**New Family Frequently Asked Questions - 2018**(most of this information is in the Parent Handbook located at www.prflyers.org)

**List of equipment needed:**

For Practice –

* Bathing suit
* Goggles (2 pairs)
* Fins (typically purchased at Danzeisen & Quigley on Rt. 70 in Cherry Hill)
* Swim Cap for girls

For Swim Meets -

* Team suit: Speedo Back (20% discount day at Danzeisen & Quigley will be messaged to team).
* Goggles (extra pair in case one pair breaks)
* Swim cap (there is a team cap that can be ordered)
* 2 towels
* Folding chair is helpful
* Warm clothes if chilly
* Healthy snacks
* Water

**Practices**

* Practice Times are posted on the Pheasant Run website.
* Swimmers are expected to arrive for practice 10 minutes prior to posted times.
* Practices will be held rain or shine.  In the instance of lightening, a coach will make the determination if a practice is canceled.

**Private lessons**

* Private lessons are offered to anyone on the swim team by the assistant coaches to work on are
* as specific to your swimmer (starts, certain strokes, etc).
* Lessons are $12 for a 20 minute session (these are extra and paid directly to the coach providing the lesson).
* You must sign up with a specific coach ahead of time, based on their availability.
* More information in the Parent Handbook

**Mentors for 8 & Unders**
Swimmers in Group I and Group II of the 8 & Under age group will be assigned a “Mentor” by the coaches.
A “Mentor” is another swimmer on the team between the ages of 13 and 18.
The purpose of the mentor program is to show the younger swimmers how to act during a swim meet (ie, cheer for your teammates).  Although, some swimmers may receive “goodie” bag from their mentors, it should not be about what you get.  If they receive candy from their mentor, please try to encourage your swimmer to wait until after their swims to consume it. (Good luck!)

**“A” Meets vs “B” Meets**
A Meets are held on Saturday mornings starting at 9:00am (although swimmers must report earlier for warm-ups: typically around 7:30am for home meets).  There are 66 events (order of events listed in the Appendix) across 5 age groups.

Coaches typically notify 8 & Under parents on Thursday evening if their swimmer will participate in the Saturday meet for that weekend (typically swimmers in Group II of the 8 & Unders will swim in the Saturday meets).
Coaches decide what each swimmer will swim and will notify them at practice on Friday mornings during their team meeting.  A swimmer can swim a maximum of two individual events and two relays.
There are five Saturday meets against the other teams in the A Division (2016 - Wedgewood, Wenonah, Deerbrook, Greenfields and Sunnybrook)

The A Division team with the worst dual meet record at the end of the season moves to the B Division; the B Division team with the best dual meet record at the end of the season replaces the team that moves down.

At the conclusion of each home or away meet (typically around 11:30am or 12:00pm), there is a “Ribbon Ceremony” at Pheasant Run.  This is to publicly recognize each swimmer’s ribbons won at that particular meet.

“Personal Best” ribbons awarded to swimmers 13 and under who swam best times.
“Q Socks” are awarded to swimmers for achieving a new qualifying time for Tri-County Championships.

For away meets, the team meets in the parking lot of Pheasant Run at a specific time communicated by coaches to caravan to the meet.
A swimmer can only qualify for Tri-County Championships in a Saturday meet.

B Meets are held on Wednesday nights starting at 6pm and last around 2 ½ hours.  Swimmers typically report to the pool for home meets at 4:45pm and 5:10pm for away meets.

Events that swimmers are scheduled to swim will be posted at Pheasant Run on Wednesday morning before practice.
Wednesday night meets are usually for swimmers 11 and under, unless an older swimmer would like to swim (they would just need to notify the coach of their desire to swim)
Typically all 8 & Under swimmers will participate in Wednesday meets.
Mini team swimmers will swim at the HOME meets on Wednesdays.
No score is kept at these meets, but ribbons are awarded (passed out at practice the following morning)
Once a swimmer has qualified for Tri-County Championships for a particular event, they may not swim that event in a Wednesday night meet.

**Role of Parents**
During practices and meets, parents are asked to keep off the pool deck as to not distract swimmers from what their coaches have asked them to do.
Parents are also asked to avoid the tent area where the swimmers convene during meets.
Please volunteer to help out during meets, particularly Wednesday night meets.  It is a great way to meet other parents as well as gain an understanding of how meets are run.
Be sure to check your email and read communications from coaches.

It is very helpful to sign up for the text alerts that Coach Liz sends out.  Some things change at the last minute and this is a great way to stay on top of things.

**Fridays during the season**
For swimmers participating in a Saturday meet, it is expected that they will not stay at the swim club after practice to swim so they can rest.
Typically, the parents of the younger age group swimmers organize an activity outside of the pool.  In the past, this has ranged from nail painting to poster making to a trip to the movies.

You do NOT have to be swimming on a Saturday to participate in these fun, team-building activities!

**Championship Season**
**Burlington County Championships (July 28, 2018 at Tenby Chase Swim Club)**
Spectators are charged for admission and a program at this meet.
This is a meet against all of the team in the Tri-County Conference located in Burlington County.
This is a “Coaches Pick” meet, meaning the coaching staff will choose which swimmers will swim and what events they will swim.
Each team may only enter one swimmer in each event.
Each swimmer may swim a maximum of one individual event and two relays.

Note: a swimmer in the 11-18 age group may swim 2 events and 2 relays in Burlington County if they are swimming the individual Medley as one of those events.

**Tri-County Championships (August 4-5, 2018 at Brookside Swim Club)**
Spectators are charged for admission and a program at this meet (both days).
Swimmers must meet a qualifying time during a Saturday meet in order to swim at this meet.  Qualifying times are listed at www.tricountyswimming.org.

A swimmer must participate in at least 2 Tri-County A Meets to be eligible to swim in Tri-County.
Swimmers can swim a maximum of 2 individual events and 2 relays.
Preliminary heats are swum on Saturday (two sessions: AM session – 11-12 boys and all 10 and under qualifiers; PM session – 11-12 girls and all 13-18 qualifiers) and the Top 12 Finalists for individual events swim on Sunday.  Relays are timed finals (only swim once) with teams ranked 13-36 (based on entry times) swimming on Saturday and teams ranked 1-12 swimming on Sunday.

**End of Season Parties**
**Pasta “Q” Cap Party on the Friday night immediately before TriCounty**
EVERYONE on the team (and family) is invited.
There are several purposes for this party.
The team gets together for a pasta dinner the night before Tri-County Championships.
Tri-County qualifiers receive a “Tri-County” Qualifier Swim Cap.
All swimmers receive their team gift (a thank you for being part of the team).

Everyone who attends brings food to share.

**Post Tri-County Party on Sunday once Tri-Co is completed**

EVERYONE on the team (and family) is invited
After the final session of the Tri-County, the team goes back to Pheasant Run to hand out awards won at the meet.
Dinner is typically provided.