

Cardinal Hill Swim Team FAQ

Q: Is attendance required at all practices and meets?

Attendance is important in order to improve skills (as well as for team unity), but is not required for each and every practice. Practice times are specifically staggered in order to appeal to and accommodate a wide variety of schedules. The CHST coach does need to know whether or not your swimmer will be participating in each swim meet, at least five days prior to the scheduled meet.

Q: Is there a team uniform?

There is not a required uniform, however we encourage swimmers to wear black / red swimsuits and their CHST t-shirt. A link to an online "swim store" will be shared with parents early in the season, and each swimmer will be provided one CHST t-shirt with registration.

Q: Who runs the meet?

Parents and volunteers do! We need volunteers to help run every meet. The team will benefit from your support and you will reap the benefits of being involved with your kids and their friends. Plus, a front row view of all the action in the pool! The jobs do not require any swim experience. **NO VOLUNTEERS = NO MEETS!**

Volunteer jobs include: timers, clerk of course, concessions, officials, runner, scorer, and ribbon writer.

Q: What events can my child swim?

Swimmers can do up to 3 individual events (I.M., freestyle, backstroke, breaststroke, or butterfly). They may be in 2 relays.

Each meet has 82 events. Event #81 and Event #82 are actually the Assisted Swims and they occur first (before Event #1). The second half of the meet starts at Event #41. (This is important, you will need to remember this for your volunteer position.)

Q: What do we bring to a meet?

- swimsuit, cap, goggles
- 2-3 towels, a set of dry clothes
- chairs, shade tent or umbrella if you have one
- money for concessions and/or food, snacks, and drinks
- Sharpie marker, fine tip (kids typically write their events on their hand or arm)
- sunscreen
- TEAM SPIRIT!

Q: When do we arrive?

Swim meets typically last from 6:00pm until -9:30 pm. Warm-ups start @ 5:00pm for home meets and 5:30pm for away meets. **Please plan on arriving by 4:30pm for home meets. Allow extra time for neighborhood parking, as it fills quickly.** The team will need to help

setting up for the meet. At both home and away meets, please check in with your coach immediately upon arrival. Attendance is critical!

Q: What if the weather is inclement?

Meets will go forward if there is rain, but, of course, not during a thunder or lightning storm. If the lifeguards see or hear lightning / thunder, they will suspend the meet until at least 20 minutes have passed since the last thunderclap or lightning. Therefore, please bring your child to the pool even if the weather is rainy. Often, a storm will pass and we can proceed with the meet, even after a late start or a suspension of the races. If we can get through 40 events it is considered a sanctioned meet.

Q: How do I know which events my swimmer will be swimming?

This varies from meet to meet. Sometimes a heat sheet will be emailed to you prior to the start of the meet. Some teams will sell heat sheets. In the past, the coaches have also posted lists with age range, gender & event(s) on a fence or wall near the area where our team was sitting. On that list would be your child's name, each event number they entered in, what that event is (freestyle, backstroke, etc.), the heat and the lane number. If it is not posted, the coaches will have that information. The coaches will be more than happy to write your child's events on his/arm (this is what the Sharpie marker is for).

For the first meet, your swimmer will be listed as a "NT" meaning they do not have an official time yet. Once they have an official time, it will be recorded as their "seed time". At the next swim meet, their heat will be based on this.

The events are posted in order, usually alternating girls (odd) and boys (even) events.

If you find some of the swimming lingo confusing please refer to the Swimming Terminology sheet, or just ask. (There are no dumb questions! We promise.)

Q: How does my swimmer keep track of their events?

Swimmers typically write their event numbers/heats/lane numbers on their arm with a Sharpie. (i.e. "# 22 H1 L2 Free" means swimming the "22nd Event, Heat 1, Lane 2, Freestyle"). Bring a small pad of paper to list your swimmers events for your own reference.

Q: How does my swimmer know when it is time to swim?

Please listen very carefully to the events being called. Your child should report to the Clerk of Course (also known as the "bullpen"). The Clerk of Course volunteers organize all the swimmers in that heat by lane number.

Q: What do I do during the meet?

- Look and listen for your child's events.
- Encourage your child to cheer for their teammates when they are not swimming. Your child should talk to their coach after their race.
- Please let your child know to sit quietly and listen when they are in the bullpen.

- All races are scored by time. Sometimes the first swimmer to the wall in each heat will receive a heat ribbon, but not always. This depends on the swim meet.
- Please stay back from the timers and officials volunteering, so they have plenty of room to do their jobs. IF YOU WANT A FRONT ROW SEAT - VOLUNTEER AS A TIMER!

Q: I volunteered to help. What do I do now?

Locate our volunteer coordinator or a board member and they will get you started. If you brought food to donate to concessions, please deliver those items to the concession stand.

