

Frequently asked Questions:

FINANCIAL OBLIGATIONS:

What are my financial obligations when I join the swim club?

- All swimmers pay group dues dependent upon the group level in which they are placed. A combination of pool time, coaching weight, session length and practice requirements is used to determine fees. Each swimmer is also required to maintain membership with USA Swimming. An annual membership fee is charged based upon the swimmer's age and is determined annually by USA Swimming.
- DFAC hosts three swim meets per year. Each family is responsible for a concession donation of \$25.00.
- Should a swimmer choose to participate in a swim meet, meet fees as indicated in the individual meet information, will be charged to the swimmer's account.
- Coaches also encourage personal ownership of certain equipment (such as fins, kickboards, etc) based upon group recommendations.

GROUP LEVEL/PRACTICE REQUIREMENTS:

How do I know what group my swimmer is in?

- Swimmers will be evaluated on an ongoing basis. A list of group recommendations will be distributed by the coaching staff prior to the start of each session. If a swimmer is registered for a lower group and then gets moved up, you will not be expected to pay the higher group registration fee until the next session. Being in a higher group is not always beneficial to the athlete. It is most important for them to feel that they can keep up with the workout and be comfortable in the group they are in and not overwhelmed with the practice expectations of a higher training group.

How do I know when he/she can move to the next group?

- If a swimmer meets all of the criteria of the next training group and the coaching staff believes he/she should move up, the swimmer and his/her family will be notified.

How many practice sessions a week are required?

All of the training groups have a recommended number of practices listed in the registration information.

VOLUNTEER REQUIREMENTS:

What is the volunteer commitment and how do I sign up?

- DFAC is a parent-run organization that could not thrive without your active participation. Parents are expected to help work DFAC hosted swim meets, volunteer for committees, and help with other events as they arise. Committees will be formed as needed during parent meetings, and volunteer sign-ups will be posted online for each DFAC hosted meet or event.

- If you do not fulfill your volunteer commitment, your splash account will be charged \$50 per session.

TEAM APPAREL:

Are the team suit and/or cap required and where can they be purchased?

- If your swimmer wears a cap, the coaches require a team cap be worn at meets. A latex cap is provided with initial registration. Additional caps may be purchased from the Meet Director. Both latex and silicone are available for a nominal fee.
- Team suits are not required, but are encouraged. A swimsuit fitting will be held in the fall. Suits and other swimming apparel will be available for purchase at that time.
- Additionally, team clothing orders will take place periodically throughout the year.

COMMUNICATION:

How is communication handled?

- The primary method of communication is via our website (www.dfacswwimming.org) and email. The website will provide information regarding practice times, meet information and results, as well as upcoming events.
- Additionally, two file boxes will be located inside the pool doors at the DeForest pool during practice. One contains folders to be used as mailboxes for the coaches and board members. The other contains a folder for each registered family.

How do parents communicate with the coaches?

- The Head Coach, together with individual group coaches, will communicate their preferred method of communication at the start of the session. Additional questions may be directed to any board member. Contact information can be found on the website.

SWIM MEETS:

Are swim meets mandatory?

- DFAC is a competitive team. Swimmers are encouraged to participate to their highest ability. Competition allows a swimmer to see the progress they are making. Seeing improvement is very important in keeping the athlete motivated and interested in swimming. All swimmers will be entered in our home meet unless their group liaison has received prior notification.

How do you sign up for meets?

- Meet information will be posted on the website as well as the Deforest pool bulletin board. Prior to each meet registration deadline, parents should use the online sign-up in the "Events" area of the website to commit each swimmer for the dates they will attend. The coaching staff will choose individual events as well as relay entries.

Do we carpool to and/or sit together at meets?

- The club does not provide transportation to/from meets; however, many parents are willing to help get a swimmer to a meet, as long as it is the exception, not the rule. Directions to swim meet sites can be found on our website as well as individual host club sites. We do encourage families to sit together and support all DFAC swimmers.

What if your swimmer can't attend a swim meet they have signed up for?

- Parents and swimmers need to realize that, once you sign up for a meet, the club pays for the swimmer whether they attend the meet or not. You will be charged for the events your swimmer is signed up for. It is important to let the coaches know if you are unable to attend a meet you have registered for. Parents should either tell the coaches directly or call. E-mail may not be checked in time to see it before the meet. Swimmers with a valid excuse, who have informed the coaches, will only be responsible for their individual event fees. Swimmers, who do not have a valid excuse or those who do not inform the coaches in advance, may be held responsible for the entire relay fee of any relays they were signed up for.

What are some general things I should know about attending meets?

Before the meet, be sure that your swimmer:

- Had nutritious meals and a good night's sleep.
- Has all their swimming gear.

Before the meet, be sure your swimmer knows:

- To be at the blocks at the start of their race.
- That goggles and cap should be on before going on the blocks.
- To congratulate the swimmers in the lanes beside them with a handshake after the race.
- To ask for their time at the end of each race.
- To talk to their coach after each race.

Be sure to bring to the meet:

- A team cap.
- Goggles (and a spare).
- A permanent marker (e.g. a Sharpie) to mark up your swimmer
- Towels.
- A water bottle and nutritious snack.

Arrive in time for warm-ups and to mark up your swimmer:

On an arm or leg, list the event number, heat number and lane number for each event. You may add the headings Event, Heat, Lane at the top of the list and the event (freestyle, fly, etc) after each listing.

<u>E</u>	<u>H</u>	<u>L</u>	
9	4	5	25m Free
15	3	3	25m Breast

During the Meet:

- Swimmers should stay in the pool area with their team.
- It is the swimmer's responsibility to get to the blocks at the start of his/her race

TIME STANDARDS:

What are "A" and "B" times in swimming?

- USA Swimming developed uniform time standards called National Age Group Motivational Times. The current standards are valid through 2012. The time standards are developed separately for boys and girls in the following age groups: 10 & under, 11-12, 13-14, 15-16 and 17-18. Minimum standards for each event are listed as "B" times. The next fastest standards are "BB" times, followed by "A", "AA", "AAA", and "AAAA". All times that do not meet the minimum "B" standard are classified as "C" times. There are no separate standards developed for 8 & under swimmers. They must use the 10 & under standards. The National Age Group Motivational Times are listed on the DFAC website and are posted on the bulletin board at the De Forest pool.

How does meet scoring work with A, B and C categories? Why do they do that?

- Some meets decide to award swimmers based upon how they placed against other swimmers in their same classification rather than how they fared overall. This decision is usually made so that new swimmers don't have to be scored against experienced, faster swimmers in the same age group. For instance, swimmers who enter with "C" seed times are scored against other swimmers with "C" seed times. A swimmer who may have taken tenth place overall in the event, may end up in first place in the "C" division.
- In addition, swimmers are usually rewarded with an "achiever" award for improving a time to an upper classification. For example, if a swimmer is seeded with a "B" time, and he/she swims an "A" time, he/she would be rewarded with an achiever medal. Due to a lack of national 8 & under standards, 8 & under swimmers are not scored in "A", "B" and "C" categories, and are scored based on their overall place in an event.

How do National Age Group Motivational Times relate to the WI State Meet time standards?

- State meet times vary from state to state and are determined by each state's LSC. Factors that influence these standards include the number of swimmers, competitiveness of the clubs and size of the meet venue. For instance, in Wisconsin, the state cutoff times vary from "BB" to "A" or better times. In a state like California with many elite clubs and swimmers, the state meet cutoff times may be "AA" or better at all ages.

Are there any meets that we compete in that use motivational standards as cutoff times to participate?

- Some examples are the A+ meet at Schroeder in February, which requires an "A" time or better to participate, and the Central Zones meet in August that requires an "AAA" time or better.

Can 8 & under swimmers compete in the state meet or A+ meet?

- Just as there are no national time standards for 8 & under swimmers, there are no state standards for this age group. In order to compete at the state meet, these swimmers need to meet the 10 & under standards. In recent years, some meets have developed their own 8 & under standards to allow the younger kids to swim, such as at the Schroeder A+ meet and the 8 & under All-Star meet.

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