

## FST “FAQ’s

1. Why does the team have 3 different facilities?

With over 200+ members on the team we need as much lane space as possible. We typically can only get 6 lanes at any given time. So we look to multiple sites to help us expand our lane space.

2. Is there a target coach to swimmer ratio for practice? If so, what is it?

Yes, we strive to have a 1/8 coach to swimmers ratio within our younger groups in the program.

3. What are FST group goals/objectives?

To develop competitive swimmers through a training design that build upon itself from group to group within the program.

4. How do we get to know coaches and honor the not talking to them during practice rule?

Parents can request meeting times with any of the coaches on the staff. Parents can also speak with the coaches after the practice session ends.

5. Are incentives/fun rewards used?

Yes, we use punch cards, swimmer of month recognitions, team building exercises, group challenges, and group/team parties.

6. How do coaches address behavioral issues?

Our coaching staff has been instructed on our behavioral and disciplinary policies and they are required to follow them.

7. How do coaches deal with disqualifications to help swimmers improve and learn?

We use the sandwich technique: “Positive feedback-constructive criticism-positive feedback.” We also have the coaching staff monitor DQ’s at each meet so that they can pick up on trends that need to be addressed in practice to make corrections.

8. What routine should swimmers follow at meets?

- Check in with the coaches 10 mins before warm ups.
- Check in with the coaches before each swim and after each swim.
- Warm down directly after each swim.
- Warm up prior to each swim.

- Check out with the coaches before leaving the meet.

10. Who do you contact about meet worker sessions?

Our Business manager – Laura Blakey

11. Who do you contact with fundraising question?

Our Business manager - Laura Blakey

12. Who do you contact about apparel/equipment questions?

Our Coaching Staff

13. How can parents help/support the coaches and team?

With positive talk and encouragement about the team and coaches. Tons of support for the team can be shown through fundraising and volunteering. Support the coaches by letting them coach and being a highly supportive parent.

14. What can parents help with to reinforce behavior/etiquette at practice?

By talking with your child about appropriate behavior at home and backing up the coaching staff's directive on behavior.

15. How do I go about picking up my child's ribbons?

Ribbons are generally picked up at the end of the meet by one of our coaches and brought back to Carmody Pool where we have our member folder baskets. Ribbons are then placed into each members folder for pick up at your convenience during the hours of (4:00-6:30pm) Mon-Fri and (6:30-8:30am) on Saturdays.