

UNCLE SAM SWIM TEAM

FAQ'S

WHAT IS TRAINING LIKE AT USAM?

We are a developmental program – from top to bottom. Our interest is not in creating the fastest 12 year old. 10 year olds are developmental swimmers - 13 year olds are developmental – high school seniors are developmental. It is in that belief that our training philosophies are born. *Our program is based on the long-term benefit to the athletes.* Keep in mind that a fast 10-year-old does not equate to a happy and fast 18-year-old. The record books are full of fast little kids that didn't stay in the sport to their teen-age years.

While we strive to do our best at all times, swim meet times are not the only way we judge our progression. It is more important to us that we teach kids to be coachable, fundamentally-sound athletes with the potential for continued long-term growth.

We will not specialize in strokes or distances. All swimmers going through the program are swimmers – not specific backstrokers, butterflyers, or sprinters. We will train swimmers to be able to compete in the 400 IM, 200 of stroke and the distance freestyles. Once an athlete conquers those events – everything else is more easily conquered.

WHAT ARE MY RESPONSIBILITIES AS A PARENT ON USAM?

TIMELINESS:

Please get your swimmers to practices and meets on time. All clubs have a limited amount of pool time. We want to take maximum advantage of the time we have. The swimmers need to be at practice about 10 minutes before it starts so that they can change and stretch out. They **MUST** be on deck and ready to swim at least 10 minutes before warm-ups. The team prepares for warm-ups together.

COMMUNICATION:

Communication between swimmer, coaches, parents, and executive board is essential for the smooth functioning of the team. Please make note of the following: The USAM Website is **our primary source of communication** and can be reached at: www.unclesamswimteam.com. It is **crucial** to regularly check the USAM website for updates. It is a wealth of information and includes team email links as well as links to the AD and USA Swimming sites. We post as much as we can here - meet schedules, practice schedules and changes, fundraising, social events, etc. We do not post phone numbers or addresses of members.

Family Folders: A file box with your child's folder is located inside the USAM pool by sitting area. You will find your bill and ribbons from meets will be delivered via folders.

FUNDRAISING:

The club will have several opportunities to raise funds each year. The Swim-A-Thon and Pancake Breakfast are the only fundraisers that will require the participation of our swimmers. Please support them in this effort.

OFFICIATING:

Every swim meet must be officiated. Officiating is a task that requires training and certification is required in advance. Officials are trained, certified and coordinated by Adirondack Swimming. Officiating fulfills a parent's responsibility to work at meets. If you are interested in officiating at Swim Meets, contact any Board member for information on how to apply. Our club is always in need of new officials.

DO I NEED TO VOLUNTEER?

Yes – At dual and USA swim meets USAM will be expected to provide volunteers, usually timers, to time a lane for 30 min to 1 hour time slots. At Home Dual Meets we will need additional timers, backup timers, concession stand workers and ribbon writers. Other volunteer opportunities include parties, socials and our annual Swim-a-Thon fundraiser.

DUAL MEETS-The club will schedule a competition with another club periodically. These meets serve as an opportunity for newer, younger and less experienced swimmers to gain competitive experience in a low-key, nonthreatening situation. All groups participate. They also serve as an opportunity to build team spirit. Your child needs to swim at least 2 dual meets to compete in the ESSL championships.

USA MEETS: These meets can take many forms. Many are one day competitions which are split into two sessions where selected age groups are assigned to compete. Age groups in USA Swimming are usually broken down into 8 and under OR 10 and under, 9-10 (where there is an 8 and under class), 11-12, 13-14, 15-18 and Senior or OPEN. Usually where there exists an Open class, any age swimmer may compete at that level. Senior is usually designated for 15 and older swimmers where there may be college age competitors. The swimmers age on the first day of the competition dictates the age group the swimmer must compete in for the entire meet. Your child needs to compete in at least 2 USA meets to compete at Silvers and Golds Championships.

WHAT TO EXPECT AT A MEET:

WHAT DOES MY CHILD WEAR?

Their team suit, shirt and cap are required. They don't have to wear a cap if they don't want, but if they do, it must be the team cap. Don't forget goggles, USAM towel and USAM boathouse jacket (if you have one) - It can be chilly on deck. Please contact Glenda Salerno for all apparel @ gm1124@msn.com.

WHAT DO I WEAR?

Dress in layers. At some pools, it can get very hot in the stands. Check out our apparel store at SHOP.MYLOCKER.NET and enter RJ796 to get your very own USAM gear to show your team spirit. \$10 off Promo Code 5PB5dUua

DO I PACK SNACKS?

Pack your child healthy snacks and water/Gatorade for the meet. Power bars or granola bars, goldfish crackers, fruit, raw veggies, bagels, string cheese, etc. **No cookies, candy and donuts.** These are great treats for after a job well done!

WHAT ELSE SHOULD I BRING?

You may want to bring a chair for yourself because some venues don't have adequate seating. If you don't need them, you can just put them back in the car.

Money for concessions and program.

Pen, permanent marker and highlighter - Pen to write down your child's time. Permanent Marker to mark up your child's hand (See chart below). Highlighter to highlight your child in the program. At most meets kids will be swimming slowest to fastest.

HOW DO I KNOW WHAT RACES MY CHILD IS IN?

Meet entries will be emailed prior to the day of the meet. You might want to print it out so you and your child know what events they are swimming.

HOW LONG DO WE STAY AT MEETS?

Please plan to stay until the end of the session. USA sessions usually last 3.5 to 4 hours plus one hour for warm up. Dual meets usually last 2 to 2.5 hours plus an hour warm up. USAM policy is that all swimmers must stay until the last USAM swimmer finishes his/her race at Dual Meets. At USA Meets, you can leave after you are done. Except for ESSL and Gold Championships. Must stay to cheer on your teammates!

WHY DID MY CHILD DQ A RACE?

Please don't get discouraged if your child gets disqualified (DQ'd). Even the older kids get DQ'd. It's all part of the developmental process. Their coaches will have explained to them what happened. For your part, just make sure they know that it happens to everyone and it is a learning experience.

WHERE DO I FIND MEET RESULTS?

Most meets post finish sheets on a wall for the spectators to see official times and finish placement.

Meet Mobile and Deck Pass are great apps that supply up to date results.

Meet results can also be found on www.adirondackswimming.org website. Click Meets then Click season year then scroll to correct meet. Click on Results. These results are posted within a week.

WHAT DO ALL THESE SWIM TERMS MEAN?

Please see Glossary of Common Swim Terms on our website www.unclesamswimteam.com under Forms and Information – COMING SOON