



RISE
AQUATIC CLUB

NEW PARENT PLAYBOOK

What's inside...

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CATS LEADERSHIP TEAM

- **Jeff Arce (Head Coach/President)**
- **Vlad Pyshnenko (Head Senior Coach/Vice President)**
- **Jennifer Williams (CATS Parent/Secretary)**
- **Mike Cunningham (Assistant Head Coach)**



CATS COACHES



CATS HEAD COACHES

Head Coach

Lead Titanium Coach Jeff Arce



Head Senior Coach/

Lead Platinum Coach Vlad Pyshnenko



Head Age Group Coach/

Lead Gold Coach Mike Cunningham



Bronze Group Coaches

Lead Bronze Coach

Barb Cunningham



Assistant Bronze Coach

Pat Costello



Gold Group Coaches

Lead Gold Coach: Mike Cunningham



Assistant Gold Coach: Barb Cunningham



Assistant Gold Coach: Pat Costello



Titanium Group Coaches

Lead Titanium Coach: Jeff Arce



Assistant Titanium Coach: Sammy Jo Mahler



Platinum Group Coach

Lead Platinum Coach Vlad Pyshnenko



PARENT ADVISORY COMMITTEE



Parent Advisory Committee Members Fall/Winter 2021/22

- Members from each practice group are represented to share feedback with our Head Coaches and act as an advocate for their respective CATS Group
- Members selected by CATS Leadership group
- ***Please connect with Jennifer Williams if you have interest in learning more***

- Bronze Group Representatives: TBA

- Gold Group Representatives: TBA

- Silver Group Representatives: TBA

- Titanium Group Representatives: TBA

- Platinum Group Representatives: TBA



VOLUNTEERING



Volunteer Requirements For Fall/Winter 2021/22

Volunteer (2) Two Total jobs per CATS Family for the Spring/Summer Season.

Do we need to volunteer at the same session our swimmer is attending?

Not necessarily, but it is advisable as it otherwise makes for a long day at the pool.

I've never volunteered before. Don't I need some sort of training?

Most meet volunteer positions require little to know prior training or experience. Our website has a listing of volunteer job descriptions under the Parents Corner menu to give you an idea of what each one entails.

I signed up to volunteer at a meet, but something came up and I couldn't make it. It's no big deal, right?

WRONG! A job signed up for is an obligation. If for any reason you are unable to attend, it is your responsibility to find someone to fill in. Get to know your fellow parents and have each other's back. One of the greatest things about Cats parents is their willingness to help out whenever needed!

ADDITIONAL VOLUNTEER INFORMATION

We will still be asked to time at away meets this is not required. We will still be asked and if we do not fulfill it could inhibit our invites to meets.

Other Volunteer Opportunities with CATS Include:

- Running of team events and activities
- Become an official



CATS WEBSITE FEATURES

- 1. Calendar with schedule changes**
- 2. Meet registration online**
- 3. Meet Entries**
- 4. Volunteering- Sign Up**



CATS WEBSITE HOME PAGE- LOGIN

The screenshot shows the website interface with the following elements:

- Browser Address Bar:** teamunify.com/team/iscats/page/home
- Header:** Light blue background with social media icons (Facebook, Twitter, Instagram) on the left, the **RISE AQUATIC CLUB** logo in the center, and a **SIGN IN** button on the right. A red circle highlights the SIGN IN button, with a red arrow pointing to it from the left.
- Navigation Bar:** Black background with white text links: HOME, SAFE SPORT, DEI, NEWS, MEETS & EVENTS, TEAM INFO, PARENTS CORNER, RISE GEAR SHOP, and RISE WILLOWBROOK SITE. A red arrow points to the HOME link.
- Main Content Area:** Light blue background. On the left is a photo of five people in winter gear. On the right is a vertical stack of four black buttons with red text: COACHES, PRACTICE SCHEDULE, JOIN RISE: RISE UP!, and TEAM RECORDS.



PRACTICE SCHEDULE

DOWNLOAD GOOGLE CALENDAR

teamunity.com/team/iscats/page/home

f t i

RISE
AQUATIC CLUB

SIGN IN

HOME SAFE SPORT DEI NEWS MEETS & EVENTS TEAM INFO PARENTS CORNER RISE GEAR SHOP RISE WILLOWBROOK SITE

COACHES

PRACTICE SCHEDULE

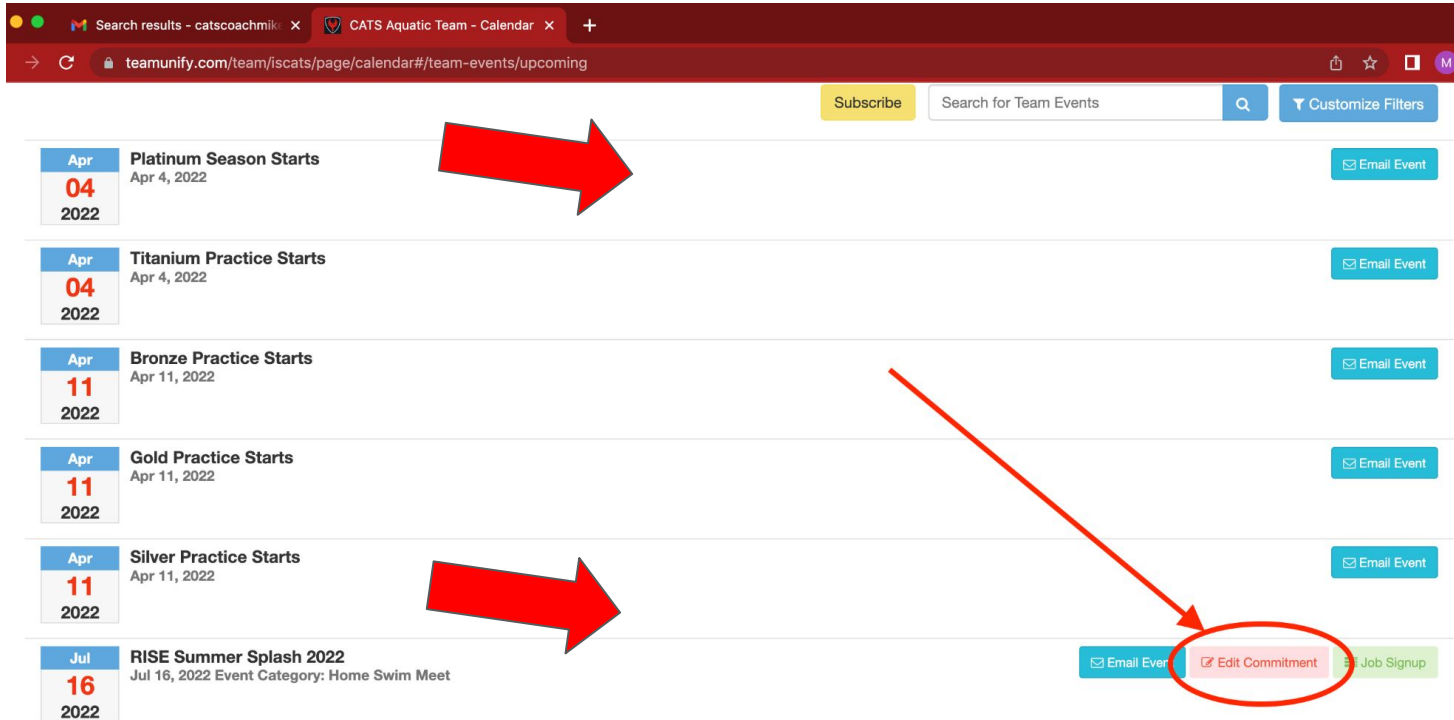
JOIN RISE: RISE UP!

TEAM RECORDS



MEET SIGN UP

You'll need to Click the Edit Commitment button in order to Declare your Swimmer for the Event.



The screenshot shows a web browser window with the URL `teamunify.com/team/iscats/page/calendar#/team-events/upcoming`. The page displays a calendar of events for the CATS Aquatic Team. The events listed are:

- Platinum Season Starts** (Apr 04, 2022)
- Titanium Practice Starts** (Apr 04, 2022)
- Bronze Practice Starts** (Apr 11, 2022)
- Gold Practice Starts** (Apr 11, 2022)
- Silver Practice Starts** (Apr 11, 2022)
- RISE Summer Splash 2022** (Jul 16, 2022) - Event Category: Home Swim Meet

Each event has an "Email Event" button. The "RISE Summer Splash 2022" event also has an "Edit Commitment" button, which is circled in red. A red arrow points to this button from the text above. Another red arrow points to the "Edit Commitment" button from the "RISE Summer Splash 2022" event row. A third red arrow points to the "Edit Commitment" button from the "Platinum Season Starts" event row.



MEET ENTRY SIGN UP

Then, you'll need to Click Click on your Swimmer's Name to Declare them for the Meet.

Team Events

My Account: **Cunningham, Mike** Registration Deadline: **07/07/2021**

Meet Name: [OLSA Tim Nickos Memorial ISI 2022](#) Location: **Oak Lawn Community High School, 9400 SW Hwy, Oak Lawn, IL 60453, USA** Course: **LO** Meet Type:



Start Date: **05/15/2022** End Date: **05/15/2022** Age Up Date: **05/15/2022** Use Date Since: **01/01/1970**

Enforce entry based on [Qualify Times]: **No** Restrict entry [Best Time] to same [Meet Type]: **No**




Event Declaration Setting: **Commit by Event** » [Edit](#) Maximum Event Entry Limitations » [View](#)

Allow Course Conversion for Relays: **No**

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Qualify Time]: **No**

Click on Member Name to declare for this Event:

Member Name	Member Commitment	Coach Approved	Last Updated
Barbara Cunningham *Active	 Undeclared		
Declan Cunningham *Active	 Undeclared		
Mike Cunningham *Active	 Undeclared		



EVENT ENTRY- SIGN UP

You'll need to select- Yes, Please sign (swimmer) up for this Meet. That will open the event entries and you can select on the left which events to enter your swimmer. In the notes, please indicate if your swimmer is not available for all the sessions in their age group.

Team Events

DIVE INTO COLLEGE
RECRUITING

Find your best
college matches »



X

RISE Summer Splash 2022 (Jul 16, 2022 - Jul 16, 2022 (12:00 PM))

Member Athlete:

Deglan Cunningham

*Declaration

Yes, please sign [Deglan] up for this event



Notes:

Meet Name:

Location:

Course:

Meet Time:



EVENT ENTRY- SIGN UP

Once you have clicked, Yes, Please sign (swimmer) up for this Meet. That will open the event entries and you can select on the left which events to enter your swimmer.

Team Events

2. Relay teams are solely determined by the coaches. If you have problem attending the relay teams, please contact coaches directly.
3. You cannot make changes after the coach approved or rejected your application. Please contact admin to change your records.
4. Please enter [Entry Time] in this format: **mm:ss.hh**.
5. [Bonus] is not a standard option; send Entry Report to the meet host in addition to the SD3 file.
6. Only **Admin** can customize [Entry Time] and set [Bonus] fields.

Day 1 Session 2 Max Entries this Session **IE = 4 | Rel = 0 | Comb = 4**

	Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time
<input type="checkbox"/>	<u>30.25L</u>	<input type="text" value="30.25L"/>	<input type="checkbox"/>	<input type="checkbox"/>		50	B	15-18 50 Free	
<input checked="" type="checkbox"/>	<u>2:58.93L</u>	<input type="text" value="2:58.93L"/>	<input type="checkbox"/>	<input type="checkbox"/>		56	B	15-18 200 Breast	
<input type="checkbox"/>	<u>1:11.82L</u>	<input type="text" value="1:11.82L"/>	<input type="checkbox"/>	<input type="checkbox"/>		62	B	15-18 100 Fly	
<input checked="" type="checkbox"/>	<u>1:05.47L</u>	<input type="text" value="1:05.47L"/>	<input type="checkbox"/>	<input type="checkbox"/>		68	B	15-18 100 Free	
<input type="checkbox"/>	<u>1:26.16L</u>	<input type="text" value="1:26.16L"/>	<input type="checkbox"/>	<input type="checkbox"/>		74	B	15-18 100 Back	
<input type="checkbox"/>	<u>2:38.69L</u>	<input type="text" value="2:38.69L"/>	<input type="checkbox"/>	<input type="checkbox"/>		80	B	15-18 200 Medley	
<input checked="" type="checkbox"/>	<u>1:20.42L</u>	<input type="text" value="1:20.42L"/>	<input type="checkbox"/>	<input type="checkbox"/>		86	B	15-18 100 Breast	
<input type="checkbox"/>	<u>2:21.47L</u>	<input type="text" value="2:21.47L"/>	<input type="checkbox"/>	<input type="checkbox"/>		92	B	15-18 200 Free	
<input type="checkbox"/>	NT	<input type="text" value="NT"/>	<input type="checkbox"/>	<input type="checkbox"/>		98	B	15-18 200 Fly	
<input type="checkbox"/>	NT	<input type="text" value="NT"/>	<input type="checkbox"/>	<input type="checkbox"/>		104	B	15-18 200 Back	
<input type="checkbox"/>	NT	<input type="text" value="NT"/>	<input type="checkbox"/>	<input type="checkbox"/>		108	B	15-18 500 Free	



CONFIRMED MEET ENTRIES

Team Events

(630) 204-7142

[Change Account](#) (Admin Only)

Meet Name:

[OLSA Tim Nickos Memorial ISI 2022](#)

Location:

Oak Lawn Community High School, 9400 SW Hwy, Oak Lawn, IL 60453, USA

Course:

LO

Meet Type:

Start Date:

05/15/2022

End Date:

05/15/2022

Age Up Date:

05/15/2022

Use Date Since:

01/01/1970

Enforce entry based on [Qualify Times]: **No**

Restrict entry [Best Time] to same [Meet Type]: **No**

Event Declaration Setting: **Commit by Event** [Edit](#)

Maximum Event Entry Limitations [View](#)

Allow Course Conversion for Relays: **No**

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Qualify Time]: **No**

[View/Edit All Meet Events](#)

[Go Back to Event Home Page](#)

Click on Member Name to declare for this Event:

Member Name	Member Commitment	Coach Approved	Last Updated
Barbara Cunningham *Active	⊘ Undeclared		
Declan Cunningham *Active	✓ Committed	# 56 (d1/s2): B 15-18 200 Breast (2:58.93L Approved) # 68 (d1/s2): B 15-18 100 Free (1:05.47L Approved) # 86 (d1/s2): B 15-18 100 Breast (1:20.42L Approved)	03/29/22 12:30 PM
Mike Cunningham *Active	⊘ Undeclared		

★ **IMPORTANT!!! READ BELOW!!!**

★ **Once events are approved, they cannot be changed**

★ **You will be charged for the events you are registered for even if your swimmer is a NO SHOW at the Meet**

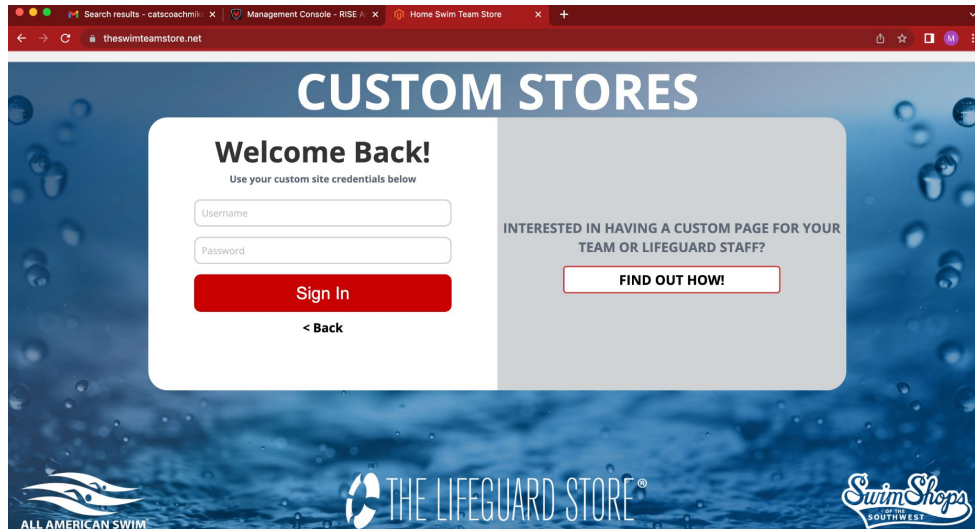
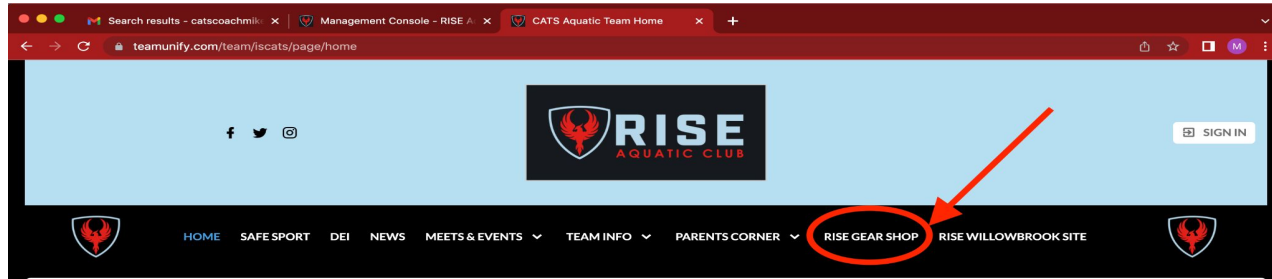


RISE TEAM APPAREL



Team Apparel

CATS Team Apparel may be purchased on the CATS Website by clicking on CATS Shop on the Header of the Website. The next slide will show required equipment for each group.



The items below are recommended/required for all groups:

Team Suit (Black Speedo Suit): REQUIRED

Team Jacket (Speedo): REQUIRED

Goggles

Swim Cap

Flip Flops

Water Bottle

Equipment Needs:



MEET CHEAT SHEET



Before the Meet

1. Make sure to check all meets you have signed up for! You will be billed for all meets that you sign your swimmers up for. If your swimmer is sick please call or email Coach Jeff (Jeff@cats-aquatics.com or 847-372-1541) or Coach Vlad (Vlad@cats-aquatics.com or 847-630-7253). Remember they will be at most meets so if one of them does not get back to you, leave a message!
2. Be sure to check your swimmers meet entries at least a week before the meet online by logging in and clicking the attend event button to see what events your swimmer was approved to swim.
3. Get a healthy meal in your swimmer at least one hour before the meet starts! Meets usually last at least 4 hours and it is important to be fueled!

Where do I find information about times/events/sessions?

Meet Information for every meet in which we compete is posted on our website on the homepage for that meet. To view the information for any meet click on "**Meets & Events**" page at the top of the homepage. Find the meet in which you are interested and click on the meet name. On the page that loads, you will find a link titled "**Meet Information**". You will find all start times, event lists and information about the operation of the meet as part of this information.

What is a meet "session" and which one is right for my swimmer?

Meets are organized into sessions to provide a limited time period for each athlete. Sessions are generally organized by Age Group. An example would be a meet that will have sessions on Saturday and Sunday. Each morning session may start at 8:00 am, with warm-up at 7:00 am and include events for 9-10 and 11-12 year old swimmers. The afternoon sessions may start at 1:00 pm, with warm-up at 12:00 pm and include events for 8 & under and 13 & over swimmers. Choose the session(s) that include events for the age of your swimmer.



What To Bring To the Meet

1. Packed in a meet swim bag- Team Cap (get a cap with your name on it), 2 pairs of goggles, 2 towels, black team suit and team shirt
2. Warm-ups or sweats to stay warm between events, maybe an extra pair of socks.
3. Sandals or deck shoes we want to keep our feet off of the cold and dirty pool deck. Swimmers should have these at all times!
4. Extra towel or something to sit on during a meet in team area
5. Cards or another quiet activity to do between events (parents, it is recommended that you bring something for your to do during a meet as well).
6. Gatorade or Water Bottles and other healthy snacks. Pasta, Granola Bars, Power Bars, Fruits and Vegetables are great meet snacks! Most meets have concession stands so having some cash on hand would also be good!

How long do meets last?

Meets are broken into sessions. Some meets are one day/one session, while others may go 2-3 or more days and sessions. Generally, each session of a meet is between 3-4 hours long. Dual meets may be shorter and some championship meets may be longer. Some meets offer one session per day for each age group, while others offer a prelim/final format where the fastest swimmers in preliminaries each day come back later that day to compete in finals and swim their events for a second time.

When should we get to the meet?

Each meet session has a listed start time for warm-up for that session. Swimmers should be on deck, ready to swim at least 15 minutes prior to the listed warm-up time.



What to do Upon Arrival to a Meet

1. Be sure to be on deck AT LEAST 15 minutes before the start of warm ups
2. Be sure to “Positive Check-In” before entering the pool deck. If you are unsure where check-in is, please ask! All swimmers will have to check in at all meets! Failure to check-in or arriving late and missing check-in will make it so your swimmer will not be able to compete!
3. Set up your space within the team area. Some meets we will be in bleachers, gyms or on the pool deck so be prepared!
4. Be ready to warm-up in your swimsuit when you arrive
5. Relays will be posted as quickly as coaches can get them done, be sure to check if you are in a relay as soon as this information is posted!
6. At the end of warm-ups stay in the team area. We will get heat sheets and will get this information to swimmers before the meet starts. Coaches will not go searching for swimmers if they are sitting with mom and dad or in the locker room or at the concession stand!

During the Meet

Swimmers are to stay in the team area until they head behind the blocks for their race.

Swimmers can talk to coaches before they go behind the blocks or do what they need to do to prepare for a race!

AFTER A RACE SWIMMERS NEED TO SEE THEIR COACH TO GET FEEDBACK! This is the time for swimmers to learn about their swimmers and what we will work on with them going forward!

Parents are not allowed on deck during a meet unless they are working or volunteering. Parents are also not allowed in the locker rooms.

We would like to see our parents sitting together in the stands cheering CATS Swimmers on!

BE POSITIVE AND SUPPORTIVE OF YOUR SWIMMERS! Let the coaches worry about the swims be there for your swimmer!



At a Meet, how do I know which event we are on?

Most meets include an announcer who will announce each event or heat as the meet progresses. In addition, the pool may have a scoreboard that will state the event or heat as it swims. Finally, many meets offer the opportunity for spectators to purchase a heat sheet or meet program that will list each heat of the session so spectators can follow along as the meet progresses.

What is a bullpen?

For younger swimmers, host parents may operate a "bullpen" which gets all swimmers lined up and ready to go to the blocks for their event. It is a way for meet hosts to efficiently serve dozens of young swimmers without delaying the meet.

After the Meet

Clean up after yourselves! We ask all swimmers and parents to pick up after themselves!

Coaches are not available to anyone but swimmers during the meet. Please contact coaches after meets or after practice for any questions or concerns!

Special Parent's Note

The pool area is usually very warm. Therefore, you need to make sure you dress appropriately. Nothing is worse than being hot at a swim meet. It makes the time pass very slowly! At some of the meets, the parents are allowed to sit with the swimmers in the gym or field house and a gym floor is not comfortable, so, feel free to bring folding chairs to sit on. You can also bring stadium seats and padded seats to most meets. The stands do get very crowded and the space is limited. Just be mindful of the special issues in the stands.



WHAT IS A HEAT SHEET/PSYCH SHEET



What is a Heat Sheet?

Any meet that is pre-seeded usually has heat sheets. These give you the order of events, list out the names of the participants in each event, and divide them into heats and lanes. So with a heat sheet you can find your child's name and know exactly when they will swim and in which lane they will be in for each event.

What is a Psych Sheet?

Psych Sheets are read in a very similar way, except they do not have heat and lane assignments. Instead you'll see each event listed with a list of swimmers ordered by seed time, fastest to slowest. These are used in most USA meets, and any other meet that are deck seeded. Deck seeded meets are where officials will wait for everyone to sign-in before they will assign heat and lanes. Once they seed the events they'll usually post the heat and lane assignments on a wall and hand them out to coaches. The advantage of deck seeding is that you don't waste time having open lanes from absent swimmers. However, you won't know your swimmer's heat and lane assignments until shortly before they swim.



HOW TO READ A HEAT SHEET CHEAT



HOW TO READ A HEAT SHEET

Here is a color coded version with explanation below about what each element is on the next page...

Event 1 Girls 8 & Under 25 Yard Freestyle

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 3 Finals

1	Bradly, Evan R	6	VFYT-LE	55.62
2	Rielly, Victoria E	8	CFYN-LE	29.21
3	Badget, Zoey L	7	CFYN-LE	28.00
4	Forester, Sofia B	7	CFYN-LE	27.80
5	Olivia Williams	8	CATS-IL	27.99
6	West, Miranda	8	GYB-LE	28.03
7	Smith, Alyssa M	6	CFYN-LE	40.40

(Olivia is in Heat 1, Lane 5)

Heat 2 of 3 Finals

1	Fields, Olivia A	7	CFYN-LE	26.15
2	Caswell, Rylie J	8	CFYN-LE	26.00
3	Adams, Maria N	7	CFYN-LE	25.00
4	Becks, Deryn M	8	VFYT-LE	22.28
5	Ward, Sarah	7	VFYT-LE	22.28
6	Chad, Lindsey	7	GYB-LE	25.28
7	Kosar, Ava R	6	VFYT-LE	26.15
8	Frank, Grace V	8	CFYN-LE	NT



Event 1 Girls 8 & Under 25 Yard Freestyle: This tells you the event number and what they will be swimming for that event. In this case it is event number 1, and in this event the 8 & under girls will be swimming the 25 yard Freestyle. This is typed in bold, and everything under it will be part of that event until you see another event in bold print.

Heat 1 of 3 Finals: This tells you which heat it is. At big meets you can't fit everyone swimming an event into the lanes available, so they have to take turns. So heat 1 is the first group that will swim this event. This also tells you how many heats there are, in this case there are 3 total heats of this event. The "Finals" part of it means that the fastest kid wins. At some meets there are preliminaries and finals, where kids swim first in prelims, then the top swimmers swim again in finals for placement.

Lane Number: The number to the left of the name tells you which lane your child will be in during their heat. How do you know which lane is which? At some pools it is clearly marked on the blocks, flags, or elsewhere, at other pools it is not clearly numbered. The rules say that lane 1 is always supposed to be closest to the starter...but that is hard to see sometimes...so here is the trick...Envision yourself standing behind the blocks looking at the pool, whichever block is farthest to the right is almost always lane number 1. (That's not true 100% of the time, but *almost* all competitive pools are set up this way).

Name: Name of the swimmer

Age: This is the swimmers age as far as the meet is concerned. This maybe different than your child's actual age. It depends on what the official "age up date" for that meet or swim league is.

Team: This is the team abbreviation, each team has a unique abbreviation. You can find usually find a key to the abbreviations at the front of the heatsheet. **Our CATS abbreviation is CATS-IL.**

Seed Time: Seed time refers to the fastest time the swimmer has ever swum this event in the past. Sometimes you'll see a "NT" here which stands for "no time" because your current team has no record of the swimmer ever swimming the event before. You may also see an "X" here next to the seed time, especially at dual meets. This means the swimmer is swimming exhibition. They can't score, but their time will be recorded. Some meets only allow you to enter a certain number of swimmers to be eligible to score. With exhibition events the kids still get to swim even if they can't score. Seed times are important for a lot of reason, but most importantly it is ever swimmer's goal to try to beat this time during each of their swims. If you beat your seed it is a good day regardless of where you place!



GET READY FOR THE MEET- MARKING
YOUR SWIMMERS' ARMS



GET READY FOR THE MEET- MARKING YOUR SWIMMERS' ARMS

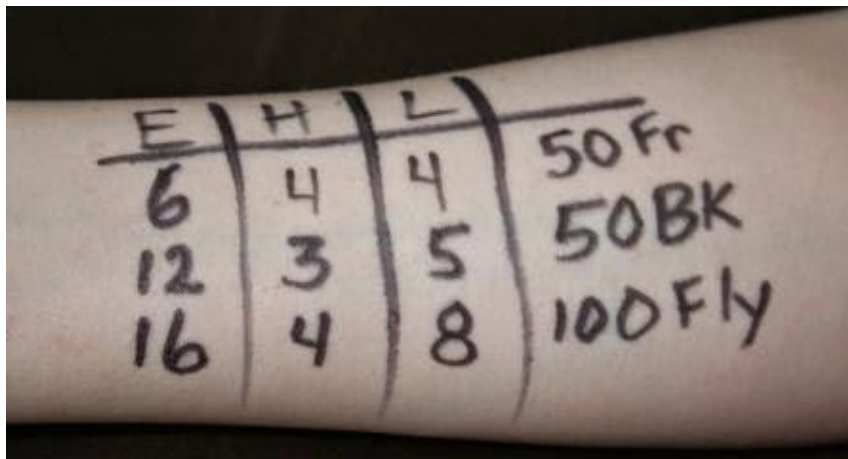
Writing event/heat/lane numbers on your swimmers arms, yes with a Sharpie, will help tremendously. Not only your swimmer, but Coaches too!. This meet ritual is to help kids keep up with their events. You can write your event # and the event description but you won't know the Heat and Lane until AFTER the Heat Sheets are distributed at the Meet. Heat Sheets are distributed at the Meet- AFTER all the Swimmers have Checked in, which is called, Positive Check In. Meets will have an area where ALL swimmers must Positive Check in, or they will not be able to swim.

E = EVENT

H = HEAT

L= LANE

Last Column- Event Description



**** Sharpie can be removed with baby wipes or oil based spray sunscreen**



HOW TO PREPARE FOR AN OUTDOOR SUMMER MEET

- Swimmers will be able to sit under canopy tents provided by the CATS Swim Team
- Concessions are available, as well as a swim shop for equipment.

What Swimmers should bring:

- 2 towels
- sunscreen/bug spray apply more than once during meet!!
- lots of fluids (Gatorade, water)
- dark or mirrored goggles to protect eyes from sun
- sunglasses
- fruit or other foods with a High water content (to keep hydrated)
- chairs or blankets to sit on
- flip flops of some sort, ground gets hot!

What Parents should bring:

- chair to sit on
- umbrella to protect against sun or rain
- sunscreen/bug spray
- lots of fluids (you get dehydrated watching too!)
- Book or something to keep you busy (just like a regular meet)
- Sunglasses/ hat

When to Arrive:

*Trick: (for afternoon swimmers) even though you have to have your swimmer on deck by a certain time, arrive even earlier, to claim morning session parking spaces. They will be leaving beforehand, and you can get there before everyone else does for afternoon session! (especially at the PPD Meet, there is not a lot of close parking!)



ON DECK PARENT AND MEET MOBILE



On Deck Parent

OnDeck By Team Unify gives parents unbelievable access to their swim team's data and swimmer information. Access meet results, best times, time standards, account information and much more.

Here is a great tutorial link to help get you started- you download to any mobile device:

<https://issuu.com/teamunify/docs/od-parent-quick-start>

Introducing
OnDeck 4.0

Apple iOS & Android
Compatible



Meet Mobile

ACTIVE Network's Meet Mobile transforms the swim meet experience for fans, swimmers, coaches and meet hosts alike. From the largest national qualifying trials in the country to the smallest swim meets, get access to meet programs from all over the world, including heat sheets, psych sheets and real-time results.



[VIEW ALL APPS](#)

Get Swim Meet Results in Real-Time

Search swim meets from all over the world or in just your local area to follow the action live, as it unfolds.



GENERAL SWIM QUESTIONS



What's the difference between long course and short course?

Long Course and Short Course refer to the length of competition pool used during that part of the year. In the United States, the primary course used in the fall and winter is a 25-yard pool. In the spring and summer months in the US, we use the international standard distance of 50-meters for competition. We refer to Long and Short Course to differentiate between the two.

What strokes do competitive swimmers use?

There are four competitive strokes for all ages of swimmers. The strokes are Freestyle, Backstroke, Breaststroke and Butterfly. In addition, swimmers compete in Individual Medley races that incorporate all four strokes in one race.

What is an IM?

IM refers to Individual Medley, which is a race that includes all four competitive strokes swum in order, Butterfly-Backstroke-Breaststroke-Freestyle. Different age groups compete at different distances ranging from 100 to 400 yards or meters.

What are the age groups (8&under, 9-10, etc.) in competition?

Generally competitions are divided in the following age groups: 8 & under, 9-10, 11-12, 13-14 and 15 & Over. You will also see some competitions where events are labeled 10 & under (open to any swimmers younger than 11) and also have "Open" events, which are open to all ages, but generally refer to senior swimmers 13 & Over.

How often should my child attend meets?

Competition is an integral part of our team and what we do. We believe that swimmers need to have enough time between competitions for training so each meet will be a good opportunity to show improvement. Ideally, meets will only be scheduled every couple of weeks or twice a month. There are times when our meet schedule offers more than two meets in a month. This provides all swimmers with flexibility in scheduling but no swimmer should compete more than twice a month.



Who enters my child in events?

CATS coaches enter all swimmers in events in each meet. Decision on event choice belongs exclusively to the coaches. We believe meet entry is an integral part of the educational process for the swimmer. The coaches make the decisions as part of the overall development of the swimmer and plan entries on a season long basis rather than just meet to meet.

Will my swimmer be on a relay?

When a meet offers relays, CATS coaches enter swimmers in relays to complete our entry. These entries do not reflect who may actually swim relays at the meet. The coaches make all decisions about relay swimmers the day of the meet. Any swimmer signed up to swim in a session that includes relays is expected to be available to swim on relays if asked to do so by the coaches.

What is a disqualification and what should I do if my child gets disqualified?

A disqualification is a technical breaking of the rules for that particular event. DQs are an important part of the learning process for each swimmer. While it may seem like a tragedy in the moment to the swimmer, it is an expected part of the learning process and part of the process for every swimmer. As a parent, when talking with your child after a DQ, simply ask what they learned from that event and reinforce that this is a normal part of the learning process.



RESOURCES



- USA Swimming (www.usaswimming.org)
- Illinois Swimming (www.ilswim.org)
- SwimSwam (www.swimswam.org)



IMPORTANT CONTACTS



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