



NCAP 101



WORKOUTS

1. **What happens if we can't make a practice?**

Please do your best to communicate with your coach if you are going to miss a practice. Coaches also need to know why so that they are prepared to coach your swimmer at the next practice. One missed practice here and there is not a problem. Beyond that we begin to miss your kids!

2. **Do you want parents watching swim practice?**

We have found swimmers perform best when they don't feel like fish in a fish tank. We don't allow parents on the pool deck during practices. Parents are allowed to watch, and each site has a different viewing area, but again, not on the pool deck. We feel it's important to see what is happening during practice but not to the point of criticism. If we as a staff feel the watching practice is out of hand, we will ask parents to leave for the betterment of your swimmer and their sport.

3. **Do we need to swim long course in the spring/summer?**

We think it is important to experience long course, but we are not going to require it of everyone. These meets are a part of our year-round commitment, but with limited use of 50 meter lanes it is not required. We offer practices Long Course (LCM) when developmentally appropriate.

4. **Can I come to a different practice time?**

We do not allow swimmers to drop in a practice not already scheduled. We always ask you email and contact the coaches first. There are a lot of factors that go into planning workouts and lane space. We want to ensure a quality workout for all swimmers and maintain intervals. We also understand swimmers have scheduling conflicts and other sports and will try our best to work something out on an individual basis.

SWIM MEETS

1. **What are the dates for swim meets?**

J&M Swim offers meets that work best for our team as a whole. Please refer to the Meet Calendar posted on our team unify site and emailed to families prior to the beginning of the season. Your coaches will probably send it again in their emails to the individual training groups. Please note we may add more meets as

we see fit. The swim meet calendar should be posted somewhere in your house for the swimmers to easily see. The rest of the long course meets, for summer, will be sent out later in the Spring.

2. **Is technology allowed at meets? if not, what do swimmers do between events?**

We do not recommend any electronics at the MINI (9 & under) Meets. They are usually a big distraction or get lost with that age group (but in the past years with parents being asked to watch from outside as a COVID precaution we understand that many of the younger swimmers do have a phone now). Card games, reading, and homework is all encouraged. The options are endless! We encourage all the age groups to put down their electronics. We really encourage the swimmers to use meets as an opportunity to team build and to engage in conversation considering so much time with swimming is in the pool not talking.

3. **Do we have to swim at all meets?**

No, however, we are a competitive team and meet participation is required in some form. If you miss a meet for another sport or vacation that is understandable. But keep in mind most meets later in the season require qualifying times and missing a meet result in missing an opportunity to get a cut based on these early in the season qualifying times.

4. **What food can be brought to meets?**

We ask that healthy foods and drinks be brought and sugar snacks left at home. Our recommendation is if it can be found around the PERIMETER of a grocery store, you can bring it. Nothing heavy and always use half portions. Be very mindful of allergies as we don't want an accident at a meet or practice.

5. **What are the qualifying times?**

All qualifying times for Potomac Valley Swim (PVS) can be found on their website under Meets Schedule. Simply select the meet name and the qualifying times can be found on the meet announcement. Meet announcements are usually posted a month prior to the meet or more. We also email all meet announcements when they are officially open and posted.

6. **How do we sign up for meets and do the kids pick which events they will swim?**

All meet signups are on Teamunify under the EVENTS tab. From there it will be under swim meets. Please remember that not all meets are for all the swimmers, so read the information carefully. A coach always has the final say in events and sometimes the coach and swimmer will discuss what the best events are to swim. Otherwise, pick your events and then if there is an issue it will be communicated by coach talking to swimmer or email.

7. **Can we swim one of two days of a swim meet?**

You can swim one day of the swim meet but two days is encouraged. You get what you put into this sport.

8. Do you allow deck entries at swim meets?

If the meet director allows deck entries, (late entries introduced on the deck of an ongoing meet) then we can do it. But the entries fees are more money \$\$\$. So, cash on hand is needed to deck enter your swimmer. You must be already entered in the meet, you cannot just deck enter. This is new as of 2022-23 season, due to SWIMS 3.0 and the need to do a recon of all athletes to ensure they are registered and in good standing.

9. What swimsuit should swimmers wear at meets? Fast suits (tech suits)— what do you expect?

It is our view that no swimmer **needs** a Tech Suit to swim fast. The best suit to use for meets as an age grouper (12& unders) is the Aqua Blade or Fast Skin suits. Those are moderately priced and provide a middle of the road between practice and tech suit. All suits that go to the knee (called knee skins and jammers) *should* have a green check mark showing they are approved for 12 & under competition. The newer suits for 12&U are starting to eliminate the green check mark. Remember this only applies to swim meets.

<https://www.usaswimming.org/docs/default-source/rules-regulations/tech-suit-restrictions/12-under-approved-suits-2-18-21.pdf>

Tech Suits can be used when they are 13+ years old but should only be used for championship meet. Also, just because your swimmer qualifies for one of those meets, this does not mean they need to wear the Tech Suit. Please remember that we are a SPEEDO team. Swimmers should be wearing Speedo suits, especially in championship meets if possible.

10. What does unattached mean as a swimmer?

When you change swim teams, you must remain Unattached for 60 days since the date of your last competition. It means you cannot score points for NCAP. This does not stop you from swimming in meets, however during this 60 day window you cannot swim NCAP relays or participate in certain selection meets.

11. Do we swim against the same teams each year?

Yes, for the most part. We will always swim in PVS meets (our local swim committee/governing body) with the occasional travel meet against other teams outside our local area.

TRAVEL

1. Do we travel to meets outside the LSC?

Travel meets are based on time standards and are by either recommendation from the coach or selection. We prefer swimmers set their goals to the local

championship meets. We will encourage participation if time standards are met in the NCSA Age Group Meet in Florida.

TEAM PROGRESSION & GENERAL INFO

1. What are volunteer sessions or hours?

Service in the form of sessions worked at meets or hours are required by all families with swimmers in the competition groups. The date range is September to April to complete this. Volunteer sessions or hours can include any meet volunteer position, officiating, and donations to occasional social events (Like the Friday morning practice after Thanksgiving when we have pie). We offer many opportunities to volunteer, and we hope you complete your session or hours. Otherwise, there is a charge PER SWIMMER. All volunteer sessions or hours can be entered on the google form under 'volunteer verification form' box on the right side of the www.JandMswim.com Teamunify website.

2. When do kids move up? Do you do mid-year moves?

Movement from one group to another will be solely at the coach's discretion. If your swimmers don't come to meets on a regular basis or miss practices consistently, do not expect them to move up. Move ups are done based on a number of factors but these are the criteria we are looking for:

1. Is the swimmer successful in the current group?
2. How many days a week are they training?
3. Does the swimmer attend practices regularly?
4. Are they eager for the next level or step?
6. Can they handle the current workload during workouts and maintain the pace of the next group?
7. Are they swimming appropriate events at meets?
8. Can the swimmer effectively communicate on an appropriate level with the coach?