

Frequently Asked Questions & Answer Sheet

How many practices a week are required?

Practices are never required; however, all of the training groups have a recommended number of practices listed in the registration information. The more advanced swimmers are expected to practice more often. The more you practice the stronger you become and the easier it is to retain the information you are learning.

How do I know what group my swimmer is in?

Each group is structured towards the commitment level your athlete and your family can make towards practices. Use that as a guide when placing your athlete in a group. Being in a higher group is not always beneficial to the athlete. It is most important for them to feel that they can keep up with the workout and be comfortable in the group they are in and not overwhelmed with the practice expectations of a higher training group. If you are having trouble deciding what group would be best for your athlete, ask the coaches.

How do I know when he/she can move to the next age group?

Movement into the next group may be determined by age, a change in physical abilities, or by coach's suggestion. It is also possible that sometimes a swimmer is ready to change groups but stays in his or her respective group if we are very close to the end of the season.

What should I bring to practice?

Each Swimmer should be on time wearing a suit, already adjusted goggles, cap (if needed) and a filled water bottle. Swimmers should also bring a towel, shampoo, shower supplies, a comb and a lock.

Is a team suit and/or cap required?

Not for practice, but we do require a team suit for competition. Our team is sponsored by TYR, so we wear TYR racing suits when we compete. Team suits can be purchased at All American Aquatics on College Avenue in Appleton. Team caps can be purchased through the coaches.

How do parents communicate with the coaches and/or the steering committee members?

Always check the website www.fcyst.org because many questions will be answered. If you still have questions please contact the appropriate person via E-mail or telephone. The best time to reach the coaches by phone is from noon to 4 pm weekdays. To reach a steering committee member, go to the website, click on steering committee link, and compare the steering committee member names on the link to the team contact list.

YOUR FIRST SWIM MEET

Where do we go?

The meet information will be posted on the www.fcyst.org under “meets”. You can print that information off and it will give you the address of the meet. The meet information will also state the warm-up start time for the morning session, and when each age group swims, so check to see which session you swim in so you arrive at the meet on time. The swimmer is not allowed in the pool until their coach arrives to supervise them. *If you are there before the coach, wait.*

What do we bring with us?

Always be sure your swimmer has at least one or two team suits, two or three large towels, goggles- a race pair and a backup pair, a sweat suit to wear on deck (not the clothes he/she is to wear home), a pair of sandals and a swim cap. Other items in their bag could be shampoo, comb and a lock. *Never assume your swimmer's valuables are safe in a locker that is unlocked.* Meets can be very long and there is some time between each event your swimmer will swim. Many bring along a sleeping bag/blanket to spread out on and a deck of cards or a book to read.

Do we need money?

Most meets charge at the door either an entrance fee and/or charge for the heat sheet (a list of each swimmer's heat and lane for the day's events). These prices range dramatically from \$2 per adult all the way up to \$13 for a state meet heat sheet. Generally you won't pay more than \$2 or \$3 per person for admission and a separate nominal fee for the heat sheet. Swimmers do not pay entrance fees at the door.

What about food?

Almost every meet will have a concession stand. The foods range from breakfast bagels, rolls, juice and coffee to pizza, subs and Spaghetti O's during the lunch hour. Many teams provide nutritious snacks at their concessions for the swimmers, but this doesn't always hold true. You may want to bring along a small cooler with juice, cereal, Fruit, crackers, energy bars, granola, yogurt or sandwiches. One thing you *don't* want your swimmer doing is eating a lot of sugar or high fat foods during a meet. Feed them well the night before with high carbohydrate foods such as pasta and keep the food simple and light on the day of the meet.

Paraphernalia?

Another nice feature found at most (but not all) swim meets is the swim shop. This is a business that goes from meet to meet and sells every kind of swim gear you can imagine. They typically sell suits, T-shirts, caps, sweatshirts, swim bags, goggles, record books, and various other swim items. It's a great place to pick up a Christmas gift and can be very handy when a pair of goggles breaks in the middle of a meet. However, do not rely on them to be at every meet. Be prepared with equipment before you come.

What should family members wear to the meet?

FAIR WARNING!! Swim meets are hot. Every pool indoors is heated and the bleachers tend to be up in the air where the air is hotter. Wear layers in the winter so you can shed your sweater or sweatshirt, as you need. For summer meets that are held outside you may want to bring a blanket, lawn chair, a hat and umbrella (in case of light rain).

You need a ride?

If you need a ride for your swimmer because you are unable to go, please contact another team member to arrange for a ride. Someone can find a place in his or her car for an extra swimmer. *Don't pull them out of the meet. If you don't go, but you registered ahead, you cannot get your money back*

Enthusiasm!!!

The most important thing you can bring with you is your enthusiasm and support for your swimmer. Your pride in them is the most valuable item of all.

Are swim meets mandatory?

We never push an athlete to compete until she or he is ready however, we are a competitive team and competing in swim meets is a natural progression to the competitive swimming process. If swimmers are not competing, they are not seeing the progress they are making, and they will be more likely to quit. Seeing improvement is very important in keeping the athlete motivated and interested in swimming.

How do you sign up for meets?

In the initial registration packet there is a meet sign up sheet. After you have completed that if you have a meet add or drop you need to go to the FCYST.org Website, click on meets, choose the exact meet you are interested in making the change and follow the instructions to add or drop from that meet. After the meet entries are completed they will be posted on the website with the meet information.

Do we carpool to and/or sit together at meets?

The club does not provide transportation to/from meets; however, many parents and coaches are willing to help get a swimmer to a meet, as long as it is the exception, not the rule. We do encourage families to sit together and support all FCYST swimmers.

What if your swimmer can't attend a swim meet they have signed up for?

Parents and swimmers need to realize that, once you sign up for a meet, the club pays for the swimmer whether they show up or not. You will be charged for the entry fees for the meet. It is important to let the coaches know if you are unable to attend a meet you have registered for. Parents should either tell the coaches directly or call. E-mail may not be checked in time to see it before the meet.