

Mercy HealthPlex SeaWolves FAQ

How do I register?

Registration is easy! New families need to come to our open house nights. See website for times and location. Be sure to bring your swimmer and have them ready to swim for the coaches. They will be evaluated and placed in the appropriate training group. All families will register with the front desk at the HealthPlex. Fees vary depending on practice group level. These fees will be posted on registration form.

What is the USA Swimming Membership?

It is required that all MHSW swimmers have a current USA Swimming membership. This membership not only supports swimming throughout the country, it also provides accident and medical insurance for every swimmer and every club. Each swimmer is covered at any organized practice of MHSW and at every competition that is USA Swimming sanctioned.

What forms of payment can I use?

Check, Visa, MasterCard, Discover, American Express (We do NOT accept cash)

How well does my child have to swim to join SeaWolves?

Because SeaWolves are not "swimming lessons" we ask that a child can "swim" one length of our 25-yard pool safely and without assistance. The stroke does not have to be perfect or even pretty. We will fix that!

Do I have to "try out" for the team?

Mercy HealthPlex SeaWolves holds in-the-water evaluations for level placement to ensure swimmers are put in a practice group that best suits their age and ability. If the swimmer still needs some more swim lessons, we will let you know after the evaluation.

How long is the swim season?

SeaWolves swimmers swim all year, but there are two "seasons". Short Course season starts in mid-August and ends with the championships in late-Feb/early March. During the Short Course season, the swimmers compete in 25-yard pools. Long Course season starts in April and ends with the Championship meet in early August. During Long Course season, the swimmers will practice at the HealthPlex pools and also at the 50-meter pool at University of Cincinnati a couple afternoons a week. All of the meets during Long Course season are held in 50-meter pools. We register swimmers for one season at a time.

How many days a week does my child have to practice?

Mercy HealthPlex SeaWolves understand that families are busy. We offer practice for each level as shown below. Coaches encourage swimmers to attend as many practices as possible in order to make the most progress throughout the season. Monthly practice calendars are posted on the website. The Groups below and Practices offered:

- *Discovery Group - 3 - 45 Minute water sessions*
- *Learning 1 Group - 3 - 1.0 Hour Water Sessions*
- *Learning 2 Group - 4 - 1.0 Hour Water Sessions*
- *Envision 1 Group - 5 - 1.5 Hour Water Sessions*
- *Envision 2 Group - 6 - 1.5 Hour Water Sessions*
- *Performance 1 Group - 6- 2.0 Hour Water Sessions*
- *Performance 2 Group - 6 - 2.0 Hour Water Sessions*

My swimmer does other sports, can they continue these?

Mercy HealthPlex SeaWolves do not have any practice requirements. So, this means they can continue with other sports and in fact we encourage your swimmer to do other sports. This will help with athleticism and a more well-rounded athlete. As your swimmer develops and if they choose to just swim that is ok too!

What if my swimmer needs to miss practice?

Since we do not have practice requirements there is no penalty for missing practice. We just ask that you kindly let us know when your swimmer needs to miss practice. This allows us to know our attendance so we can plan for practice.

Are there volunteering hour requirements?

Mercy HealthPlex SeaWolves do NOT have a volunteer hour requirement. Although we will have volunteering opportunities, they are strictly voluntary.

What volunteer opportunities are there for me as a parent?

Parents keep our team running! We rely on families to participate in our fundraising activities throughout the season. These can include:

- *Fundraisers. More info during seasons.*
- *Obtaining sponsorships from area businesses*
- *Timing at meets*

What equipment will I need for practice?

You will need a swimsuit. We recommend a one-piece suit for girls and tight swimming shorts (jammers) for the boys. You will also need a pair of goggles and a swim cap (Provided by the team). After the season starts, coaches may ask swimmers to purchase equipment that is specific to their group.

Are swim meets required?

Swim meets are not required, but they are strongly encouraged. They are the best way to measure your improvement, and they are lots of fun.

How do I know what swim meets are coming up?

The season meet schedule is posted on our website.

How do I sign up for a swim meet?

Click on home page and select meet you want to sign up for. Most meets are Friday, Saturday and Sunday. You can choose to swim one, two or all three days of any meet.

Do swim meets cost extra?

Yes, usually price for meets is broken down per event swam.

How do I know my child is ready to participate in a swim meet?

Your coach will let you and your child know when he is ready to swim at a meet. Meets are a learning experience and kids are encouraged to participate as soon as they feel comfortable.

Do I get to choose the events my child swims at a meet?

Yes! when you log on to our team unify page and commit to a meet you will be able to select events. However, the coaches reserve the right to change events to expand the swimmers base of events and to try a variety of events. The coaches will not put your child in an event they are not able to handle.

What is the required team uniform?

MHSW requires a team cap, a team suit, to be worn at meets. Caps and Suit are part of registration and will be taken care of by the swim coaches and our vendor at SwimVille USA.

Should my swimmer swim for High school or Club?

They can swim for both! During the high school season club swimmers must only swim competitions for their high school. This usually runs December – February. Once high school season is over and before high school season begins, swimmers may compete for their clubs.

Club swimmers can train all year round with their club team. Even during high school season.

What's the difference between Summer club and USA Swimming?

USA Swimming is the governing body for swimming in the United States. These meets and times are recognized throughout the country with other USA Swimming Clubs.

While Summer league has it's benefits for young developing swimmers. Older swimmers should know these times will not be recognized upon to return to the club. However summer club swimming is a great environment for having fun.

If you think of any questions that you feel should be included on this list, please email Coach Alex at AlexLewis@MercyHealthPlex.com