## FREQUENTLY ASKED QUESTIONS

- How do I sign up for meets? To sign up for a meet you will need to go to <a href="https://www.clearwateraquatics.com">www.clearwateraquatics.com</a> and sign in. Once you are signed in, you will need to go to the "events" tab and click on the meet where you can decline or accept your attendance at the meet. After your acceptance, you can pick your events for your child to swim. Please keep in mind that all events are pending upon coach approval, coaches will use their best discretion on whether the event is suitable for your child and may change events. Prior to the meet you can visit this page again to see what events were "approved" by your coach, by reading the word "approved" next to the event.
- **Do I need to attend all the meets?** We encourage all our CAT swimmers to attend as many meets as they can during the season and to especially swim at our CAT hosted events. You will not be penalized for not attending a meet, but again, we do encourage all our swimmers to participate in competition.
- **Do I have to volunteer at every meet?** No, we only ask for volunteers at our home/CAT hosted meets. You will see a link to "sign up" to volunteer under our events tab.
- **How do I pay for meets?** You will be billed monthly through auto pay with your credit card on file. If you would like to change your credit card or view your invoice, please visit the website under "my account" and click on the tab noted "invoice".
- What is FLAGS? FLAGS is an acronym for Florida Age Group Swimming. FLAGS is a qualifying meet for swimmers 14 years and under featuring the fastest swimmers in the state of Florida.
- What do I need to do if I want to stop swimming or take a leave of absence? We require a 30-day notice to suspend or stop billing. Please contact the CAT manager to cease your account.
- **Do I need to contact my coach if we are going to be on vacation?** For your child to have success, it is important for your swimmer to have communication with his/her coach. It is recommended that your swimmer talks to his or her coach about any future leave of absence or schedule change.
- What goals should I set for my swimmer? We encourage every swimmer to set goals, some will
  be trying to improve on technique, some will be trying to swim a new event, others may be
  shooting for a FLAGS or National cut, but all should have a goal of improving and trying their best.
  Swimmers should know what their best times are and if they are new to an event, they should
  speak to their coach about what their goal time is. <a href="www.floridaswimming.org">www.floridaswimming.org</a> has a list of
  motivational times and FLAGS qualifying times.
- Where can I view my child's results? You can view your child's results on Apps like Meet Mobile,
  Touch Pad Live, and Parent On Deck. For archived results on the web, you can view your child's
  best times on <a href="https://www.usaswimming.org">www.usaswimming.org</a> or <a href="https://www.clearwateraquatics.com">www.usaswimming.org</a> or <a href="https://www.clearwateraquatics.com">www.clearwateraquatics.com</a> under your "account" and
  click the "meet results" tab. For most meets, immediate results are posted manually on location.
- How do I know if my child received an award? Award information is provided on the meet letter. Each meet has different awards, so please read prior to the meet. For example, some meets may award "Heat Winners" while others provide "Top 10".
- Where do I get my child's award? In most cases, your child will receive his/her award the week following the meet from his/her coach.
- **How do I read a Heat Sheet?** Please see following page.