

Equipment

1. What equipment, if any, does my swimmer need for practice?

Your swimmer needs a good-fitting suit (preferably briefs or jammers for boys, board shorts are difficult to practice in), goggles, and a cap for swimmers with longer hair. Kickboards, fins, hand paddles, and pull buoys are provided by the team, and are kept at the practice locations. Your swimmer will need a water bottle to keep at the end of his or her lane. This is especially important for the older groups who swim for longer periods of time.

2. How do I go about getting team gear for my swimmer? What about practice suits, goggles, caps, etc?

Coach Harold has for sale many of the items your swimmer needs (or wants). Send an email (coachharold2@cox.net) if you need extra goggles, a practice suit, or a cap. He can also order swim bags, and usually keeps a few on hand.

If Coach Harold doesn't have what you need, here are a few websites that many swim families typically use:

- a. Swimoutlet.com - there's a link on WAC's Team Unify page for Swim Outlet. If you access the website through the team portal, a percentage of the purchase price goes back to the team.
 - b. Metroswim.com
 - c. Swimandtri.com
3. How do I get a WAC cap?

Coach Harold provides every new swimmer with a WAC cap (latex) at the beginning of the session. The coaches will have additional caps available for purchase throughout the year. Latex caps are \$3, silicone caps are \$9

4. How do I get a WAC cap with my swimmer's last name?

You may order a personalized silicone WAC cap at several points during the year. An email is sent through Team Unify with order details. You may also order a silicone WAC cap without your swimmer's name on it.

Practices

5. What if my child is unable to make practice regularly (e.g., Tuesday conflict)? What about occasional conflicts? Is there a make-up policy?

If practice is canceled for any reason, make-up options are available. An email is sent through Team Unify or from your swimmer's Level coaches. If you have a weekly conflict, you need to

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Speak directly with your swimmer's Level coach. Generally swimmers are allowed to make-up a practice by swimming DOWN a level - just give coaches notice. If you need a more set make-up schedule, speak with both your swimmer's Level coach, and the coach of the Level with which your child will be doing make-up practices. Both coaches must agree on the schedule.

6. Why do coaches take attendance at practice?

Coaches take attendance for several reasons. First, coaches need to know how your swimmer is progressing, and practice attendance plays a huge role in that. If your swimmer isn't doing as well as he or she wants at meets, a coach and your swimmer can look at practice attendance to see if sporadic attendance may be a reason for underperformance. Second, coaches present "Practice Animal" awards at the end of the year banquet. Swimmers must attend at least 70% of practices to be eligible for this award.

7. Does my swimmer need to attend all scheduled practices?

Your swimmer should attend as many practices as he or she can.

8. Do parents typically stay during practice? Do I leave my child?

Whether or not a parent stays is a matter of personal preference, and also depends on the age of your swimmer. Parents of swimmers in Levels F and G typically stay, or have a designated "point person" in case their swimmer needs help with something. If you won't be there, it's good to let the coach know which adult present has responsibility for your child. With Level E, some parents stay and some drop off. When practice is at the Rec Center, parents may stay, but work out themselves during practice. Fewer parents stay with older groups, and rarely stay with Levels A and B. A parent is ALWAYS welcome to stay during practice, but when your swimmer's group is at the Rec Center, parents shouldn't be on deck (and you don't want to be - it's hot in there!) You may sit in the lobby and watch practice through the window, in cool comfort.

9. I have swimmers in more than one level. Can they attend each other's practices?

This depends on the swimmers' levels and frequency of requests. You will need speak directly to your swimmers' coaches.

10. What are Drylands, and how do I know if my swimmer's level participates?

Drylands is a common term used for exercising out of the water. Swimmers use this time to stretch, and to do a variety of strength training exercises. Swimmers in Levels C, D, and E typically do drylands. Those in the Senior Levels, A and B, do weights and core with a separate coach. Please check your swimmer's individual assigned level for dryland days and times.

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11. Are swim meets mandatory?

Swim meets are not mandatory. The decision to attend a meet is up to the swimmer, however meets are a great way to gauge your swimmer's progress. If you are unsure about whether or not to attend a meet, please speak to Harold and your swimmer's coach.

12. Who participates in a travel meet?

Any swimmer is eligible to attend a travel meet.

13. What does "team travel" mean?

Team travel is defined as overnight travel to a swim meet that is sanctioned by WAC. Team Travel is generally reserved for those swimmers 13 and over. Those swimmers will attend the meet with coaches, chaperones, and their peers. Parents are not required to attend. Swimmers 12 and under attend these meets with parents.

14. What are the time classifications? Are they state-specific? Are state cuts different from motivational times? Do these determine which meets my child attends?

Time classifications are motivational time standards set by USA Swimming. Each state has Age Group States and Senior Meet qualification times, and these may differ from state to state. State cuts and motivational times can differ within a state, depending on the swim. Certain meets require swimmers to have earned qualifying times or cuts in order to compete. The new National Time Standards (AAAA, AAA, AA, A, BB, and B times) will be released in early October. The new State cuts will be based off the updated motivational times. These time standards can be located on the WAC website under the tab "Athletes".

15. Does my swimmer need a tech suit?

Tech suits are not required by WAC, but there are meets in which tech suits are recommended (e.g., Districts, Regionals, States, Championship meets). It is an individual decision to purchase a tech suit. Please speak to your swimmer's coach about whether or not your swimmer needs a tech suit.

16. Who determines what my swimmer swims at meets?

The parent will sign the swimmer up for events on the swimwac.com website. You can decide either by yourself, or in consultation with your swimmer and/or their coach. Try to swim what they know they are good at and at least one event that is a new event or a more difficult event/stroke for them. You can always ask the coach what they recommend. Be aware of the deadlines for signing up for meets. You will get a reminder email from Team Unify.

Please note: the coaches reserve the right to change entries to cover skills that are being worked on in practice



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17. Will there be ribbons from the meets?

Some meets have ribbons, but they are not all consistent with which places are awarded. WAC prints personal best ribbons for any swimmer who swims their best time in a meet and does not otherwise place in that event. Ribbons are sorted in plastic boxes that will be store in either the bath house or in the bubble in the colder months. Please, only dry hands in the box to pull out ribbons. They will be sorted by the swimmer family last names.



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Carpool

18. I need help getting my swimmer to practice. Is there any way to connect with other parents to work out a carpool schedule?

Yes! Some neighborhoods amaze us with their carpool schedules! You can ask other parents at a practice, or connect via our Facebook page (Williamsburg Aquatic Club). Even if you don't need a carpool, join the group so you can get any updates that members post.

Swimming Levels

19. How will I know that my swimmer is in the correct level? When will I know if my swimmer should switch levels?

Swimmers are put into levels based on an evaluation by the coaches prior to the season. Placements are usually for the school year, but sometimes adjustments need to be made. The coaches are constantly assessing your swimmer's progress to make sure they are appropriately challenged. If you have any concerns, please contact your coach.

20. Is there a typical progression through the WAC levels (G-A)?

Swimmers move through levels G – C at their own pace, based on ability and age. High school students who swim WAC are placed in either B or A. Middle school students are usually in D or C. Elementary students can be anywhere from G – D. Your swimmer will be evaluated at the beginning of the season and placed in the group best suited for his or her age and ability. Some swimmers may move between groups during the season; this movement is based on age, time classifications, practice habits, and coach recommendations.

21. How will I know if my child is progressing?

The best way to see progress is to sign your swimmer up for meets. Performance at meets is a way to measure progress at practice. You can always ask your child's coach how things are going. But concrete, measurable results are shown at meets. We have also found that swimming in meets is a determinant of how much the swimmer will enjoy the program. There is a camaraderie that develops at meets and it enhances a swimmer's enjoyment and encourages them to practice harder.

Volunteer

22. What is the parent work commitment? Is this separate from the major commitment?

We ask parents to do three things:

- a. Sign up for a committee (fund-raising, banquet, meet director, finance, etc).
- b. Volunteer four sessions at a WAC sponsored meet (either as a timer, marshal, concessions or hospitality)



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- c. Sign up to time at meets as needed. When we swim in a meet sponsored by another team, we are often required to provide 2 – 4 timers. We will divide these into hour long blocks to ensure everyone gets to see their child swim. You will find though that it is fun to be allowed on the pool deck as a timer and you will be able to see events from their as well.

23. What is the team's major fundraiser?

Our biggest fundraiser, outside of the 3 WAC hosted meets, is the fall raffle. Each family is required to sell \$100 worth of raffle tickets per swimmer (up to two swimmers). If you don't sell all your required tickets, you will be required to buy them yourself.

Social

24. Are there any team functions? Level functions?

WAC holds a holiday party in December and an annual awards banquet typically in early May which includes the entire team.

Levels typically have a monthly function or outing outside of the pool. These are not mandatory but super fun for the swimmers and great for team bonding.

Communication

25. Is there a way to sign up to receive announcements/ emails/ texts from my swimmer's coaches? Either team-wide or level specific?

All active accounts will receive team communication automatically. We ask that you check your email daily as this is our primary method of team communication.

26. If I have more questions, who do I ask? Are there level representatives? Mentors? Experienced swim families?

All questions can be sent through our website www.swimwac.com by clicking the Contact Us tab on the homepage. You may also email your coach directly. Each level will have a level liaison who is typically a seasoned WAC parent and can answer most questions or at least direct you in the right direction. If you have questions, please don't hesitate to ask.

27. When can I talk to a coach?

If you need to talk to a coach, we ask that you meet before or after practices as to not interfere with the instruction. Swim meets are also not an appropriate time to engage in conversation as they are watching each swimmer as they compete. Sending an email and setting a meeting time is the best route.



FAQs

28. How will my child get feedback from meets?

All meet results are posted on www.virginiawimming.org 24-48 hours after the conclusion of the meets. You may also see results during most meets through MeetMobile, an app you can download on your mobile device or tablet. There is a small yearly fee to purchase the app but you will get real time results to include splits and final standings. During the meets, most host teams will also post hard copy results through the competition. Another helpful app is On Deck Parent. This app is free, and linked to your Team Unify account.

During the meet, your swimmer will get feedback on their swims from the coach on deck. All swimmers should check in with his or her coach before their swims, and immediately after their swims to get feedback.

Summer Session

29. What happens in the summer for WAC swimmers?

WAC's 4th session/summer session is June and July. There is no charge to swimmers who were enrolled in all three previous sessions (September-May). Those who did not participate in the previous three sessions will be charged a fee to continue swimming during the summer. Summer fees are posted on the website.

Most WAC swimmers continue to practice with the club during the summer months. The practices for levels A-D are held in the early mornings and late afternoons. Levels E-G practice in the late afternoons.

Late March-late July is Long Course season. Swim meets are held in a 50 meter pool.