

The Willoughby Stingers Swim Team

Swim Team (Parent) FAQs

Did you know that one of the best swim team's in Lake County is located right here in Willoughby? Does your child swim and would like to compete? Are you unsure of what is involved?

The following information should help!

1. What is "Swim Team"?

A swim team is where a child (age 6 to 15, by June 1) competes against children from other cities, using one or more of four strokes: freestyle (called front crawl in swim lessons), breast stroke, backstroke, and butterfly.

2. Does a swimmer have to try out for the team?

No. If the swimmer is 8-years-old or under, he/she only needs to be able to swim one (1) length of the pool (25 m.) unassisted; if the swimmer is 9-years-old or older, he/she must be able to swim (2) lengths of the pool unassisted. The coaches will work with the swimmers to expose them to all four strokes, as well as get them in better condition. Your only true competition is the clock.

In addition, the coaches will be offering private swim lessons for a small fee. You can sign up for as few or as many lessons as you desire. Please see a coach for further information.

3. Does the swimmer need to attend practice every day? What are the practice times? What about vacations?

8&U swimmers need only attend practice twice each week in order to swim in that meet. Swimmers 9 & over need to attend practice at least three times in a week in order to swim in the following meet. However, just like any activity, the more one puts into it, the more one gets out of it.

Practice times are as follows:

<u>Age</u>	<u>Practice Time</u>
13-15	8:00 - 9:15 a.m.
11-12	9:00 - 10:00 a.m.
9-10	10:00 - 11:00 a.m.
8&Under	11:00 a.m. - 12:00 p.m.

The swimmers are allowed to miss practice and/or swim meets due to vacations. Let your coach know via the "Missed Meets" Book, available in the parent mailbox at the pool.

4. I don't know anything about swimming. Do I have to coach?

No. The Stingers Parent Board hires coaches who have coaching and/or competitive swimming experience. Parent help is required at all swim meets. Help is always needed with timing, or, if your child is 8&U, help is needed to organize the relays and get swimmers to the blocks. At home meets, help will be needed at Clerk of Course, Timing, Heat ribbons, Concessions, Runners, Scoring, Officiating, Set-up and Clean-up. We have a large team and require a great deal of help to run our program.

5. Do I have to buy the team suit?

No. A girl can wear any one-piece suit, preferable black. Boys can choose to wear swim trunks instead of jammers. It is strongly suggested that every swimmer have at least one set of goggles. The chemicals used to keep the pool water crystal clear are harsh, and without goggles, eye irritation can occur. Having a back-up pair of goggles is also a good idea.

Every swimmer will receive a team T-shirt (if registered early enough) and swim cap as part of the team registration fee. Both boys and girls should plan on wearing swim caps during meets. It is also strongly encouraged that they wear a swim cap to practice. This helps a swimmer see where they are going, and limits damage to the hair as well.

6. How much does it cost? Where can I register?

Swim team fees are \$55 per swimmer, with a family maximum of \$110. A season pool pass is also required to be part of swim team. A late fee of \$10 per family will be assessed for any registrations after May 4th, and we cannot guarantee the availability of team T-shirts to swimmers who join after this date.

Registration will be held Saturday, April 26, from 9:00 a.m. to 11:00 a.m., and Thursday, May 1, from 6:30 p.m. to 8:00 p.m., in Willoughby Senior Center (Browning) Room #3.

A special team swim shop will be available at registration. Team suits and spiritwear will be available **only** at these two registration times. No other orders will be taken.

If you have any further questions, contact any one of the following people:

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