



The below are frequently asked questions about swim practice. This document is most useful to new families, though can serve as a refresher for returning families.

Q: What time is practice?

A: Practice times depend on your child's swim group. The duration and number of practices depends on your child's age and skill level. These times are set based on available pool time and the coach's schedules. Refer to the swim practice schedule on the TeamUnify page for questions.

Q: What is 'dryland'?

A: Dryland are exercises that are done outside the pool (child is dry and it's on land, instead of water) to improve swim speed and reduce the risk of injuries. These exercises may be traditional strength and cardio (e.g. pushups, situps, running, etc) or games for fun that get the kids moving (e.g. sharks and minnows). Dryland is done on the pool deck and is incorporated in Bronze, Silver, and Gold practices.

Q: What does my swimmer need to bring for practice?

A: A list of required equipment is shared with each group at the beginning of the season. Every group needs fins, so be sure that your child brings those. Any additional requirement will be shared. Your child should also bring water or a sports drink to each practice. If you have any trouble getting equipment, please contact your child's group coach.

Q: What happens at practice?

A: Practices begin with a warmup to swim, where kids are shown stretches and exercises to do on the pool deck before getting in the water. There may also be warmup and cooldown in the pool depending on the practice group. Swimmers are expected to arrive on time for warmup to swim and they should inform the coach if they need to leave early.

Q: How many swimmers are in each practice group?

A: Practice group sizes will depend on the range of skills for the swimmers each season. Practice groups tend to be about 10-20 swimmers, and there are often assistant coaches at practices to maintain a low swimmer to coach ratio.

Q: How many practices should my child attend?

A: We recommend swimmers to attend at least 2 practices/week to realize progress. Swimmers who attend more practices may see faster improvements. We believe that kids should be kids, and we recognize that each family has unique situations and schedules, so please contact your child's practice group coach if you have any questions or conflicts.

Q: What do I do with the swim cap?

A: Swim caps are used to reduce drag (helps your swimmer go faster) and protect your swimmer's hair. It's a personal choice if they want to use caps during practice, though we recommend them using the swim cap at meets, where they should wear the Life Time team cap. If your child chooses to wear a cap at practice, there are 2 kinds to pick from:

- Latex caps – Lower cost, though less durable. The edges are more likely to flip up while swimming, and they may tear more easily. Use baby powder after air-drying the cap to help it last longer.
- Silicone caps – Higher initial cost, though they will last longer because they are more durable. Be sure to air-dry after use.

There are many ways to put on a cap, where it can be easier to ask for help. If your swimmer has to put on the cap themselves, they can refer to this [video](#).

Q: How do I know what size to buy for the equipment?

A: Ask your coach when you have questions, or you can also attend the on-site fitting session at the start of the season by Swimville. If you miss that, you can visit their store in Kenwood to ask questions and try things out. For swim fins, you want to make sure the fin is snug without hurting your swimmer's foot. If there are blisters, then the size may be too small or large, so you will need to get another size.