

# FAQ & WHAT IF'S.....

## **Do I have to make a year commitment to join the team?**

No, Our team us set up for you to swim by the month. We allow athletes to try other sports and hobbies. We highly encourage athletes to be multi-athletes and not be a “one sport” athlete. If you decided to take a break in the season, let the Head Coach know!

## **Does my athlete have to attend all scheduled practices?**

No, we have recommendations but not requirements on attendance. We know life can be busy. We do explain the more you give to the sport the more you will get out of it. Below is our recommendation for each group attendance.

Beginner Minis: 2 times a week

Advanced Minis: 2+ times a week

Bronze:2+ times a week

Silver: 3+ times a week

Gold: 4+ times a week

## **Does my athlete need to attend swim meets?**

No, we do not require swim meets. We encourage athletes to try meets at their own pace. We want them to be fully ready and confident before swimming at a meet. We work with athletes and families on the best first meet to try.

## **Do coaches pick my athlete's events for meets?**

No, our coaches give recommendations of events your athlete should swim but they do not pick them. We want the athletes to enjoy what they are swimming and enjoy the meet.

## **What type of swim suit does my athlete need for practice?**

We recommend for our male athletes to wear Jammers or Briefs. We recommend for our female athletes to wear one piece racerback suits.

## **What are the different suit sizes for different meets?**

Athletes have 3 different suit sizes. Practice suit, meet suit and tech suit. The practice suit is a suit that fits comfortably and is durable. The meet suit is a size smaller and tight. We do not want our meet suit to be too big. Our tech suit is a size smaller from our meet suit. This suit is for our 13 and over athletes only. These suits are suppose to be difficult to get on and are VERY tight. Below is an example of suit sizes

Practice Suit: 28

Meet Suit: 26

Tech Suit: 24

If you have any questions about suits, ask the coaches!

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## **What equipment does my athlete need?**

Depending on what group your athlete is in depends on the equipment they need. Below is a list of equipment we would like the athletes to have in certain groups.

Beginner Minis: None

Advanced Minis: None

Bronze: Equipment bag and Kickboard

Silver: Equipment bag, kickboard, Pull bouy, Snorkel

Gold: Equipment bag, Kickboard, Pull bouy, Snorkel, Paddles and tempo trainers

## **What if my athlete swims a state or higher qualifying time in High School Season?**

Depending on the meet depends if the time can be used. If the meet was in Minnesota and it was Sections, it needed to be observed. If the meet was in Minnesota and it was State, the times are eligible to qualify for other meets. If the meet was in Minnesota and it was a dual or invite meet, the times can not be used AND the meet can not be observed. If the meet was in North Dakota and it was EDC or State, the times are eligible to qualify for other meets. If the meet was in North Dakota and it was a dual or invite meet, the times can not be used AND the meet can not be observed.