

MAST Frequently Asked Questions

Q. Does my child need to know all 4 competitive strokes?

A. They do not need to know all 4 strokes but they are required to be able to swim one length of the pool unassisted. They should also be able to float on their backs. Swim team is not meant to be swim lessons.

Q. Do we have to attend every practice?

A. Attendance is not taken. We understand there are family vacations, camps, etc. However, the improvements made in your child depends on how much practice they get.

Q. Do we have to attend every meet?

A. Each family is responsible for signing up for meets on our team website. If you mark "yes, my child will attend" then they will be put in that meet. If you mark "no, my child will not attend" or do not submit anything, they will not be entered.

Q. Are team suits required?

A. Team suits are not required but many of the kids do wear them. Suits can be found on the team website. Generally, kids will have practice suits and then a different one for meets.

Q. What are the practice times?

A. 7-8 AM- 13 & Up
8-9 AM- 11 & 12, experienced 10 yr olds
9-10 AM- 10 & under

This is a general guide. Coaches may ask certain kids to move based on ability and to even out practice times.

Q. Are parents required to volunteer?

A. Yes, it takes many parents to run a successful meet. There are many different positions that need filled (timers, bullpen, runners, ribbons, set up, etc)

Q. When are meets?

A. Meets are generally on Tuesdays and Thursdays either at our home pool or a nearby town. These are part of the registration fee that you pay at the beginning of the season. There are a few Saturday meets that are an additional charge that you can sign up for. The kids get to pick the events they want to swim (usually around \$4 per event).

Q. Does my swimmer need a cap?

A. Caps are not required but are highly beneficial for girls especially to keep their hair out of their face. Team caps are sold at meets.

Q. What do I need to bring to a meet?

A. Suit, goggles, a couple towels, some healthy snacks, some warm/dry clothes, blanket or lawn chair to sit in

Q. Does every swimmer get a ribbon?

A. The hosting team has their own set of guidelines but, at Metamora, all swimmers will get a ribbon for their events.

Q. Where do we find our ribbons?

A. We have family mailboxes that will be set out the mornings after meets. Find your family folder, grab your ribbons and take them home.

Q. I paid the registration fee, now what?

A. Once you are registered online just watch your email for updates on team apparel orders and other information. You can also follow the team on Facebook for more updates. We will see you on the first day of practice!