

## **Swim Columbus Swim Team FAQ's**

### **What is a swim team?**

In short, a swim team is a group of swimmers who train and compete together. Each team might have a single coach or several based upon the size of the team. Similarly, most teams have different groups/levels that swimmers can advance to throughout their swimming career.

A swim team helps swimmers come together to encourage and push one other in the water. It builds close friendships and acts like a family to some. Creating a close knit group of individuals who cheer for each other ☺

### **What is the overall philosophy at Swim Columbus Krakens?**

- We are thinking long term. We base our daily decisions on what is in the best long-term interest of the swimmer. We do what we can to make each and every swimmer better, somehow, in the time that we have, every practice, every day. This doesn't just pertain to the pool. We teach discipline, self-sufficiency, delayed gratification, hard work, good sportsmanship how to handle victories as well as defeats, and temporary setbacks. We teach life skills as we go!

### **What Equipment is needed?**

- Practice swimsuit – one piece for girls; jammer for boys.
- Competition suit - a picture of these is posted outside of the pool. This suit is only required if you attend meets. If your child's size is unavailable, you may order a SOLID black suit for competition.
- Goggles are required for all swimmers. A back-up pair is recommended.
- Swim caps for swim meets - these will be ordered as a team. They can be personalized or "plain" with just the logo. Order forms are available.
- Additional, but not mandatory—swim bag, fleece lined jacket for meets, monogrammed towel, etc.

### **How does the daily routine work?**

- Walk your child into practice at their allotted time. We recommend being in the YMCA building for the 1<sup>st</sup> month – 6 weeks at all times as your child adjusts to swim team, the head coach, etc.
- You will enter through the front doors, scan your YMCA key fob, and you may wait in the waiting area at the pool, in your car, or somewhere in the Y building.
- The "blue" Swim Columbus box is in the entry area of the pool. If and when you owe any funds, paperwork, etc., it will be placed in this box for a board member to pick up.
- If and when any info is being sent out to the team and its members—you will receive a TeamUnify Swim Columbus email. This is how you will find out about meets, practice changes, and/or any team parties that are planned.
- Parents will be expected to set up a Swim Columbus TeamUnify login & password. This is how you will sign up for swim meets, parties, etc. At that time you will also add a credit card or debit card that the accountant will charge at the beginning of every month if you have attended a swim meet, etc.
- Sign up at [www.swimcolumbus.org](http://www.swimcolumbus.org)

### **How many training sessions should my child do each week?**

- There is no magic number of training sessions for every swimmer. Even at elite level, some swimmers swim 7 sessions a week. If a swimmer is swimming 3 sessions a week and as a result is always tired, irritable, and their grades are falling, then doing more swimming does not make sense. So the optimal number of sessions for any individual swimmer is largely based on their ability to adapt to and recover from their training load.
- If your child sets high swimming goals, then naturally the time, effort, and energy to achieve them must also be high. As a general rule, as kids progress through each level of swimming they need to add an extra pool session or gym workout, or both to learn the skills, and build the technical abilities to be successful at the next level.

### **When should my child specialize in a stroke?**

- Kids need to grow into their specialist stroke. That is, when swimmers grow and develop physically and mentally, they will be naturally drawn to a particular stroke or race. It is common for a child's best stroke to change from year to year but once they hit middle to late teens, the nature of specific events will become more appealing. Real talent in any one stroke is harder to hide than it is to find!

### **What do I take to a swim meet?**

- Swim Columbus gear - team cap, team suit, t-shirts
- Goggles
- Highlighter or pen for heat sheets
- Towels (bring several!)
- Folding chairs to sit on for swimmers and parents (stands are not always plentiful at different pools).
- Pop up tent for outdoor meets (optional)
- Clothes to keep your swimmer warm (sweat pants, sweat shirt, t-shirt, socks, flip flops/crocs, blankets, parkas, etc.)
- Games, cards, Nintendo, ipad, ipod, books, homework, etc. to pass the time between events
- Money to purchase food from concessions (some pools allow outside coolers and snacks to be brought in - some do not).
- Avoid soft drinks, carbonated beverages, high fat and high sugar foods
- Camera with battery charged
- Download "Meet Mobile" app (free) for iphone/android and ipad. Most meets use this to track results and it is a great and easy way to keep up with your swimmer's times.

### **How do I respond if my swimmer has a poor race?**

This is going to happen. Throughout the season, the coach is focusing on the process of making their swimming more efficient. This means changing parts of their stroke at times or giving them specific areas to focus on while racing that may slow him/her down at first.

Be patient and supportive in those moments. As a parent, we would ask that you remain positive! The coach will discuss the race with them and address positive/negative aspects. There is nothing wrong with a swimmer negatively evaluating a race. Part of the experience is learning to deal with setbacks and various roadblocks that must be overcome. It is a process!

## Swim Glossary

Backstroke (Back) - one of the four competitive racing strokes, basically any style of swimming on your back.

Blocks - the starting platforms located behind each lane.

Breaststroke (Breast) - one of the four competitive racing strokes.

Butterfly (Fly) - One of the four competitive racing strokes.

Deck - area around the swimming pool reserved for swimmer, officials, and coaches.

Disqualified (D/Q) - A swimmer's performance is not counted because of a rule infraction. A disqualification is shown by an official raising one arm with open hand above their head.

Dual Meet - type of meet where two club/school teams compete against each other.

False Start - when a swimmer leaves the starting block before the horn or gun.

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Free Relay - a swimming event in which four swimmers participate as a relay team, each swimmer swimming an equal distance of the freestyle stroke.

Freestyle (Free) - one of the four competitive racing strokes. Considered the fastest.

IM (Individual Medley) - swimming event using all four of the competitive strokes on consecutive lengths of the race.

Long Course - a 50 meter pool. In reference this will refer to all events at the Olympics.

Medley Relay - a swimming event in which four swimmers participate as a relay team, each swimmer swimming an equal distance of a different competitive stroke.

Touch Pad - The removable plate that is connected to an automatic timing system. A swimmer must properly touch the touchpad to register an official time in a race