

General Swim Team Questions

1. What is the swim team and why would I want my child to participate?

It's fun and a great way for kids to stay active. It builds confidence. It's a great way for your child to make new friends. It's a great way for you to meet other parents.

2. Who can answer my questions about the swim team?

Michelle Schultz, Brian Herron and Megan McGee-Herron are the swim team parent coordinators. They can answer most of your questions or direct you to someone who can. You can contact them at haddonglenparentassociation@gmail.com.

3. What strokes do the swimmers use in competition?

Freestyle, backstroke, breaststroke, and butterfly.

4. What swimming strokes does my child need to know to join the team?

We welcome swimmers of all experience levels. For our 5-6 swimmers, they should be able to put their face in the water and blow bubbles. We also have a learn to swim program for younger swimmers to build basic skills.

5. I see that there are different age groups for the swimmers. How does that work?

The practice age groups are 5-6, 7-8, 9-10, 11-12, 13-14, 15-18. Every other year your child will have an "up" year when they are the oldest in their age group and a "down" year when they are the youngest in their age group.

6. What is Tri-County?

The Tri-County Swimming Association is an organization representing 34 summer swim clubs in three counties (Burlington, Camden, Gloucester.) Haddon Glen is one of the 34 swim clubs. You can visit the website at www.tricoswim.org for more information.

Tri-County is also used as a shorthand for the "Tri-County Championship Meet" that is held at the end of the summer swim season. To attend Tri-County a swimmer must qualify by swimming a fast time in the particular event. The times required to qualify for each age group and stroke are listed on the Tri-County website.

Swim Team Practices

1. How often and when is practice?

The practice schedule is available under the Swim Team tab.

2. Should I stay and watch a swim practice?

You're welcome to watch from the snack stand seating area. Please refrain from talking with the coach during practice. Practice is when the coach spends time with the swimmers. Please hold your questions for the coach until before or after practice.

3. What happens if we have a conflict and my child is not able to attend practice?

Discuss this with one of the coaches.

4. Does my child need to wear the team swim suit during practice? During a meet? What brand and where do I buy it?

Swimmers can wear any one piece suit for practice. The swim team suit for meets changes from approximately every 2 years. Swimmers who do not wish to purchase a suit are welcome to wear a black or blue suit to the meets.

5. My child attends a summer day camp. Can s/he still participate?

We are working on running a pilot program with summer early evening practices for swimmers age 7-12 who are in camp during the day to allow more members to join the swim team. More information will be available prior to swim team registration.

Swim Meets

1. What is a dual meet and what other kinds of meets are there?

A dual meet is held between two swim teams. One swim club is the host team and the other is the visiting team. Haddon Glen participates in five dual "A" meets and around three dual "B" meets. The schedule is posted on the Swim Team page.

TriCounty Championships are held the first weekend of August. Swimmers must swim a qualifying time for their age group for individual events. Relays are set by the coaches at the end of the season.

There may be additional meets offered by other clubs and advertised at www.tricoswim.org.

2. When are the meets?

"A" meets are Saturday morning. The coach will tell you when to have your child at the meet for warmups. Time will depend on whether we are home at Haddon Glen or away.

"B" meets are on Wednesday evening. Again, the coach will tell you when to have your child at the meet for warmups.

A schedule of the meets for the season is available on the Swim Team section of the Haddon Glen website.

3. What is an "A" meet and what is a "B" meet?

"A" meets are competitive and the results determine what division Haddon Glen will swim in next year. At the end of the swim season the team with the best record moves up a division and the team with the worst record moves down a division.

"B" meets are not as competitive and the results have no effect on Haddon Glen's standing in the division. This does not mean that the kids swimming in B meets are any less talented and often you will see swimmers from the A

meet swimming strokes that they are not able to swim in an A meet because their times are not as competitive. B meets also have kickboard races so our youngest team members can still participate.

"A" meets are held on Saturday mornings and have 66 events that include all age groups. "B" meets are held on Wednesday evening and are generally only for swimmers ages 12 and under. "B" meets have fewer events (no relays). B meets are more relaxed events and can be a great way to get kids (and parents) used to how a swim meet works.

4. Can a child swim in both A and B meets?

Yes. Coaches select the swimmers for the A meets based on times. Everyone is welcome to sign up and select 2 events for each B meet.

If a swimmer has qualified for the Tri-County Championship Meet in a particular stroke they can't swim that stroke in a B meet.

5. How do we know which meet my child will swim in?

You will be notified on the Thursday before the meet if your child is swimming in the A meet. On Friday night at the pasta party, the list of events is posted (and also emailed) so you can see what specific events your child is swimming.

6. How many meets will my child participate in?

It depends on a variety of factors including your child's swimming ability, the availability of other children within the age group, and coaching strategy.

The summer swim season is relatively short (five weeks) with only five dual meets.

7. How long does a meet last?

"B" meets are usually 2 to 2.5 hours.

"A" meets are usually 2.5 to 3 hours long.

8. What teams will we swim against?

It depends on the division. The teams in each division are listed at the Tri-County website: www.tricoswim.org

Haddon Glen is currently in the "C" division.

9. What can I do to help prepare my child for a meet?

Have your swimmer eat a healthy diet, get plenty of sleep, bring a water bottle to the meet, and have them to the meet on time. Advise them to listen to the coach and to have fun! Cheer them on too!

10. What is a relay? And what stroke(s) do the swimmers use?

Relays consist of four "legs" with a different child swimming each leg. The distance varies with the age group from 100 meters (four lengths of the pool) for the younger age groups to 200 meters for the older age groups. You can review the full list of events to get a feel for where the relays occur in the meet.

There are two types of relays: medley and freestyle. The medley relay has four different legs: backstroke, breaststroke, butterfly, freestyle. The freestyle relay has four legs of freestyle.

11. How is it determined what swimmers will be on a relay?

The coach makes this decision. There are a variety of factors involved.

12. How is the winner of a dual meet determined?

The fastest swimmers in each event earn points for their team using the following scale:

Individual events: 1st = 5 points, 2nd = 3 points, 3rd = 1 point

Relay events: 1st = 7 points, 2nd = 0 points

13. What does DQ mean?

Disqualification - this can happen for a variety of reasons including starting early (false start), leaving the diving block early in a relay, performing an illegal stroke, performing an illegal turn, not touching the wall with two hands during a breaststroke turn, etc. If you'd like to learn more, see the Swim Meet Officials section below.

14. Does my child have to participate in every meet? What happens if my child has a conflict for a meet?

Without consistent participation the team will have a poor season, but conflicts happen. Let the coach know in writing as soon as possible if your swimmer will not be able to attend a meet.

15. How do swimmers earn ribbons and medals at meets?

In dual "A" meets, ribbons are given for the first four places in individual events and first place in the relay events. In "B" meets, ribbons are given to all participants.

The policies vary with championship meets and are usually posted at the websites associated with the championship meet.

16. What is Tri-County? When and where is it?

The Tri-County Championship meet (34 teams) is held in early August. The [Tri-County Web Site](#) will have the details. It's an amazing event and you should encourage your swimmer to go if they qualify. Haddon Glen will be hosting this event in 2026.

Swimmers may participate in at most two individual events and two relays.

17. How are the results of the meet posted?

The team results will be announced at the end of the meet.

Individual times are posted at the Tri-County web site within the week. A ranking of the best times is kept over the course of the season and is used for seeding (determining the order that swimmers compete) in the championship meet.

18. How can I best help the team?

Support your child by bringing them to practice, preparing them for the meet and cheering for them and the team at the meets.

Volunteer to help out at a swim meet or with other swim team duties. It's an all volunteer effort and there is always something more that can be done.

Consider becoming a stroke & turn judge, starter or referee. The officiating is all volunteer and it always helps to have more people trained to step in when others have scheduling conflicts for a meet. You may also enjoy the meet more when you know the rules well.

It takes approximately 24 volunteers just to run a meet:

- 1 Starter
- 1 Referee
- 2 Stroke & Turn Officials
- 1 Place Judge
- 1 Head Timer
- 9 Timers
- 2 Stagers
- 3 Score Keepers/Records
- 2 Runners
- 1 Announcer
- 2 Ribbon writers

We always need people to bake/bring desserts and pasta dishes for Friday's pasta nights & other team events. We also need volunteers to help run some of the team's social events.

Swim Meet Officials

1. How is a meet officiated and who are the officials?

A swim meet will have a referee who runs the meet, a starter who announces the event and starts the swimmers, multiple stroke and turn judges, a head timer and multiple timers for each lane. You'll get the hang of the flow of events at an "A" meet very quickly. The pace is rapid since there are 66 events. The "B" meets are less formal and tend to be more chaotic, but just like the "A" meets they're fun!

2. I see some parents timing the events. Can I do that too?

Sure. At "A" meets there are three timers required on each lane. At "B" meets there are usually only two timers and one is all that is required since the times are unofficial.

If you are a timer make sure you use the strobe light instead of the horn for starting your stopwatch. This is why you may see timers craning their necks around the swimmers or other timers to make sure they can see the strobe light.

Although each lane has three timers, there will be two timers from the opposing team timing your swimmer. Likewise we will have two of three timers doing the timing for the opposing team's lanes.

Parents can also be place judges. A place judge records the order of finish and acts as a cross-check to the timings in each lane.

3. Why do the timers have to go to the other end of the pool for some events?

The 8 & unders and 9-10 groups have some 25 meter events. They dive off the blocks (or start from the wall for backstroke) and swim one length of the pool. The timers have to see them touch the wall so they are located at the opposite end of the pool from the starting blocks.

By the way, it is legal to start from the side of the pool instead of a starting block. You may see this with some of the younger swimmers who are not comfortable diving yet.

The 11-12 year-olds and older have all 50 or 100 meter events. They start and end on the same edge of the pool by the starting blocks.

4. Hey, my kid was just DQed! What can I do about it?

Talk to your coach. Do NOT talk to the officials.

5. I'm sure that kid just did an illegal turn on his backstroke, but he wasn't called for it. Who do I complain to?

It's not really a parent's place to find fault with the officiating. If you feel strongly that there is a problem with the officiating then you should talk with one of the swim team representatives or the coach. They can best decide how to proceed, but the officiating is really under the direction of the hosting club's referee.

6. I noticed on the Tri-County web site that there is an error in the time that my child swam in a recent meet. How do I get that corrected?

Talk to a swim team representative. S/he will know best how to get the situation corrected.

7. It looks like there is a lot to do to run a swim meet. Can I help?

Yes! The meets can't run without parents' support.

Coaches, Parents, Kids

1. Who are the coaches?

Check out the Coaches page for more information.

2. How can I best help the coach help my child?

Bring them to practices regularly, prepared and on time. Be supportive and let them enjoy the sport. Let the coach do the coaching.

3. How do I let a coach know when we can't attend practice? Or be at a meet?

Please let the coach know in writing as soon as possible. It's necessary to put it in writing since the coaches are trying to coordinate over 100 swimmers on the team and a verbal notice will probably be forgotten.

4. What if I have an important message to tell the coach during a swim meet?

Wait until the coach is not busy and then briefly tell them your message. The coaching staff is focused on supporting the swimmers during the meet so please leave them free to do that as much as possible.

5. It looks like there is a lot to do to run a swim team. Can I help?

Yes! See a swim team representative for ideas.

6. I can't be at the swim meets. Can I help in other ways?

Yes! See a swim team representative for ideas.