



Swim Meet FAQ's

We can't make it?

Tell your coach or send us an e-mail. Sometimes your athlete may be in a relay and by not coming, the relay must be scratched. If it is within 2 weeks of the meet, you will still be liable for all meet fees.

I forget something?

Ask a teammate. They may have an extra cap or goggles. At some meets, there is a vendor that sells caps, goggle, suits and other items.

We have to go?

Tell the coaches. Please do not just leave. We are a team and count on each other. We may have entered your athlete in a relay and if you are leaving we may need to scratch or change the relay.

I want to talk to a coach during the meet?

Have your athlete approach the coach and ask him or her to step away from the deck. The coach may not have the ability to be immediately available. The coach will locate you as soon as possible.

My athlete does not want to swim an event they are entered in?

The athlete needs to come and talk with the coaching staff. Part of a coaches job is to push and motivate the athlete. Athletes should have completed the event in practice prior to be expecting to perform at a meet. Therefore, the coach should know if the athlete is ready or not.

My athlete was entered in different events that I selected on the website?

The coaching staff reviews each entry and may amend them to help challenge an athlete. Sometimes an athlete does the same event every meet because they are nervous to try something else. If we change an event lineup, we will make sure to enter an athlete in an event they will be physically able to complete.

My athlete has never done an event and they have an entry time in the meet program?

We may enter our athletes with a time. Based on practice sets, we can usually tell about how long an athlete should take to finish an event. Sometimes we're on or off. The published time is not meant to discourage an athlete if they do not achieve it. Conversely, the time is not a gauge to determine if the event was a success if the athlete beats the time.



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What is considered a good swim or race?

Our coaches analyze individual swim races on the following basis: 1.) Did the athlete show technical improvement in the race? 2.) How did the athlete do versus a previous time?

My athlete gets DQ'ed?

DQ'ed, or Disqualified, relates to a athlete making a rules infraction during a swimming race. While these happen more frequently in the beginning of an athlete's career, they can happen at higher levels. Please have the athlete talk with his/her coach. There are times that the coach is not informed of a DQ. We will work to speak with the officials for an explanation. Coaches may choose or not choose to tell the athletes.

My athlete wins a ribbon or medal. When will they get it?

We will distribute all awards at practice, if there are awards at the meet.

My athlete needs a team cap?

Caps are available on deck with the coaching staff at meets. Parents accounts will be charged.

I'm selected to work a volunteer job and can't?

Please find a member of the coaching staff. When we host meets, it is imperative that we staff the positions fully. More so, if you can swap with another team member that would be great!

How do I pay the entry fees for the meet?

All meet fees will be added to your NSSC account prior to the start of the meet. You can pay for the meet fees with credit card, ACH information or check either manually or automatically on the first of each month.

Is there any forms or paperwork I have to fill out?

No. NSSC fills out all entry forms and submits on the athlete's behalf.

How long will the swim meet last?

That varies greatly by meets. Most local meets (Prep meets) will be 90-120 minutes plus warm up. Most meets at Colleges will last 3-4 hours plus warm ups. Championship meets usually last 4-5 hours plus warm ups.



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What's a relay?

A relay is an event where 4 athletes from the same team compete against teams of other clubs. A team can enter as many relays as they can fill.

Why do we have practice the day before and/or after the meet?

Practice the day before a meet will help the athlete work on the finer points of racing, starts, turns, pace work. We recommend all athletes go to these practices. Practices the day following a meet are even more important. While we realize that athletes and parents are tired the next day, athlete's muscles particularly need active recovery to help in regeneration and rejuvenation. We typically will not have a "difficult" practice, but it is important we get in so that we can continue to progress.