

# FREQUENTLY ASKED QUESTIONS

## **When is the team's seasons?**

Turbos has 2 seasons. The fall/winter season runs from September through March. The spring/summer season runs from mid April through August.

## **When does the team practice?**

Practices are held five (5) nights a week with an additional morning practice also available in the spring/summer season.

## **Where does the team practice?**

The team practices at the LaPorte High School Natatorium.

## **How do I receive information throughout the season?**

Each swimmer, coach, and board member is assigned a mailbox. All correspondence is sent through the mailboxes. Monthly newsletters, calendars, etc will be distributed this way. Each swimmer will be responsible for checking their mailbox.

## **When is a good time to talk with the coach?**

If you need to communicate with one of the coaches, please leave a note in the coach's mailbox. These mailboxes are checked daily. Please remember that the coach's responsibility is to the swimmers in the water during practice. If a coach is not busy, minor issues may be addressed before or after practice. For major concerns or comments please do not be offended if you are asked to schedule an appointment with the coach.

## **What type of swimsuit and equipment will my child need?**

**Swimsuit:** Girls should wear one piece swim suits with straps that will not slip off their shoulders. Boys are encouraged, but not required, to wear stretch or "speedo" type suits. Turbos has a Team Suit, however, swimmers are not required to purchase or wear this suit. Most swimmers do have a team suit, which they primarily wear during meets. Orders for team suits are taken within the first few weeks of each season.

**Goggles:** Goggles are strongly encouraged to allow the swimmer to keep their eyes open while they are in the water for better awareness of other swimmers and the walls at the end of the lane. Goggles also reduce the amount of chlorine irritation to the eyes.

**Swim Caps:** Swim Caps are worn by most of our swimmers to reduce the amount of "drag" in the water during practice and meets. The swim caps also protect the swimmers hair from the chemicals in the pool. Team caps are available.

**Swim Sandals:** Swim Sandals are encouraged for walking in the locker room and pool area to protect the swimmers feet and prevent slipping.

**Swim Bag:** The swim bag is used to carry all this “stuff” as well as a towel and shower supplies.

**Warm Clothing:** During meets, sweat suits, parkas or other warm clothes are often desirable when pool areas are kept cool. The swimmers need to keep warm between warm-ups and events.

**What is a swim meet?**

Swim meets are competitions organized by Turbos or other clubs. These are an opportunity for swimmers to demonstrate the abilities they have developed during practice.

**When are meets held?**

Most swim meets are held on the weekends.

**Is my swimmer required to attend meets?**

Competing in a swim meet is not mandatory. However, the coaches strongly encourage all swimmers participate in a meet at some point in the seasons. Attending meets gives the new swimmer a result from their hard efforts at practice.

**What is a Team Effort Meet?**

Meets are selected to be Team Effort Meets by the coaching staff and the Turbos Board at the start of each season. A Turbo coach will be on deck at all sessions of a team effort meet and Turbo swimmers are strongly encouraged to attend these meets. The meets are always more fun for the swimmers when there are a lot of their team mates there to cheer them on.

**How will my swimmer be competing at a meet?**

When competing, swimmers are divided into specific age groups. The age groups are:

8 & Under

9 & 10

11 & 12

13 & 14

15 & Over

Girls compete against girls, boys compete against boys. Some meets will be designated as Swim Your Own Age (SYOA). This means that 9 year olds compete against only 9 year olds, 10 year olds against 10 year olds etc.

**How is my swimmers age determined for the meet?**

The age of the swimmer is determined by his/her age on the first day of the meet.

**What are the different types of meets?**

Basically there are 3 types of swim meets:

### **Intersquad**

An intersquad meet consists of only swimmers from our team. This is an excellent opportunity for less experienced swimmers to get a feel for how a competitive meet is run.

### **Dual**

Dual meets consist of competition between 2 teams. Sometimes 3 teams compete in a Tri Meet. These meets are usually completed within a few hours with one to two heats of each event. Individual swimmers do not pay to swim at these meets.

### **Invitational**

An invitational meet is a large two or three day meet, with hundreds of swimmers and many heats per event. An invitational is divided into sessions, each of which should last around four hours. Sessions are made up of swimmers in two to three different age groups. For example, 8 & Under and 9-10 ages may swim in the morning and 11-12 and 13 & Over may swim in the afternoon. The longer events are typically held on Friday nights.

### **How do I sign my swimmer up for meets?**

It depends on the type of meet:

#### **Duals and Intersquads**

The Head Coach will post a sign-up sheet in the pool area about 1-2 weeks before the event. It is the swimmer's responsibility to sign up for the meet. The coach will then decide the number and the events for each swimmer. Duals are appropriate for all levels of swimmers especially those who are new to competitive swimming.

#### **Invitationals**

It is the parents' responsibility to sign up for the invitationals. The Coaching Staff is available for recommendations for the events your child should enter. You will then decide how many days and what events in which you want your child to participate. The Meet Entry Chair, Lynn Raymond, will place a copy of the meet packets on the bulletin board located at the far end of the pool in the stands area when they become available. **The original packets are located on the bulletin board, which are not to be taken home. Extras are in the holder for parents to take home.** You may also go to [inswimming.org](http://inswimming.org) to view the meet packets. The Turbo deadline for entering the meet will be noted on the first page of the packet.

Complete a Meet Entry Form located in the holder at the bulletin board. Indicate the events you want to enter. Make checks payable to LaPorte Community Turbo Swim Club for the number of events you are entering plus any applicable fees. Fees are typically \$2.00 (fees are set by US Swimming and are subject to change) per event for most meets but can vary per meet. Entry fee information is listed in the meet packet.

The completed entry form will be given to the Entry Chairman or Board Member if the Entry Chairman is not available.

Please keep in mind that meets do fill up and all entries are on a first come basis. Consequently, our deadline for entering may be well before the host club's deadline and the meet itself. Please be respectful of the entry deadline and submit your entry in a timely fashion.

**Some invitational are designated as a team meet. Please take this into consideration as you are deciding which meets to attend. Large team participation means that there will be enough swimmers for relays and team spirit.**

**The Turbo coaches will determine who will participate in the relays based on the availability of swimmers registered at each meet.**

### **What do we do when we get to the meet?**

**The first thing is to make sure you check in at the Positive Check In.** This procedure is used to determine what swimmers have arrived and who will be participating in that session. When you sign up for a meet, review the packet carefully to determine if a positive check in will be observed and the check in time. **Be aware that if you miss the Positive Check In deadline, your swimmer will be scratched from that session and will not be permitted to swim.**

After checking in, proceed to the locker room to get changed for warm ups. Once on deck, find the Turbo coach who will give instructions for warming up. Please check the meet packet to determine the correct time for warm ups. **Make every effort to be on time for warm ups.** It is very important for your swimmer to have an opportunity to get familiar with the water and the pool environment **prior** to their first event.

Heat sheets are available to parents prior to the start of each session to determine which swimmers are in each event. Events will then be seeded according to who has checked in at the Positive Check In.

About 15 minutes before the start of each session, a re-seeded heat sheet will be distributed to the coaches and posted on a wall in the pool area. Swimmers are expected to check this heat sheet to determine the heat and lane assignment for the events. It is also the swimmer's responsibility to check with the coach to see if they are entered in a relay. Relays will either be the first or last events of each session. As a reminder for the swimmer, we recommend writing their event information on the hand with a ballpoint or "Sharpie" marker. Example:

Event #	Event	Heat	Lane	Freestyle= FR	Backstroke= BK
#3	50 FR	5	2	Breaststroke= BR	Butterfly= FL

The announcer at the meet will be making “1<sup>st</sup>” “2<sup>nd</sup>” and “Last Call” for each event. Swimmers need to listen for these calls and be at the blocks ready to swim by the “2<sup>nd</sup>” call.

An exception to this would be for **8 & Under swimmers**. Some clubs will have a **Clerk of Course** for the younger swimmers. The meet packet will indicate whether a Clerk will be available. When you sign in at Positive Check In, ask where the Clerk of Course is located. The swimmers will be required to report to the Clerk of Course where they will be lined up according to the heat and lane assignments. It will be important for you to help your younger swimmer know when to report the Clerk of Course by listening for the “calls” for each event. Swimmers should report to the Clerk at “1<sup>st</sup>” or “2<sup>nd</sup>” call.

### **What should we bring to the meet?**

Warm ups, sweats to wear between events, swim sandals, extra towels, swim suit (a back up suit is always a good idea), swim cap, and goggles.

### **What should my swimmer do immediately after an event?**

The swimmer should report to the coach after the completion of each event. Since the coach is trying to observe his/her swimmers in each event, they may need to wait until the coach has a few moments to talk with them about their swim. This is a very important step. The coach’s feedback on their event is a crucial part of the swimmer’s development and will contribute to their ability to correct their mistakes and improve their times.

### **Why was my swimmer disqualified (DQ)?**

Competitive swimming has special requirements for each stroke and for their respective starts, turns, and finishes. These are techniques, which the coach will be teaching and perfecting at practice. Many young swimmers have known the disappointment of seeing the judge’s hand go up with their lane number and being told they have been DQ’d. Most officials will explain the reason to the swimmer. If they do not, the coach should be able to inform the swimmer why they were disqualified. Do not despair or be upset by a D.Q. Rather view it as a learning experience that will help your swimmer to do better the next time.

### **Where do I get official times and meet results?**

Parents must keep track of their swimmers times in each individual event. At invitational meets, results are reported throughout the meet and are usually posted in the hallway outside the pool area. The host club is responsible for sending Turbos a final copy of the meet results and final times can be retrieved from this report. The Entry Chairman will receive this report.

### **What types of awards are available to the swimmers?**

The type and amount of awards given at an invitational will differ with each host club. The meet packet will usually indicate how awards are handled. Some invitational will give Heat Awards, which is an excellent way for all levels of swimmers to feel a sense of winning. Individual ribbons may be given at dual meets. Some host clubs will have an awards table for distributing awards as they become available. Most clubs, however, are going to the practice of sending all the awards with the coach at the conclusion of the meet. In these instances, awards will be placed in the swimmers mailbox at the next practice.

### **When can we leave the meet?**

Each swimmer is free to leave after completion of their events if they are **not entered in a relay**. **Please check with the coach before changing clothes and leaving the meet.**