

# WWSC Frequently Asked Questions - 2011

What are all these terms?

**Lane:** There are usually six lanes in the pools where our meets are held. Lane numbers should be displayed on the “starting blocks”.

**Blocks:** Step-up platform that swimmers dive from at the start of their race.

**Flags:** These are for swimmers doing backstroke to see how close they are to the end of the pool.

**25's:** One length of the pool – 25 yards

**50's:** Two lengths of the pool – 50 yards

**100's:** Four lengths of the pool – 100 yards

**Stroke:** There are four strokes – freestyle, backstroke, breaststroke, butterfly

**Individual Medley:** aka “IM” – the swimmer does fly, back, breast, free in that order.

**Medley Relay:** four different swimmers each perform one stroke in order back, breast, fly, free.

**Event:** An event is a combination of distance and stroke (and age group), such as “8&Under 25 Back”, “9&10 50 Free”, “11&12 100 IM” and “13&14 200 Free Relay”. Order of events are the same at every meet and can be found on our website.

**Heat:** Some events will have multiple heats (races) within a single event

**Scoring Heat:** The in dual meets, the first heat is the heat where swimmers can score points for their team

**Exhibition Heat:** Any heat after the first heat of an event is called “exhibition”.

Times count for the swimmer and are entered into the computer system for tracking, but results from exhibition swims will not be used to score points for the meet.

**DQ:** A swimmers can be disqualified by the official for violating start, stroke, turn, or finish rules. Times do not count when a swimmer is DQ'd.

What should we bring to dual meets?

Meets start at 6:00pm (with warm-ups as early as 4:50pm at home meets) and usually may last until 8:30pm. Away meets are outside. Our home meets are inside at the Cuyahoga Falls Natatorium.

- Bring ids for all adults coming to home meets; this is required by the Nat
- Chairs - most pools do have chairs but it is always a good idea to have extra in case the ones at the pool fill up
- Large blanket for the kids to sit on
- Extra towels or a swimmer's towel - a super-absorbent towel (like a chamois)
- Extra suits and goggles
- Water bottles
- Travel games, books, or cards, most meets have lots of down time between events
- Permanent marker for writing events on child's hand
- Healthy snacks for the swimmers (No sugar, pop, or energy drinks, these

# WWSC Frequently Asked Questions - 2011

- have been proven to be detrimental to swimming performance)
- Food for family – many pools have food and drinks to purchase, but also allow you to bring in food and drink for your family.
- Sunscreen
- Extra clothes that will get wet - sweatshirts and sweatpants. It is important to keep warm between events.
- Clothes to go home in, the ones worn during the meet will likely be wet.

When should I make sure my child is at the starting blocks before their event?

Swimmers should be in their lane at least six (6) events before their race. Parents of younger / newer swimmers need to make sure they help their swimmer with this especially during the first few meets of the season. (Missing events is one of the more disappointing occurrences for the swimmers).

Note: AMSA is changing the process in 2011 where the timers will be given index cards by the meet organizers instead of swimmers being responsible for taking them to the timers before their event.

Who do I check in with when I am volunteering for a meet?

Margaret Brown (VP) is coordinating volunteers this season. Board members will be wearing lime-green WWSC t-shirts. Look for one of them and they can direct you to her. At home meets, volunteers should check in by 5:20 with the volunteer coordinator at the scorer's table.

Do I have to volunteer for a meet?

Yes, WWSC does not "hire" people to run the meet. We rely on the home team's parents to be timers, runners, help coordinate swimmers, run the scoring, make the ribbons, and more. Without EVERYONE volunteering for at least 2 meets, we won't have enough people to smoothly run the meets.

Where do I get my award ribbons?

Ribbons will be placed in the mailboxes a day or two after the meet.

Should my swimmer eat before the meet?

Yes, your swimmer will need energy to perform well.

What do I do when I get to the meet?

- Before you leave, check the website to see if the meet entries are available (usually after 3:30).
- Write on your swimmer's hand the following:  

<b>Event #</b>	<b>Stroke</b>	<b>Heat</b>	<b>Lane</b>
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(for relays you may also want to write which swimmer they are in the relay)
- Plan to arrive about 10 minutes before warm-ups are scheduled to start so

## WWSC Frequently Asked Questions - 2011

- you have time to get settled and get them in the water.
- Once you arrive at the meet, have your swimmer check in with their age-level coach, so they know they're there.
  - Please be sure to sit with the team so you can cheer each other on and the coaches and coordinators can find your child quickly if need be.
  - Then, check the meet entry lists posted by the pool (if you didn't have a chance to do so at home).
  - Get swimmer ready for warm-ups.
  - Right after warm-ups, the coaches usually begin getting the relays ready. Please make sure your child is ready. If you could accompany them and make sure the coach doesn't need any help, that'd be great.
  - In between events, please encourage your swimmers not to eat large amounts of food. The swimmers should also stay by the pool area, so they know what events we're on and when to go get their card and line up for their race.
  - About 5-10 events before their event, the swimmer should line up behind the blocks in the correct lane.
  - Parents of younger swimmers, walking them to the blocks and making sure they're in the correct spot is a good idea. That helps the coaches out a lot! Remember to make sure your child knows what stroke they're swimming!

### What should my child do after they swim?

- After your event, the swimmer should go over and talk to the coaches to get feedback on your swim.

### How do I get information?

- The website is the best way to stay up to date – [www.waterworkssc.com](http://www.waterworkssc.com)
- Weekly (or close to weekly) emails will provide some specific information
- Check the bulletin board at practice