



## LIFE TIME SWIM OHIO DEERFIELD GENERAL FAQ

May 2024



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

### Q: How are the USA Swim team and Life Time Hammerheads Swim team different?

A: Both teams have a purpose to foster a love of swimming in children with coaches dedicated to the sport and kids, though there are slight differences that are captured in the below table.

	Life Time OH USA Swim Team	Life Time OH Hammerheads
Season Duration	Short Course Season - Mid-August to Mid-Feb (can be later for those who qualify for March meets)	Summer Season - Mid-May to Mid-July
USA Swim Membership	Required to swim in meets	Not required to swim in meets
Groups	Based on maturity and skill level	Based on age by June 1
Practice Times	Weekday evenings or Saturday AM depending on the assigned group	Weekday mornings and limited evenings (if enough demand)
Swim Team Fees	Paid monthly and amount depends on practice group	Paid in full at the start of season and same for all groups
Other Fees*	Life Time swim membership, team suits, practice equipment	Life Time swim membership, team suits, social fee (\$10)
Practice Details	Dryland may be offered for older swimmers and durations vary based on swim level. Location is indoor pool.	No dryland and practices are about 1 hour in the outdoor pool once that opens.
Swimming Distances	Distances measured in 'short course yards' (SCY) with broad range of distances	Distances measured in 'short course meters' (SCM) with distances up to 100M IM.
Volunteer Requirements	No set requirements. Occasional request for timers as needed at meets.	Expected to volunteer for $\geq 2$ meets/season – signups will be used. <b>Those who don't volunteer will be charged \$150 to cover their hours</b>
Meet Fees	Additional on top of monthly swim team fees. Charged separate with effort to bill the same month as meet.	Dual meets and Championship meet fees are included in monthly swim team fees. Invitationals are extra.
Swimmer Age for Meets	Age as of the 1 <sup>st</sup> day of a meet dictates swimmer group for that meet	Age as of June 1 determines swimmer group for the whole summer season
Meet Events	Meet attendance is optional.  Families have the option to select, and coaches will provide final approval.	Meet attendance is optional.  Coaches select events for dual and championship meets. Families have the option to select for invitationals with coaches providing final approval.
Meet Frequency	About 1-2 per month depending on child's swim level	Weekly dual meets once meets begin with occasional weekend invitationals
Meet Location	All meets are AWAY in the Cincinnati and Dayton area. Older swimmers may have a traveling meet option.	Life Time hosts some home meets in the outdoor pool and all meets are in the northern Cincinnati area

\*Silver and Gold practice groups will continue to practice together and be billed under the year round fee structure through the summer

**Q: How do I best support my swimmer?**

**A:** Parents parent, coaches coach, and swimmers swim. Please leave the coaching up to the coaches. Your child needs you to be their parent. They need you to support them, congratulate them and celebrate with them.

**Q: What are the goals of your swim team?**

**A:** We want to instill a passion and love of swimming to all swimmers that come through the program, where Swimmers *want* to come to practice vs *have* to come to practice.

**Q: Where can I find general information about the swim team?**

**A:** You can find general resources, meet, and practice information on the team websites:

- USA Swimming Team - <https://www.gomotionapp.com/team/ohltf/page/practice-schedules/deerfield>
- Summer Hammerheads - <https://www.gomotionapp.com/team/ohltf/page/summer-swim-team/deerfield-hammerheads>

**Q: Whom do I contact if I have questions?**

**A:** If you have questions, you can email your child's group coach and cc Coach Derek. Email response may be delayed, so the fastest way to get an answer is to find them at the pool deck. Note that they are busy working with your swimmers during practice, so please find them before or after practice if needed.