

JAWS Frequently Asked Questions

Updated May 2022

What is JAWS:

J.A.W.S. stands for Jenison Area Wildcat Swimming and represents local swimmers from Jenison and the surrounding areas. JAWS is a club swim team training year-round with the expectation that all swimmers will compete for their local junior high and high school teams during their respective seasons. JAWS competes in the West Michigan Swim league (WMSL) and is also a member team of USA Swimming. JAWS caters to beginner and veteran swimmers alike who compete locally and throughout the Midwest, and train for the end of season championship meets. There are varying practice groups that cater to every level of swimmer.

Who are the primary coaches and what is the best way to communicate with them?

Jennifer Coffey ó Email: jcoffey@jpsonline.org

Email is the best way to begin communication with the coaching staff. Do not talk to any coaches during practice unless it is an emergency.

What is the best skill progression my child should follow through Jenison's competitive swim programs?

We recommend starting with our Jenison Swim Lessons (at least through level 3, but preferably through level 4), followed by swimming at least a season or two with our JAWS Green Group (practices are one hour in length), then joining our JAWS White Group, and then our top training group, the Black Group. Our Jenison Swim Lessons will prepare a child for our Green Group, which will prepare the child for our White Group, and then to our Black Group.

Why does the Green Group have FREE trial days and the White/Black Groups do not?

Going from swim lessons to the Green Group is a big step. We want to make sure the child understands what swim practice is all about. Before each season we offer FREE trial days for our Green Group so that families can try out our team at no cost and with no pressure. If they do not enjoy swimming, they are done with no questions asked (and no money spent). If they enjoy the team, they register and pay before their first practice and are set for the season. The White and Black Groups do not offer trial days because the expectation of the White and Black Group is that all of those swimmers have competitive swim team experience, understand what they are doing, and are able to swim all four strokes legally.

What if my swimmer is not ready for the full or partial season of JAWS Green Group? Can we just do a trial run of the swim team?

YES! Give the JPS Swim School a try. This new program is for those who have passed at least level 3 of our JPS Swim Lessons and feel confident in their ability to swim 25 (8 & under) or 50 yards (9-14 years), and who may be interested in joining the Jenison Age Group competitive swim team in the future. The JPS Swim School will focus on prepping the swimmer for a single age group swim meet. These are not your typical Jenison Swim Lessons, but geared toward giving your swimmer a taste of what being on the swim team is all about without the full season commitment. Eight and unders will focus on the head first racing dive and backstroke start, technique and endurance for a 25-yard freestyle and backstroke race, and finally the freestyle and backstroke finish. Nine to fourteen year olds will focus on the head first racing dive and backstroke start, technique and endurance for a 50-yard freestyle and backstroke race, a freestyle and backstroke flip turn (or touch-and-go), and finally the freestyle and backstroke finish. Our hope is that your child will

give the new JPS Swim School a try, fall in love with the sport, and join us for the next season of our Jenison Green Group swim team.

We also offer a PRE-swim team when the pool is available. This program is for those who are interested in joining the Jenison Green Group swim team that season. We will prep the swimmers for joining the full season by covering proper swim attire, giving a facility tour, discussing swim team equipment, circle swimming and pace clocks, healthy eating during swim season, swim meets, and winning and losing a race. After these preparation practices the swimmers sign up for the full season of Jenison Green Group. The practices give confidence to the swimmers about joining the team and make sure they are ready to begin a full season.

Are there refunds?

There are no refunds other than prorated medical refunds with proper documentation. We are a Jenison Community Ed. program. Here are their policies:

JENISON COMMUNITY EDUCATION REFUND POLICY:

- 1.) A full refund will be granted if we cancel a class.
- 2.) NO refunds granted after sign up unless due to injury or by special circumstances. Check with the Community Education Office.
- 3.) We do not prorate any of our classes.

Because we offer the free trial days for our Green Group, once a child signs up there are no refunds due to coaches hired and expenses incurred (we pay a per child fee to the WMSL after registration, shirts, caps, etc.). Swimmers must attend at least one free trial day in order to sign up for the team.

What are the requirements to be on the JAWS Green/White/ or Black teams?

Green Group swimmers must be able to comfortably complete at least one lap (25 yards ó the length of the Jenison pool) of freestyle and backstroke in any modified manner.

White/Black Group swimmers must be able to comfortably complete multiple laps of all four strokes legally: butterfly, backstroke, breaststroke, and freestyle, and have good working knowledge of the rules of competitive swimming.

Is there a maximum number of kids for JAWS, should I worry about not getting in?

The number of swimmers we are able to take is based on pool space and the number of coaches available. We will do our best to take as many swimmers as possible.

What should my child wear to practice?

Short Answer: A practice suit (which is a suit that will not be worn in competition or meets), goggles, and a swim cap (for swimmers with long hair). Long hair must either be pulled back into a pony tail or in a swim cap. Meet suits should not be worn in practice.

Boys should wear a jammer or öbriefö suit for practice. Girls should wear a one-piece, competitive, swim team suit. Beach suits are not recommended, but are acceptable.

Recommended suit brands are Speedo by far, but also TYR, Nike, Ugliers, & Dolphin. For suit sizing information google the brand you are looking for and each site will have a sizing chart. For additional help seek out a fellow parent with a swimmer and ask his or her advice on sizing or try suits on at a local sporting goods/swim store (Superior Sports Stores,

Different Strokes Swim Shop, DICKS, Dunhamø). Swimoutlet.com usually has great deals, as well!

Typically the meet suit from one season (for a boy or girl) can be worn as the practice suit for the next season.

All swimmers should bring goggles purchased from a sporting goods/swim store (Superior Sports Stores, Different Strokes Swim Shop, DICKS, Dunhamø). We recommend Speedo goggles.

The JAWS team also has an apparel store online. To check it out, go to www.jenisonaquatics.org, toggle over the JAWS tab, click on JAWS INFO, then click on JAWS Team Apparel Webpage.

How do I know what to sign up for?

Every person new to competitive swimming (with a swim lesson background) should do at least one season of our JAWS Green Group. If your child LOVES swimming and has decided swimming will be their sport, the next step is the White Group. With more practices, a longer season, and more meets, they will be able to do more of what they love in the White Group! Another reason people select our White Group over our Green Group is that their child is involved in numerous other activities and simply need more practice options each week (more flexibility) in order to get in a desired number of practices each week. However, in order to swim in the White Group your child must be legal in all four strokes and be able to swim multiple laps of each one.

What are the 'seasons' for JAWS?

Every fall we have a stroke clinic available to any swimmer who can legally swim multiple laps of all four strokes. The clinic runs about 4 weeks and begins around mid September.

Every winter we have our JAWS season with numerous starting options.

Our first start date for the full winter season is in October at the conclusion of the fall stroke clinic for our Black and White Groups. We also have starting options in November and December for the Black and White Groups. Our Green Group begins in late November/early December. We also offer prorated options to accommodate our HS and JH swimmers. All eligible JAWS swimmers will compete in the WMSL Championship meet (February) and then at the USA Regional meet (February/March), and/or MAGS/ULTRA State meet (March).

Every spring we have a stroke clinic available to any swimmer who can legally swim multiple laps of all four strokes. The clinic runs about 4 weeks and begins mid April (after spring break).

Every summer we have our JAWS season with one or two starting options depending on when stroke clinic ends and when our first summer meet occurs.

Our first start date for the full summer season is in May at the conclusion of the spring stroke clinic. We also offer a starting date option in June when possible. All eligible JAWS swimmers will compete in the WMSL Championship meet (July) and then at a final USA taper meet (late July).

Information for each upcoming season is on the website under the JAWS tab usually about 2-3 weeks before the season starts and will be emailed out to all previous team members.

What is the approximate cost for JAWS winter and JAWS summer?

JAWS Green Group for both the summer and winter range from \$100-\$200 based on residency. This does NOT include the mandatory, yearly USA Swimming Membership fee.

Summer JAWS Black and White Groups range from \$150.00-\$300.00 based on length of season and residency. This does NOT include the mandatory, yearly USA Swimming Membership fee.

Winter JAWS Black and White Groups range from \$100.00-\$560.00 based on length of season and residency. This does NOT include the mandatory, yearly USA Swimming Membership fee.

JAWS is an extracurricular swim team based out of Jenison Public Schools and Jenison Community Education. There are no scholarships available for the team registration fee. However, every family is offered the option during registration to work/volunteer to reduce their total registration fees for that particular season.

All JAWS members must pay a USA Swimming membership fee (fee varies season by season). All monies go straight to USA/Michigan Swimming. This membership gives each athlete the option to compete in all USA meets and is required for insurance and safety purposes.

The USA Swimming fee will be a reduced fee during the summer season for all swimmers who are not currently registered for that year. Becoming a member of USA Swimming is mandatory for participation on the JAWS team.

Families who are able to submit a copy of a current Federal "Free or Reduced Lunch Program Verification Form" or a Food Stamp Letter to Jen Coffey will only pay \$10 for their USA fee.

WINTER: You must pay the full amount at checkout and the balance of \$10 will be credited to your account only after Jen has received your paperwork. There will be a question during the registration platform asking for this information.

SUMMER: During the summer season the USA fee will be charged manually by Jen after you register.

The verification form or food stamp letter must be turned in within 48 hours of registration. Please scan and email the paperwork to jcoffey@jpsonline.org or submit to the black pool mailbox in a sealed envelope marked "Jen Coffey." If you turn in your paperwork after the 48 hours and we have already submitted the paperwork to USA Swimming, you will not receive a credit to your account. A copy of this paperwork will be sent to Michigan Swimming with your USA registration in order to receive the reduced rate.

How do I register/pay for JAWS (a stroke clinic or the full season)?

- Go to www.jenisonaquatics.org
 - Do not login before you begin registration for a new season.
- Scroll down to **UPCOMING PROGRAMS**
 - New members do not login
- Click on the **REGISTRATION** tab
 - Click **REGISTER ONLINE** for the upcoming season
- Continue to follow the prompts on the screen until you are all signed up.

Be sure to save your username and password in a safe place as you will need it every time you login.

Payment for JAWS can be made online via credit card or debit card on our **team website**. If you choose to use a credit or debit card for your JAWS registration and meet fees, it is your responsibility to make sure that your card is in good standing and is not expired. Credit cards that are declined will automatically receive a nonrefundable \$10 late fee regardless of the reason.

JAWS also accepts check payments to be paid to the black pool mailbox upon final registration or mailed to: **Jenison Aquatics c/o Jen Coffey: 2140 Bauer Rd., Jenison, MI 49428.**

What is the payment breakdown by season?

To accommodate all of our families we have a two (or three occasionally in the long winter season) payment plan for everyone. When you register you will pay for half of your total amount at checkout. The remaining half (or third) will be charged at a later date(s) that will be clearly specified in the registration process. Winter registrations will also be charged the USA fee at checkout. Summer registrations (who are not already registered for the current year) will be billed shortly after registration for the seasonal fee.

All stroke clinic fees are single payment at checkout, paid in full. USA fees are not charged to stroke clinic members unless swimmers plan to participate in a USA meet at the conclusion of stroke clinic.

Is there a discount for multiple swimmers within one family?

Our percentage discounts for multi-swimmer families (must be immediate siblings) is as follows:

- 15% discount on ALL registration dues for accounts registering 3 athletes
- 20% discount on ALL registration dues for accounts registering 4 athletes
- 25% discount on ALL registration dues for accounts registering 5 athletes

The above percentages will be taken off your registration dues automatically regardless of your season. Discounts are only given when you sign your children up at the same time. If you sign up two children, and then decide later a third wants to swim you will not receive a discount.

Is there a registration deadline for JAWS? Why?

Our Black and White Groups have a deadline, and our Green Group has a separate deadline. The deadlines will be posted on the JAWS website and occur within a week of the beginning of the season. The registration deadline is used for ordering team shirts and caps in a timely manner for the meet season. Each swimmer signed up by the deadline will receive one free latex team cap and a team t-shirt. Swimmers are accepted after the deadline until our team reaches capacity, but will not receive a free team shirt or free team cap.

Meet caps will be distributed at practice prior to the first meet. Shirts will be distributed after they are received and labeled. New shirts are designed every couple seasons. Only new swimmers will receive a JAWS team shirt until a new design is created. We encourage parents to support their swimmers by ordering parent t-shirts. An email will be sent to all active members prior to ordering the shirts and you will have an opportunity to order a shirt at that time.

How will the coaches communicate with me after I have registered?

After registering on the team website (www.jenisonaquatics.org), anything worth knowing will be emailed out to the team. We try to keep the team very aware of what is going on. When you register, please use your primary email address (checked at least once a day) as your login email. If you do not receive a JAWS email within a week of registration, please check your spam or junk folder (sometimes our emails go there). If you still have not received any JAWS correspondence within a week of the first practice, email JAWS@jenisonaquatics.org.

Where and when are the practices? Are they mandatory?

All practices are at the Jenison High School Aquatics Center located at 2140 Bauer Road. Practice times and days vary depending on all of the high school and junior high swim/dive meets, polo games/tournaments, and other events going on at the pool. Our practice schedule can be found at www.jenisonaquatics.org. CLICK Pool Calendar, CLICK JAWS. We ask that you

always check the calendar every Sunday for any changes to that week. If there is a change past Sunday, we will email the team.

We do not take attendance at practice. We hope the kids will make as many practices as possible, and more consistent practicing means faster swimming.

Please do NOT drop your child off more than 10-15 minutes before the scheduled start time. They need to change and be on deck before the start of practice with very little idle time in the locker rooms. We want to minimize unsupervised time in the locker rooms, and we appreciate your help in doing this. Parents of 12 & unders are asked to accompany a same gender child into their locker room before and after practice. Until your child steps onto the deck they are your responsibility, and any damage to the locker rooms or misbehavior is your responsibility. Once they are on the deck they become our responsibility.

Winter practice times:

JAWS Black Group typically practices at 3:15 or 5:00pm any day of the week.

JAWS White Group typically practices at 4:00pm or 5:30pm any day of the week.

JAWS Green Group typically practices from 7:00-8:00pm up to three days a week (M, T, Th, F).

Summer practices times:

JAWS Black and White Groups typically practice between 7am-11am every day of the week with the option to do long course practices at night. Training groups are based on age, ability, and numbers.

Long course practice groups will be split up into training groups based on age, ability, and numbers. We will email out the training groups prior to the first long course practice.

JAWS Green Group typically practices from 10:00-11:00am Monday through Thursday. There may be an option for a PM practice group if pool space allows.

Generally all JAWS AM practices are in our basic set up which is a 25 yard pool. We have the capability to do long course which is the entire length of the pool, or 50 meters. Swimming long course practices will be an option on all summer registrations for the Black and White Groups.

Who will my child practice with?

Your child will be placed in a training group that is appropriate for their ability level as well as their peer group. Swimming with peers is extremely important for proper development, almost as much as swimming with the proper ability groups. We have years of experience of individualizing training sets to maximize each swimmer's abilities and talents, but in a way where they can still be near their peers. Give the coaches time to place the children in their correct groups, and help us by talking to your child about being flexible if they are moved.

May I watch practice?

Parents may watch all practices from the pool balcony. Please stay off the pool deck unless there is an emergency, or you are volunteering for something.

May my child go to whichever JAWS practice accommodates our schedule?

Your child must attend whichever practice group he or she signed up for or is assigned to. We understand that swimmers will have absences here and there but we cannot accommodate swimmers switching into different practice groups. There are way too many swimmers and absences to accommodate everyone.

In the case of inclement weather, how will I know if practice is cancelled?

Always check the pool calendar and your email. We will notify and post any changes or cancellations as soon as we know them.

If JPS closes, is JAWS automatically cancelled?

JAWS is NOT necessarily cancelled. If JPS closes early in the morning the weather may clear up by the afternoon or evening. Always check the pool calendar and your email. If the weather is bad where you are or you do not feel safe driving, do not come to practice! Just because we have practice does not mean you need to come. Safety is always first; and if you are unable to make it to the pool on a questionable day, do not come!

Does my child have to swim in JAWS meets?

Yes. If your child is not ready for swim meets we recommend another set of swim lessons. There are two types of meets, West Michigan Swim League (WMSL) meets and USA meets. The WMSL dual, tri, and championship meets are required for all swimmers on the team.

- Winter WMSL meets are on Saturday mornings (no entry fees for these meets).
- Summer WMSL meets are on Thursday mornings (no entry fees for these meets).

The USA meets are also highly recommended but not mandatory.

- USA meets are usually Friday through Sunday or Saturday and Sunday. Championship meets sometimes run on Wednesdays or Thursdays (there are entry fees for all USA meets).

*WMSL rules state that your child must participate in at least one invitational, dual, or tri meet in order to participate in the WMSL championship meet.

**Should your child not be able to swim in a meet, they must decline on our team website before the posted deadline (details below) and include the reason in the notes section for why they are unable to swim so the coaches know.

***All meets must have a minimum of six JAWS swimmers to send a team and coach.

May my child swim in JAWS meets that are during their MHSAA/HS or JH season?

If your child is participating on his or her junior high or high school swim team (MHSAA) and is also a member of JAWS currently, he or she may compete in two meets (USA or WMSL) during the MHSAA season. Only meets that occur after the first MHSAA competition will count toward the two allowable meets.

Where is the meet schedule?

You can only see the meet schedule if you are a registered JAWS swimmer and are signed in!

On the website toggle over the JAWS tab and click on SCHEDULE OF EVENTS tab.

Throughout our season we will have numerous USA and WMSL meets. The WMSL season has 3-4 dual/tri meets and then a championship meet for all swimmers. The typical USA season has at least 5 weekend meets. USA swimming has two championship meets (Regionals, MAGS/ULTRA) in the winter and only a MAGS/ULTRA meet in the summer. All swimmers are eligible to swim in all WMSL and USA meets provided cut times are made when applicable. The meet schedule is created for the entire team with much thought from the coaches. The JAWS team does not send swimmers to meets alone or to meets not on the posted schedule.

How do I get meet information to sign up?

ALWAYS be aware of the due dates, and make sure to sign up in advance of the due date.

To find meet information:

Go to the website (www.jenisonaquatics.org)

SIGN IN TO YOUR ACCOUNT

CLICK on the Events tab, and search through the events for the exact meet you are looking for. **Be sure to check the title of the meet and the date of the meet to be sure you are signing up for the correct one.**

WMSL meets do not have packets of information, but USA meets do. Please read through the USA meet packet and print the event list (usually found on the last couple pages) if you are signing up for a USA meet. You will need to know what events are on what days, how many events you can sign up for, how much for each event, etc. Print and read the packet!

What age group will my child compete in at meets?

Whatever age your child is on the first day of any given meet will be the age group your child will participate in for that meet. These groupings are usually (but not always): 8 & Under, 9 & 10, 11 & 12, 13 & 14, and 15 & Over. There is an age group called "open". This technically is available for all ages, but is generally geared toward the 13 year olds and up. Always sign up for your child's respective age group when possible and ask questions prior to signing up.

Will my child ever win awards?

Many meets offer awards for the swimmers.

- WMSL: We provide ribbons 1st-8th place to our 12 and Under JAWS swimmers for all of our WMSL dual meets. 9th place and up will receive an "I did my best" ribbon.

- USA/WMSL Invites: Every USA meet differs in terms of awards. This information will always be provided in the packet of information posted on the events tab and on the meet schedule. The coaches will pick up the awards after the meet and will bring them back to the office and put them in the bins that we create for each swimmer or family.

All awards from all meets will be put in the bins as soon as possible and will be put on the pool deck for the kids to pick up after practices.

How many events/relays can my child swim at a meet?

For USA and WMSL Invites, the meet host will decide how many events each swimmer is allowed to participate in and whether there are relays. All of this information will be stated clearly in the meet information packet that is posted online under the Events Tab. If your child cannot participate in a relay, please state the reason clearly in the notes section upon signing up for the meet. If you did not leave a note, your child is likely to be added to a relay.

For our WMSL dual or tri meets, each swimmer is allowed to swim up to two individual races and one or two relays (when possible). You select your individual events online on our team website and coaches select relays. The coaches guarantee one of your individual selections, and the coaches may select a different second event for your swimmer. Event decisions made by the coaches are final and always in the best interest of your child and our team. Relays will be posted on your team website account after they have been created.

For our end of season WMSL championship meets (A or B meets), every swimmer is allowed to swim two individual races and possibly one relay*ó additional information regarding the A and B meet is sent out prior to those meets. **

***Each team is only allowed to enter one relay per gender per event at the WMSL championship meets, so not every swimmer will be in a relay.**

****Please note that for the summer 2022 season, the WMSL has agreed to trial every**

swimmer being allowed to swim two individual races and two relay races at the A championship meet.

What else do I need to know about relays?

We ensure that every JAWS swimmer is on at least one relay at every meet that offers relays (unless there are less than four swimmers in that age group/gender). Relays are decided by coaches and are final. Relays will be posted on your team website account after they have been created.

The time for the first relay swimmer counts for an individual time, and the other three relay swims do not count toward an individual time or cut time.

For the medley relay (back, breast, fly, and free), we need a combination of four children within the same age group and gender that are legal in one of each of the strokes.

For the freestyle relay, we need four children within the same age group and gender to complete the appropriate distance for each free relay.

In an effort to get additional swims, we may swim a relay with only two or three swimmers, but the relay will be exhibition and not count toward points or ribbons because they will be DQ'd (disqualified) because of a lack of swimmers (must have 4).

If your child will arrive late or leave early from any meet, please type "NO MEDLEY RELAY" or "NO FREE RELAY" in the "important notes" section of the meet signup page so that we do not put your child in a relay that they will not be around to swim in.

The medley relay is the first race of all WMSL meets and the free relay is the last race of all WMSL meets. The order of events for both winter and summer WMSL meets are posted under the JAWS INFO tab on our website (www.jenisonaquatics.org). Click on WMSL WINTER EVENT LIST or WMSL SUMMER EVENT LIST to view the order of events.

USA relays will be billed \$3.00 per relay leg to your online account. We try to bill all relays before the meet, but sometimes this is not possible. It will be very clear what you are being charged for on your team website account statement. If your family is on a budget and you have limitations on how many relays they can partake in, please state this clearly in the notes section upon signing up for the meet. WMSL relays are not charged.

If we put your child in a relay and they do not show up to swim that relay, he or she will not be allowed to swim in any more relays for the remainder of the season. No Exceptions.

Are there any additional fees associated with swimming in meets?

West Michigan Swim League (WMSL) dual, tri, and championship meet fees are covered in a surcharge that we pay to the WMSL at the beginning of every season. If you miss the deadline there is a late fee (\$8 per event, more information below) to "try" to enter into a meet. **Email Jen at jcoffey@jpsonline.org if you need to do a late entry ASAP.**

Some invites offered by the WMSL, and all USA meets have a per event fee associated with them and also an administrative fee. The entry fee per event will be listed with the meet information packet that is posted online under the Events Tab and the schedule of events (see above).

The administrative fee for all local meets in West Michigan is \$5.00 per child.

The administrative fee for all meets outside of West Michigan is \$10.00 per child.

The administrative fee for all Championship meets below Sectionals is \$10.00 per child.

The administrative fee for Championship meets Sectionals and above is \$50.00 per child.

How do I pay for meets?

Credit or Debit Card Please!

If you registered for the current season with a credit or debit card, that card will remain on file for meet entry fees and other miscellaneous fees. After meet entries are due, we will approve them, submit them to the meet host, and then invoice your account for the total owed for that meet. Your card will NOT be charged at this time. Entry fees and other miscellaneous fees (shirts, caps, etc.) will be billed to your credit or debit card on the first of every month. Please note that there will be a 2% credit card processing fee for all credit card transactions.

How are late fees assessed for all of the swim programs?

Any outstanding accounts will be assessed a \$10 late fee on the 10th of every month or immediately after the entry fee deadline has passed.

If you do not submit your meet fees by the deadline posted online, you will receive a late fee. Do not wait until the last minute. If you have questions, ask early.

Credit and debit card accounts will never receive a late fee provided the card is not declined.

How do I pull up my account history on our team website?

- Go to the website (www.jenisonaquatics.org)
- SIGN IN TO YOUR ACCOUNT
- CLICK on \$My Invoice/Payment
- CLICK on Billing History
- CLICK on Search Billing/Payment History
- TYPE in your Beginning Date:
- TYPE in your End Date:
- CLICK Search

How do I sign up or decline meets on our team website?

To sign up for a meet (USA or WMSL):

- Go to the website (www.jenisonaquatics.org)
- SIGN IN TO YOUR ACCOUNT
- CLICK on the events tab, and search through the events for the exact meet you are looking for. Be sure to check the title of the meet and the date of the meet to be sure you are signing up for the correct one.
- CLICK on ðEdit Commitmentö
- CLICK on the name of the swimmer you wish to sign up or decline
- READ the Important Notes in the red box.
 - Use the drop down menu by *Declaration to declare your intention to swim.
- CLICK ðYes, please sign [_____] up for this event
OR CLICK ðNo, thanks, [_____] will NOT attend this event.

- **Please include any important notes in the Note section (for example: Must leave early for a wedding, cannot swim in the last relay) or let us know why your child is not attending.**
- After you select Yes you will see more meet details and more important notes. Please read.
- CHECK the boxes on the far left column to sign up for the individual events that your swimmer wishes to swim.
- CLICK "Save Changes" when done.

If you have more than one swimmer, go back through and repeat the process for additional swimmers as needed.

You may print your events if you wish, but you can always log back in to see what your child is swimming after you sign up for a meet. We encourage you to log back in to see your child's events and also to see what relays he or she may be swimming at the meet. Relays will be posted a few days after registration closes. You may also change events prior to the deadline. If you are unsure of what events you should select, email your swimmer's coach well before the deadline and he or she will help you.

What do I do if I miss an entry sign up deadline?

The team website online entries close at 8:59pm on the entry due date for all WMSL and USA meets. If you miss this deadline, you will need to email **Jen immediately to try to get into the meet at jcoffey@jpsonline.org.**

There are *usually* a couple days between the last day that entries are accepted by JAWS and the due date for the host team. If the meet file has already been sent to the host team, it may not be possible for us to accommodate your late entry request. **Sign up on time to make sure your swimmer is able to participate!**

Late Entries cost \$8.00 PER event for all WMSL meets and USA meets. USA meets will also require the \$1.00 Michigan Swimming Surcharge and JAWS Admin fee. Sign up early so that you are not put in a position where you have to pay \$8.00 per event to sign up your child to swim!

What are deck entries?

A deck entry is when the swim meet host accepts a swimmer's event entry into the meet if they missed the entry deadline. Deck entries are not always an option. JAWS will find out a few days prior to the meet start if the host team will be accepting deck entries for the meet. If swimmers want to deck enter an event, the coaches must know at least a day in advance. Any requests the day of may not be able to be taken care of.

Which WMSL Championship meet does my child attend at the end of the season?

If your child makes a WMSL "A" cut as posted on the JAWS INFO page, they must attend the WMSL "A" meet. They may not swim "other" events to attend the "B" meet should they be busy or unable to attend the "A" meet. If your child does not make an A cut, they must attend the B meet. It is the expectation that all JAWS swimmers will participate in the A or B meet.

Please decline the meet you are not attending. Please decline the meet you are suppose to attend if you cannot make it. Email directions will come as the championship meets near.

What does proper meet etiquette entail?

Away meets are just as important as home meets. We expect attendance at all WMSL meets. The hosting team really appreciates a large and excited team to race!

Swimmers may wear jewelry in meets but we advise against it.

Please remind your child that when they go to our pool or an away meet to always leave their area better than they found it. Young/all children have a tendency to be messy and leave food, junk, and other stuff laying around. Please remind them to pick up after themselves.

Unless volunteering, parents are not allowed on the pool deck of any swim meet unless there is a medical emergency.

What does seeding mean?

Seeding swimmers places each athlete in a heat and a lane. The paperwork that shows seeding is called a heat sheet. Often there are more than eight swimmers in an event. The 9/10 - 50 free may have 40 swimmers in it. With 40 swimmers there would be five heats of eight swimmers. Seeding means they are ranked by times and swum in heats with the fastest eight swimmers swimming in the last heat (heat five in this example), the second fastest eight swimmers swimming in the second to last heat, and so on. The fastest swimmers are in the middle of the pool in each heat (usually lane four or five).

In the heat sheets a NT is a "No Time" meaning they did not have a time to be seeded with (usually the first time they are swimming the event - that is OK).

Where are results found at meets?

All pools are different as to where they post results, but results will be posted in the Jenison balcony for parents to view as soon as they are available at the end of each race. Results should be posted at all away meets, too, for the parents to view.

Most teams use "Meet Mobile" which is an app that shows unofficial results almost immediately. We recommend searching for "Meet Mobile" and downloading this app. Most pools will tell you what search word to look for at a particular meet, but if you search the team name or city you should find the meet!



What does scoring mean?

At the conclusion of an event (for example the 11 & 12 boys 50 free, event #7) the event is scored. Put simply it means to rank the swimmers by final time after swimming each specific event for points and awards purposes. From the example above, after all 40 swimmers swam their race they would be ranked by their final time and the top three from each team (in a WMSL dual) score for their team. These are the results that are posted after each race. Some meets do not do individual scores.

- If there is an "X" by their name, their time still counts and only means that they were not the top three swimmers from Jenison, and therefore, were exhibitioned for points. Their personal time does count, though!
- If there is a "DQ" by their name, they were disqualified. A DQ indicates that the swimmer broke a competitive swimming rule in his or her race. The swimmer should ask

his or her coach why they were DQ'd at the next practice, but more than likely the coach will know and talk to the swimmer at the meet or at the next practice.

- For example:
 - One hand touch in breaststroke or butterfly on the turn or finish
 - Flip turn in IM from back to breast
 - Moving on the blocks before the "Beep" (a false start)
 - Missing the wall on a flip turn
 - Uneven butterfly arms
 - Non simultaneous breaststroke kick
 - Flipping onto your stomach in backstroke

Does my child need a team suit and parka?

Every season we offer the option to purchase a team suit and parka. We highly recommend every swimmer order the team suit and parka. We try to keep the same suit and warm up for at least two seasons when possible. We have found that a meet suit for one season is ideal as a practice suit for the following season. Purchasing a new, snug-fitting meet suit each season gives your swimmer confidence and helps them to all look like one team. If you are unable to purchase a team suit, our team colors are green/black/white; and we ask that you get a meet suit in these colors.

Does my child need to wear a swim cap?

No! but almost all of the girls wear swim caps, and many of the boys do, as well. Team caps are the only required part of the JAWS uniform and are mandatory for those who choose to wear a cap.

Girls (or boys) who have hair shoulder length or longer hair must have their hair tied up or back if they choose to not wear a cap. **We sell latex practice caps (\$2) and silicone practice caps (\$5) in the pool office.**

JAWS silicone meet caps are \$10 and latex meet caps are \$5. They are sold in the pool office and in the concession stand at home meets.

What does my child do upon meet arrival?

- 1) Before leaving home, please help out the coaches and write your child's events on their hand in a permanent marker/sharpie so all events can be found on the team website by logging into your account.
- 2) Upon arrival, find the "Check-In" table or area and hi-lite your name (so that you are not scratched (taken) out of the meet.)
 - a. Have your swimmer confirm their events on their hand with the events at the "Check-In." If there is a discrepancy, ask a coach or a marshaller.
- 3) Find the sign on the wall that says where your child should sit (based on age groups).
 - a. Please make sure to stay in this area during the meet.
 - b. If your child needs to go the bathroom, hit the concession stand, or see a parent, have them check with a marshaller or coach to make sure that there is enough time before their next swim.
 - i. When there is any amount of time, we tell them they have 5 minutes and they have to be back.
 1. Nothing is worse than a child missing an event because they were in the stands with their parents. Heats/Races will not be held.

- a. Children are not allowed to sit with their parents in the stands during meets.

What do I do if my child wakes up ill on the day of a meet?

If you are sure your child cannot compete that day, immediately call the Jenison Pool Office phone (regardless of whether the meet is home or away) at 616-667-3571. After you leave a VM on that phone, please send a mass email to all email contacts you have, Jen? Your child's coach? etc. We need to know as soon as possible so that we can make adjustments to the line up and move kids around for relays if necessary. It is no problem if your child gets sick the morning of the meet, just please let us know in every way possible as soon as possible.

What should my child bring to do/eat/wear at meets?

Swim meets can get long, so it is best to send your child prepared with some snacks to eat (or money for the concession stand) and things to do:

- Bring books, coloring items, handheld electronic devices (Nintendo DS), or anything that would occupy your child in between events (LABEL).
- Bring snacks to the meet (or visit our concession stand to support our team), and please stress to your child to clean up his or her area. Also bring replenishing beverages like Gatorade or Powerade.
- Bring at least two pairs of goggles, two towels, sweats, and extra Jenison/JAWS clothing as sitting on a pool deck can often get cold and everything gets wet (LABEL).

MAKE SURE TO CHECK FOR ALL ITEMS PRIOR TO LEAVING THE POOL

What if my child left what he brought or wore to the meet at the pool?

If the meet was a home meet, go back to the Jenison pool as soon as possible and look wherever your child lost the item. If the item is not there, it should be in the LOST AND FOUND bin in front of the office. If it is jewelry, it may be in the pool office (email Jen).

If the meet was an away meet, email your coach ASAP with a specific description of what was left and where, and he or she will contact the host team to see if they have it.

Please label absolutely everything brought to the pool.

How do I help alleviate the fear of competition in my child?

Communicate with your child's coach via email (to begin). Your child's coach is your partner in this situation. He or she has been there, done that, and helped many kids in the past get through this. Many times just the encouragement, support, and confidence the coach portrays for your swimmer is enough to try a meet! Continually support your child and just ask him or her to do their best. When you tell them to "Go win" or "beat the kid next to you" that is extraordinary pressure on a child that we do not support or recommend, especially at this level.

How can I support my swimmer, especially if I know little about the sport?

You are your swimmer's #1 fan! Whether they make that goal time or not, they are trying their hardest! Smile, be proud! Do not focus on times! Do not focus on A times, getting A cuts, etc. You need to be their #1 fan regardless of whether they achieve their best time on that particular swim or not! **It is not possible to go a best time every time your child swims!** After each race they will look to you first if they see disappointment on your face, they will feel bummed and

pressure to please you next time. As an age group swimmer that is not our goal! **Smile, wave, and give a thumbs up!**

In order to not focus on times, here are our stroke goals we try to achieve by age group:

- 8 & unders - HAVE FUN, learn the rules of competitive swimming, learn to dive, master a 25 yard freestyle with face in the water and rotary breathing (breathing every 3), and master a 25 yard backstroke while staying on their back the whole way (using flags). Move on to breast and butterfly once free and back have been mastered.
- 9 & 10s - HAVE FUN, learn the rules of competitive swimming (no more 25s for 9/10s), learn to dive better, learn proper turns for each stroke, and legally complete a 100 IM and 200 free during the season.
- 11 & 12s - HAVE FUN, learn the rules of competitive swimming, improve on all starts, turns, and strokes, and begin to work on endurance. Compete in every event offered in the 11 & 12 age group.
- 13 & 14s - HAVE FUN, learn the rules of competitive swimming, improve on all starts, turns, and strokes, continue to work on endurance, participate in the 200 free and 100 IM at least once each season. Compete in every event offered in the 13 & 14 age group.

What is our volunteer/work commitment to be on the team?

Before each season we look at how many meets we host and figure out how many volunteer slots we need to fill. When registration is near completion we have a better idea of whether each family will need to volunteer 3 times or 2 times per child to host great meets and raise money to cover the balance of your registration fees and other team necessities. Your volunteer commitment will never be more than 3 times per child per season (required) although we know many of you work well above this requirement.

A family who goes above and beyond the required number of sessions may not give sessions to other families on the team. It is required that each team member fulfills their own minimum requirements and for those willing to volunteer more we are forever grateful. It is those families who go above and beyond the minimum that truly share in the success our team has when hosting meets.

The revenue that is generated at our home meets allows us to pay the balance of your registration cost, purchase equipment for the team, pay for the website, pay for pool time, and keep our program running smoothly. Many age group programs (soccer, t-ball, etc) operate with volunteer coaches, but that is not possible (or safe) with swimming. Therefore, we have to raise money to pay our outstanding coaching staff, as well. If we did not host meets your registration costs would double or possibly even triple to cover our expenses each season.

If you are unable, unwilling, or not wanting to work the JAWS meets there is a \$50 fee per required session each season to waive your volunteer requirements per child. Unfortunately we need your time or money or registration costs for everyone will need to be raised.

If you know for certain you cannot or will not volunteer, please email Nicole so she can record your fees appropriately and bill you (and not pester you all season to volunteer). Those who have not fulfilled their requirements will be charged on their team website account at the end of the season.

If you know in advance there is no possible way to work a particular meet/weekend we are hosting, communication with Nicole must occur with reasonable time to make

accommodations for you to get in your required sessions on another weekend or through another way (ie. the banquet, doing ribbons, working a rental meet, etc.). Sessions are approximately 4-5 hours apiece.

When fulfilling a volunteer session, you **MUST** check in with the volunteer check in for your session to be counted toward your requirement and you must be at your spot the entire duration of your session or the meet.

More volunteer details can be found online, but we want you to know that friends, aunts, uncles, grandmas, older siblings, may also volunteer at our meetsí .. some even find it FUN! The minimum age to be a timer is 12 years old. The minimum age to be a marshaller, runner, or office person, is 13 years old. The minimum age to work in concessions is 18 years old.

How do I sign up to volunteer/work?

To sign up to work at a meet (USA or WMSL):

- Go to the website (www.jenisonaquatics.org)
- SIGN IN TO YOUR ACCOUNT
- CLICK on the events tab, and search through the events for the exact meet you are looking for. Be sure to check the title of the meet and the date of the meet to be sure you are signing up for the correct one.
- CLICK on "Job Signup" and check the box by the job you would like to do. Make sure to click "Save".

You will sign up for your preferred job online (timer, concessions, marshaller, etc). However, the JAWS coaches may need to switch you to a different job in order to successfully run the swim meet if we are short volunteers. For example, if we do not have enough timers, we may ask the balcony seating monitor to switch to timing. Please be prepared and willing to be flexible and cover the most important shifts first.

Why do I have to volunteer for our team to be successful?

Like many programs, schools, clubs, we cannot run a successful team without parent volunteers. We host very large meets at Jenison in order to keep our registration costs as low as possible. We host meets to help pay for the pool time and space we use, and we cannot host a meet without plenty of family support. We need, on average, around 40 volunteers per session or WMSL meet, and that is for a "normal" meet, not a **championship meet**.

We are proud to say that JAWS is known for hosting the best, most hospitable meets in the state of Michigan. Officials, coaches, and swimmers all love coming to Jenison! In addition to volunteering for meets, there are often other things we ask for help on such as team shirts, suits, labeling items, finding sponsors, etc. These jobs are available to those parents who are absolutely unable to attend or work at the meets.

Sponsors

We are always in need of new equipment at our facility for our many swim teams and athletes. If you own your own business or know someone who does that may be willing to sponsor our swim team through a financial or equipment donation, we would appreciate any support we can get.

Residency/Nonresidency Questions:

We have residency rates and nonresidency rates for our swim team. The residents of the Jenison

Public School District have a portion of their taxes go to JPS, and therefore, pay a slightly lower fee than nonresidents. Those who attend Jenison as a "School-of-Choice" student also have money that goes toward our school system and also receive a residency rate.

To determine if you need to pay the residency or nonresidency rate, please see below:

You will pay resident rate:

- If you own your residence in the Jenison School District (Mailing address is different than school district) you must live within the JPS School district.)
- If you live outside of the Jenison School District, but School-Of-Choice your kids to Jenison Public Schools (not Jenison Christian).
- If you rent in the Jenison School District and send your kids to JPS.
- If you own a business in the Jenison School District, own the property that it is on, and pay property taxes

You will pay nonresident rates:

- If you do not live in the Jenison School District and do not send your kids to JPS.
- If you rent (apartment or duplex) in the Jenison School District and do not send your kids to JPS (ie. Jenison Christian or Hudsonville, etc.)
- If you own a business in the Jenison School District and do not own the property or pay property taxes, but rent the space from someone else

Is my 12 and under allowed to compete in a tech suit?

There are 12 and under tech suit restrictions currently in effect under USA swimming. Only certain tech suits are approved for use in meets by 12 and unders. In order to view the complete lists for **restricted** and **allowed** 12 and under tech suits please go to www.jenisonaquatics.org, log in and toggle over the JAWS tab, click on JAWS INFO, then click on the 12 & Under Tech Suit Lists.

When does the JAWS season end?

At the end of the season when your swimmer competes in their last swim meet of the season then they are done practicing for that season. Your swimmer's last practice will be the last practice before their championship/season ending swim meet.