

Championships FAQs

What is champs?

RCSL Championships is a large meet at the end of our season. It takes place at the end of July at the Bolles School (at the Tarver pool [smaller 10 lane pool]) . All teams from our league participate.

What does a swimmer need to do to be eligible?

Any swimmer who wants to swim at Champs needs to be officially registered with the team. S/he also needs to swim in THREE regular season meets & has to have swum an individual event during the regular season in order to be entered into that event for Champs. DQs count for qualifying times. A rained-out meet will count for one of the THREE.

What are the choices for events & how many can my swimmer do?

For 6 & unders, there are three individual events: 25 free, 25 back, 25 kickboard. S/he can do all of them. For 7 & up, there are 6 possible events and each swimmer can do 5. (So, basically, pick one NOT to do). Choices are:

7-8 y/o	25 free	25 back	25 fly	25 breast	50 free	100 IM
9-12 y/o	50 free	50 back	50 fly	50 breast	100 free	100 IM
13+	50 free	100 back	50 fly	100 breast	100 free	100 IM

How do we sign up for Champs?

Sign up on the OnDeck app or on the website. Deadline is usually the beginning of July.

When will my child swim?

You can see the schedule on the RCSL website:

<https://www.teamunify.com/team/rcsl/page/meet-schedule--results/championships> We won't have individual times for each event – but you can at least see the general time frame.

What about relays?

Championships is the only meet all year where we use results from the meet itself to plan the relays. That means that relays will not be posted until Sunday morning. Each swimmer can do two relays & we try to give every swimmer who wants to swim a relay at least one. There will be a sign up AT the tent on Saturday for you to let us know if you're not going to be there on Sunday for a relay. You can also indicate that in the notes when you sign up for the meet. 6 & under swimmers will have their relays on Thursday. 6 & Unders can also swim in the 8 & under relays on Sunday, but we usually do that sparingly. A coach will talk to any of the 6 & under parents before Champs weekend if we think I'll need your 6-year-old there on Sunday.

What should I expect when I get there? Whew! Crazy!! But, it's really fun. There is parking in both a big field off of San Jose Blvd as well as parking if you go into the main entrance of the school. You can also drop off your swimmers and stuff and then go park. This year we will have a 30x60 foot tent. You're also welcome to bring a pop up tent (limited space). You can keep your stuff set up there all weekend if you want to.

What should I bring? Our entire team hangs out under the tents for the weekend – so be prepared to settle in. Bring chairs, coolers, things to keep you occupied. Please be considerate of other peoples' belongings in the

tents. It gets crowded in there – so try not to take up too much space with your belongings & be considerate if you have to (slightly) move anyone's stuff. There are food trucks on Saturday and Sunday, but we would still recommend bringing snacks and drinks.

What about spectators? There are bleachers in the pool area for spectators. They're elevated on both sides of the pool. You can drop off your swimmer at Clerk of the Course (don't stay!!) and then go find a place to watch him. Once he's swum, head back to the tent. Repeat. Photography & videography are allowed but please don't take flash photography during a start. You also can't take pics or videos on the START side of the pool (even upstairs). Also, please be considerate of people around you – they all want to watch their swimmer just like you do!

Do I have to volunteer? Why yes, thanks for asking. Each family is required to do ONE shift at champs. Sign-ups will not be available until the week before champs. We will send out an email to let you know when they're ready for you. You can check what you signed up for on the OnDeck app if you forget!

What else can I do to help?

- We'll need people to cook for our spaghetti dinner on Thursday that week and also for people to help set up/clean up. Info about this will be sent out when we're heading into champs season.
- We need 2 parents for each 8 & under (Sunday) and 6 & under (Thursday) relay team.
- We need 1 parent for each 10 & under relay team (Sunday).
- We need parents in the tents to help make sure swimmers get to the clerk of the course. It takes a village to raise a child (and run a swim meet)!!!

What if something comes up, and we're not able to attend?

Champs are not mandatory, but we go through a lot to get each child entered in the meet. As soon as you know you're not going to be able to come, please let a coach know. You can also email flyingfishswimteam@yahoo.com. Please don't just be a no-show!!

I'm on the fence about whether we should participate . . . why should we come to champs?

Championships is a great way to end our season. The kids have worked really hard all summer & champs is a great way to showcase that improvement. Bolles is a fast pool – which means that swimmers usually drop time (sometimes significantly). If this is your first year with the Flying Fish –don't worry – there will be a lot of parents who are pros at all of this and can guide you through the weekend. Your kids will have a great time socializing with their teammates – Tent City is a great place to build team spirit and camaraderie. Champs is my favorite weekend of the entire year. It's SO much fun & the kids really enjoy it. Give it a shot!!

What else do we need to know?

- Overall, have fun! Enjoy the time spent as a team and watch your swimmer swim some amazingly fast times!!
- Thursday prior to Champs we will have a Spaghetti dinner - Times & details to follow. You do not have to be participating in champs in order to come to the spaghetti dinner.
- We generally do a team breakfast in the tent on Sunday. Look for a sign up sheet earlier in the weekend in the tent.
- The Season-Ending Awards Ceremony will be held in August (Date & Time TBD); It is for any swimmer who swam in a meet & their immediate families

- Championships No-Nos
 - No nuts of any kind (including peanut butter) – due to severe allergies
 - No alcohol or smoking in tent city
 - No cooking under the tents
 - Appropriate language, please 😊
 - No photography behind the blocks, during the start, or in the changing rooms