

### **Who should participate in Seapups?**

Seapups is for swimmers ages 4 and 5 who can stay above water without assistance but need to learn how to freestyle and backstroke. The purpose of Seapups is to increase the confidence of young swimmers, make them safer, stronger swimmers, and prepare them to join the Seawolves in the future. Seapups is not swim lessons so it is not for children who cannot stay above water on their own. Seapups are not required to have team suits or to participate in Rookie Week. Seapups will compete in the Seapups Invitational meet in mid June.

### **Who should participate in Seawolves?**

Seawolves is for swimmers ages 4-18 who can cross the pool fairly easily without assistance. Swimmers need to try out for the Seawolves by swimming once across the pool unassisted during Rookie Week.

### **What is Rookie Week?**

Rookie Week takes place before the swim season begins and it is a requirement for all swimmers new to the team. Swimmers try out for the Seawolves by crossing the pool once unassisted. They may swim whatever stroke or style they prefer, including underwater, as long as they cross the pool without help. The exact date of Rookie Week varies each year, but takes place during the spring before the season begins. During Rookie Week, coaches are available to help swimmers train and prepare for their tryout. Swimmers are welcome to come multiple days for training and preparation and may try out multiple times during the week.

### **Are team suits required? Where do I purchase my team suit?**

Yes, team suits are a requirement for participation on the Seawolves but not the Seapups. Typically team suits will be purchased through a website provided by the team. While we attempt to use the same suit for multiple years, factors outside of our control sometimes prevent that from happening. Before the season begins, information will be provided about how to purchase team suits and try-on dates will be advertised. Swimsuit sizes vary from brand to brand so trying on a sample suit before purchasing a team suit is highly encouraged. Suits can take time to be printed and arrive so as soon as you know what size you need, it is important to order the suit. The link to order suits can be found on our webpage under "Links."

### **Are swim caps required?**

While not required, swim caps are highly encouraged. Each swimmer is given a free latex Seawolves cap when they join the team. Additional silicon caps can be purchased from our merchandise table during meets. Our vendor, Zone Swim, does offer caps but they will not print them until they reach a certain number of orders so we cannot guarantee when those caps will arrive.

### **When does the season start and how long does it run?**

Seawolves season begins after the high school swim season ends, which is mid-May. It runs through the end of June. Swimmers who qualify for time trials and finals can choose to continue to train through mid July. Time trials takes place on the second weekend of July and finals on the third weekend of July.

### **When are practices?**

We cannot give absolute times for practices until after registration is completely closed because we won't know how large each age group is. However, practices run five days a week between the hours of 4:00 and 7:00. Each age group is assigned one hour of practice.

### **When are meets?**

Swimmeets begin at the end of May/beginning of June. They are on Tuesday and Thursday nights, typically beginning at 5:30 (swimmers arrive at 4:30 to warm up) and running until about 10:00. Swimmers 6 and under only complete in the first half of the meet.

### **What events do swimmers compete in?**

Swimmers 6 and under can compete in the freestyle relay, 25 meter freestyle, and 25 meter backstroke. Depending on the size of the meet, your swimmer may only swim two events. Swimmers 7-8 years old compete in the freestyle relay, 25 meter freestyle, 25 meter backstroke, 25 meter butterfly, 25 meter breaststroke, and the medley relay. Swimmers 9-10 years old do all of these events and can also compete in the 100 meter individual medley. Swimmers ages 11-18 swim 50 meters in each stroke. Each swimmer in ages 7-18 can compete in a maximum of 5 events (3 individual and 2 relays). Relay participation is based on an average of the swimmer's times in the three previous meets and is ultimately determined by the coach. Not all swimmers will compete in a relay. Swimmers 11-18 may also compete in the 100 meter freestyle.

### **How can I help at swim meets?**

I'm so glad you asked! Like all other youth sports, swim meets can't happen without the help of our awesome parents! Each family pays a \$100 deposit during registration which is refunded to them at the end of the season if they have completed their four volunteer spots. Parents can sign up for volunteer spots on our website once we have determined when and where the meets will be held. Typically, the volunteer sign-ups will open around the beginning of May. Volunteer opportunities include lane timing, recording times, helping in the snackbar, running time sheets back and forth to the data entry station, hosing down the sidewalk so that it's not too hot for our little swimmers, changing trashbags, monitoring the shallow end of the pool during meets, or helping out at our fundraiser.

### **Is there a fundraiser?**

Yes, we typically have one fundraiser per season. The last few years it has been a tri tip dinner. Each family is given tickets to sell at the parent meeting at the beginning of the season. The exact details of the fundraiser will be determined each season.

**What are time trials and how does my swimmer qualify?**

Time trials take place during the second weekend in July. Swimmers only attend if they have met certain time standards. The time standards are found on the Seawolves website under “documents.” Three different time trials take place during the weekend and swimmers who place in the top 24(?) of those three meets combined will continue to Valley Finals. Top relays also go on to finals.

**What are Valley Finals and how does my swimmer qualify?**

Valley Finals take place on the third weekend in July. Swimmers who placed in the top 24(?) of the three time trial meets combined will continue to Valley Finals. Top relays also go on to finals.

**More frequently asked questions and additional information is in the Seawolves Parent Handbook, under the documents tab.**