

## FAQ by Swim Team Parents

### **How do I know if my child should be on the A/B team or preteam?**

Pre-team focuses on basic stroke work, such as improving kicking and teaching the essentials of backstroke, breaststroke and butterfly. The regular team focuses on developing technique in lap swimming and strengthening strokes in preparation for competition. On the first day of practice coaches will assess swimmers and place them into the group that will help them most.

If a child is unable to swim one length of the pool (25 meters) without assistance, then group or private lessons are recommended before they are eligible to join pre-team. If a child shows consistent ability in freestyle and one other stroke (back, breast or butterfly), then he/she should join the regular team.

### **Do coaches give lessons?**

It is difficult for the coaches to give daily individual attention to every swimmer due to the size of the whole team and the number of swimmers present at any one practice. Therefore, if swimmers would like to receive extra personalized work on a certain stroke they are encouraged to arrange private lessons from the coaches. All three of the coaches are available for lessons just about any time there is not a scheduled swim team practice going on. To schedule and pay for private lessons, please contact the coaches by email or talk with them at the pool. Please do not interrupt them while they are giving a lesson or running a swim team practice.

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### **Is morning practice for all swimmers?**

Yes, all Bannockburn swimmers are welcome to come to morning practice.

12 and under swimmers swim from 830-930am.

13 and older swimmers swim from 830-10am.

### **When is the best time to ask a coach a question?**

By email, before or after practice or when the coach is not giving a lesson.

Please do not disturb coaches during practice, as their undivided attention on the swimmers is necessary for smooth practices.

### **What if my child can't be there for a meet?**

If your child was scheduled to swim in an A meet and finds out that he/she can't be there, please notify the head coach before the Thursday preceding the Saturday A meet. Coaches must turn in a lineup of our swimmers to the other team on Friday. They strive to have all the slots filled and be accurate.

### **How do I know if my child will swim in an A meet or a B meet?**

A meets provide a competitive environment for dedicated swimmers to improve their times and contend against other swimmers. Every week the A meet lineup is determined by the coaches' discretion, with a strong consideration of the fastest three swimmers of each event in each age group. Some events (such as the 8 and under through 11/12 year old freestyle) have two heats, therefore the top 6 swimmers in each age group are entered. A meet lineups will be posted on the bulletin board by 6pm on Thursday.

B meets are for swimmers that also wish to demonstrate their stroke improvement in races and enjoy competition against Bannockburn swimmers and other teams. Everyone on the Bannockburn swim team is welcome to swim in B meets unless they placed 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in that event at an A meet the week before. Occasionally a swimmer who usually swims in an A meet might swim in a B meet, for a time only, not for a ribbon.

**The maximum number of events any one swimmer can swim at A meets is 3 individual stroke events (three of the following: freestyle, backstroke, breaststroke, butterfly) plus 2 other events (relays, individual medley), for a total of five events.**

**Swimmers who want to swim in a B meet must sign up for the events they want to swim at the B MEET SIGN UP SHEET by the Tuesday at 630pm before the Wednesday B meet. This is a new procedure as of June 2008.**

### **Will my child swim at the Divisional meet?**

The Divisional meet is the championship meet for the division. The divisional meet lineup is determined by the coaches' discretion, with a strong consideration of the fastest **two** swimmers of each event in each age group.

### **What is the Relay Carnival?**

The Relay Carnival is the divisional relay meet consisting of 22 events of boys, girls and mixed freestyle and medley events. Mixed events are composed of two boys and two girls. The relay carnival meet lineup is determined by the coaches' discretion, with a strong consideration of the fastest swimmers of each event in each age group. The **All Star Relays** are based on the results of the Relay Carnival for all events except the 175M Freestyle Relay. The first place relay carnival winners in each event except for the 175 M Freestyle events go to the All Star Relay Meet. For the 175M Freestyle Relays, the fastest relay time results from the Relay Carnival and the A meets will determine which team will go to the All Star Relays.

**What is the All Star Individual Meet?**

The All Star Individual Meet is the championship meet for the entire MCSL and is based on the swimmer's best time at the dual meets and the divisional meet. Generally the sixteen swimmers plus three alternates with fastest swim times across MCSL are invited in each event. A swimmer may compete in a maximum of three events.

**What is the Coaches' Invitational Long Course Meet?**

Invitations to the coaches' invitational long course meet are based on the swimmer's best time at the first three dual meets. Generally the eight swimmers plus two alternates with fastest swim times across MCSL are invited in each event. A swimmer may compete in a maximum of two events. Long Course meets are swum in a 50 meter pool and the distance for all events is doubled.

**How can I stay up-to-date with swim team activities and news?**

Parents should regularly read the information on the swim team bulletin board for updates. From time to time emails will be sent out by swim team coaches and parent volunteers. We recommend you regularly check the swim team website for updates at [www.bannockburnpool.com](http://www.bannockburnpool.com). Additional information can be found at [www.MCSL.org](http://www.MCSL.org).

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