices and during meets.

What equipment does my swimmer need for practice? In addition to Quest cap, goggles and water bottle:

NOTE: Arena fins are preferred. Smaller/narrow feet may need to use Speedo but short blade is preferred to work the legs harder.

Quest 1- mesh bag, fins and Finis Axis buoy (smaller size)

Quest 2 - mesh bag, fins and Finis Axis buoy (smaller size)

Quest 3 - mesh bag, fins and Finis Axis buoy (larger size)

Age Group 1 and Age Group 2 - mesh bag, fins, Finis Axis buoy (larger size) and green Strokemaker paddles

Age Group 3 - mesh bag, fins, Finis Axis buoy (larger size), yellow Strokemaker paddles and Arena snorkel

Senior 1 - mesh bag, fins, Finis Axis buoy (larger size), yellow Strokemaker paddles, Arena snorkel and D-band

Senior 2 and Senior 3 - mesh bag, fins, Finis Axis buoy (larger size), Strokemaker paddles (large red for girls and blue/purple for boys), Arena snorkel and D-band

Should my swimmer go to practice the night before a meet? Yes!

What about summer swim teams? Can my swimmer practice with them instead of Quest? We encourage participation on summer swim teams because it is another way to keep the fun in swimming and more chances to play the Game of Racing. However, summer swim team practice is not an adequate substitute for a Quest practice. We compete in long course meters during the summer and only a Quest practice can prepare a swimmer for that challenge.

Where do I buy a cap? You can buy a cap from the link online in the Resources section of the Quest website. Latex caps are \$5 each and silicone caps are \$15 each.

What are tights and where can I get them? We have swimmers wear tights during our peak performance periods (the two weeks leading up to championship meets in December, Feb/March and July) to create drag and enhance their feel for the water. You can buy the tights at Wal-mart or Target. Look for "capris" or "footless" and "tights". Do not buy leggings as they are too heavy.

Why does my swimmer need more than one pair of goggles? Because we swim both in and outdoors, your swimmer will need goggles for different light conditions. The dark tinted mirrored goggles work best outside while clear or lightly tinted work best in the bubble and when racing.

How do I know if practice is canceled? If the cancelation is a planned event (for instance because of a meet), we email the changes out in advance and post them on the website under What's New (lower right hand of homepage). If practice is canceled suddenly because of weather or a situation with the pool, we have started using the Rained Out system.

How do I sign up for Rained Out alerts? Cut and paste this address into your browser: https://www.rainedout.net/team_page.php?a=ad416c71ded40b81aeeb. Once there input either your cell phone number or your email address and follow the prompts. Be sure to manage your alerts by signing up for your practice group as well.

It says I need a keyword to sign up for Rained Out. What do I do? All of our groups are public so a keyword should not be needed. However, if you still can't successfully sign up, try the following keywords:

Quest 1 - QSTSQ1

Quest 2 - QSTSQ2

Quest 3 - QSTSQ3

Age Group 1 - QSTSAG1

Age Group 2 - QSTSAG2

Age Group 3 - QSTSAG3

Pre-Senior - QSTSPS

Senior 1/2 - QSTSSENIOR1AND2

Masters - QSTSM

Intro to Masters - QSTSINTRO

Coaches - QSTSCOACH

I don't want to get RainedOut texts from Quest any more. How do I stop them? Users may cancel alerts at any time by going to www.RainedOut.com and clicking the **Opt-Out** link, or by texting **STOP** to 84483.

Dryland

Why don't you do more swim-specific exercises? We believe that if we build a better athlete on land, we will have a better swimmer. Our emphasis is on core strength, reaction time, agility, coordination and balance.

Does my swimmer have to do dryland? Dryland for Age Group and Novice levels is optional but strongly recommended. Senior swimmers must do dryland.

If it's raining, do we still have dryland? As a general rule, if it is raining, snowing, thundering or lightning, dryland is cancelled for Q1, Q2, and Q3.

