

Frequently Asked Questions – MEY Swim Team:

Q. How often are swimmers expected to be at practice?

A. *Practice makes improvement. We encourage swimmers to attend as many practices as possible. Each training group has a certain commitment level for the number of practices to attend. These levels reflect what we believe to be the minimal number of practices to obtain the most benefit from that training group. More than that is better, less often and it will be difficult to show stroke and conditioning improvement.*

Q. Does my child need all the extras that the other swimmers have (i.e. fins, goggles, swim caps)?

A. *We encourage all swimmers to own their own pair of training fins, Goggles and caps. Swimming gear will be printed out by age group and could be purchased/ordered on gear day at the YMCA.*

Q. Does the MEYSTPA control what Invitational Meets or Dual meets my swimmer participates in?

A. *No. The Head Coach selects the invitational meets we will attend. Invitationals are additional, optional meets. The Head Coach will be able to answer questions regarding invitational meet attendance. The YMCA dual meets are a requirement. The schedule is given to us – we have no input on dual meet dates. For further information, email Jim Petrozziello, Head Coach: Jim.petrozziello@ymcaofmewsa.org OR Andres Gallego, Senior Aquatic Director: andres.gallego@ymcaofmewsa.org*

Q. Who determines what lane my swimmer swims in?

A. *The coaches determine what lane and order swimmers swim in. This ensures a safer training environment and may change based on what the item is the coach has the swimmers working on. Factors involved may include, but not limited too; age, ability, endurance level, and emotional maturity.*

Q. How many swim meets is my child supposed to attend?

A. *Attending YMCA Dual meets is a requirement of the team. Attending invitational swim meets is strongly encouraged, but not mandatory. Swim meets are a very important part of the program and not attending will limit your swimmer's experience. Swimmers and parents should review the team's meet schedule and plan accordingly. If you are not sure what meets you are eligible to attend, ask the coach or team manager.*

Q. What do we need to bring to a swim meet?

A. *Ideally, each swimmer should have: two towels (one for the meet and another for after the meet when they shower); two sets of goggles and team caps (in case one breaks); sweats that are easy to get on and off between events (parents may be hot in a pool area, but swimmers chill easily); healthy snacks, water, crackers (please be considerate of the facility's policy on having food on the pool deck); shampoo, conditioner, and brush; and of course a TEAM swim suit (this is different than their practice suit and is only used for competitions).*

Q. What is "marking my swimmer for a meet"?

A. *We encourage new or young swimmers to have someone write their events, heat and lane on their arm or leg with a Sharpie, so they have a reference of what and when they are swimming at a swim meet. This saves time and stress of both the coaches and athletes at a swim meet.*

Example: Event- Heat –Lane- Stroke

3 -2 -4 -50free

9 -3 -4 -100 back

Q. Who do I contact regarding random timing, dual meet questions?

A. *Every swim group has a parent representative. The list of parent representatives will be posted on the website under “parents” when they are selected.*

Q. Do I need to help at swim meets? I don't know what to do.

A. *The sport of competitive swimming relies on volunteers. Without people volunteering there would be no competitive swimming. At our home and away meets, each family is required to help. There are numerous opportunities to volunteer, from helping to set-up or putting things away, helping with timing, the Colorado timing system, or as a runner. The team manager will assign the volunteer positions based on their swimmer's dual meet and Invitational meet entries.*

Q. What are the benefits of a USA Swimming membership?

A. *The greatest benefit is that it allows your child to swim at more swim meets and have more opportunities to improve especially in the summer. It also provides catastrophic insurance at practices and sanctioned USA Swimming meets. Swimmers receive newsletters and other information from USA Swimming. This is a separate charge that is paid directly to USA Swimming. Please look for the registration form in the welcome packet at our Annual MEY Swim Picnic.*

Q. Who do I contact if I have a concern about a meet?

A. *Contact your swimmer's coach. Please be considerate of the coach's personal time and speak with them either before practice or immediately after practice. Please do not distract the coach during practice. You may also contact the team manager.*

Q. Fundraising? I thought my dues took care of all the costs.

A. *Like most swim teams, program fees do not cover all program expenses. The Activity fee and our Annual hosted Ryan Patterson Memorial Meet helps to pay for the swimmer's Holiday Party, The Championship Shirts & Party, Concessions at our dual meets, The Swim Team Banquet and more. Additional fundraising will also be held for our MEY National Team.*

Q. What's the MEYSTPA?

A. *This is a group of dedicated parents that are responsible for assisting in matters pertaining to the smooth functioning of our competitive swimming program within the framework of the association's values, purpose, policies, and objectives.*

POINTS TO KEEP IN MIND:

- Individual swimmers develop at different rates. This fact alone may cause stress for swimmers and external pressure cannot quicken or slow the pace of natural development. Excessive pressure can, however, contribute to burnout.
- Coaches, swimmers, and parents are human. Mistakes are inevitable. The most productive response is to admit them, excuse them, and move on. Grudges help no one.
- Let the coaches coach, let the swimmers swim, let the parents support.
- The *process*, not the awards, is the most valuable part of competitive swimming. The comradeships, lessons, skills, and memories gained from participating in the sport and the team last forever.
- Parents, swimmers, and coaches may not always agree but honest and open communication maintains mutual respect and a positive relationship.