

Frequently Asked Questions:

What do I bring to practice?

- Goggles
- Fins (if you are 7 and above)
- Swim cap (if your hair is long enough to cover your eyes)
- Towel
- Bathing suit appropriate for swimming laps
- Avoid swim shirts as they limit arm mobility

How do I prepare my child for practice?

Arrive 10 minutes early. Change or come in suit. Have cap on, goggles and fins ready. 5 minutes before the start of that age group practice, swimmers should head to the pre-practice area. Coaches will give an over-view of what they will work on during this brief meeting.

Am I automatically signed up for each meet?

No. You must sign into each meet on our Team unify website. Click on each meet, and choose to commit your child. You must do this individually for each child with the drop-down menu. Click save changes after you have done this each time.

Can I sign up last minute?

We recommend signing up for all meets you are even considering attending. It is much easier to take a swimmer out of a meet than put him or her in last minute. There are deadlines for each meet entry. You will receive reminders via email that the deadline is approaching. Some of the bigger meets will require you to commit even sooner.

What if my child gets sick or has a lasts minute conflict and cannot attend the meet?

Please email Coach Scott, Meghan Pariso and Andrew Abranches to inform them. This allows them to make the necessary adjustments quickly. Their emails are listed on the website.

Do I choose the strokes my child swims?

For all Dual meets, Coach Scott picks what your child will swim. For INVITATIONAL MEETS, you choose the strokes. You do that by committing to the meet, and selecting

the strokes to swim as guided. The instructions will tell you how many you can sign up for. Usually the max is 3 or 4 individual events.

What are Invitational meets?

Those are meets that have more than 2 teams in attendance. You choose the strokes your child swims in these meets. **THERE IS A FEE FOR EACH EVENT THEY SWIM- THESE ARE KNOWN AS SPLASH FEES.** Each family is billed at the end of the season for their Splash Fees. It is approximately \$5.00 per event and \$5.00 for relays.

The following meets are considered ***Invitationals:***

- PHAQ 9 and under meet- Saturday, May 30- * Only kids 9 and under are eligible for this meet.
- Battle of the Ages: June 20th and June 21st- (2 day meet where each child swims against ONLY their age) i.e.- if you are in 7-8s, you only race 7 year olds). This meet has different events that allow swimmers to do double distance if they choose.
- Walnut Creek All City Meet- June 27th and 28th (2 day meet at Heather Farms with multiple Walnut Creek Teams)
- Scottsdale Invitational: July 22: This meet is hosted by us! Last chance for a swim or to reach for the County Time.
- County: July 31, thru August 1st and 2nd: This is meet that swimmers must qualify for. There are specific times for each stroke and event needed to attend this meet.

What is the difference between a League and Non-League Meet?

League meets are dual meets with the 7 other teams in our league. Points are scored according to places earned. These usually take place on Wednesday evenings and Saturday mornings.

Non-League meets are dual meets against teams NOT in our league. These may be on Thursday evenings, or Wednesdays and Saturdays. These are additional opportunities for kids to swim. Coach Scott may have kids swim strokes they don't typically swim in these meets with the goal of making them well-rounded swimmers.

What should I bring to a meet?

- Multiple towels for your swimmers
- Warm clothes for evening meets (parka if you have one)
- Goggles
- Swim cap (extra one in case it rips)
- Snacks
- Water

- Lawn chairs/blankets
- Pop up if desired
- Something to keep kids busy in between events (games, cards, coloring things)
- A highlighter and black sharpie (to mark the events on his/her hand)

If you have younger swimmers- it may be easier to mark their hands with the events BEFORE you get to the meet.

How do I mark their hand with their events?

Record the event, followed by the heat and lane:

MR (Medley relay)- 1-4 (Fly)-----This means your child is swimming in heat 1, lane 4, and swimming Butterfly.

FR-2-6. (Freestyle- heat 2, lane 6)

BR-3-2 (Breaststroke- heat 3, lane 2)

How do I know what my child is swimming that meet?

Swim assignments will be posted on the website approximately 2-3 days before the meet. This is under the **MEET INFO TAB – under LANE SHEETS**. Find your child's name and look at which strokes are marked for that meet. Also check to see if they are in a relay, and what stroke they are doing.

The day of the meet, or the evening before, MEET SHEETS will be posted on the SSC website under the same tab (MEET INFO- LANE SHEETS). This is where you will find the specific heat and lane your child is in for each event. You will be able to see the other swim team's information as well. Ideally, you print these off, high-light your child's name and events, and bring this to the meet.

Meet sheets are also posted on the board by the kitchen and bathrooms (if you weren't able to look ahead of time).

I see a number by their name for FR (FREE RELAY)

This is the number order in which they will be swimming. There are 4 swimmers in a relay.

Why do only 2 or 3 kids swim IM (INDIVIDUAL MEDLEY RELAY) for each age group?

There is only one heat of IM races per age group. This limits the amount of kids who swim this event.

I notice my child is not listed in the Wednesday night meet this week, even though we signed him/her up. Why is this?

The amount of heats we are allowed to have is limited on weeknights. This is why we always follow it with a Thursday night meet. If your child did not get placed in the Wednesday meet, he/she will definitely swim in the Thursday evening meet. Our coaches do their best to swim as many kids in as many strokes as possible.

What time should we arrive at meets?

If it is a home meet, we are the first to warm up. Arrive one hour before the meet starts (8:00 am on Saturday mornings, for a 9:00 am start. Arrive at 5:00 for evening meets for start time at 6:00 pm. If we are away, warm ups will begin 30 minutes before the meet starts. Usually little kids warm up first, followed by the older children.

What is the order of events at the meet?

- Team meeting with coach (10 minutes before meet starts)
- Medley relays
- IM
- Freestyle
- Breaststroke
- Backstroke
- Butterfly
- Free Relay

The meet starts with the 6 and under age group for all events and goes up in age.

How do I best communicate with the coaches?

It is usually best to email Coach Scott a specific question or concern. When he is on deck, he is busy coaching and keeping the kids safe. He responds well to emails.

How do I sign up for lessons with the coaches?

Sign- ups for lessons are done online. The link will open at 6:00 am Tuesday mornings for lessons offered the following week. They are offered on a first come- first serve basis. Lessons are private and 15 minutes in duration and take place Tuesdays through Fridays. Lesson prices vary according to the coach and level of experience. Lessons take place between 12:30 and 2:00.

