

AAC Swim Team: Frequently Asked Questions

| PRACTICES | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|---|----------------------|--|----------------------|-----------------|---------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|-----------------------|----------------------|-----------------------|----------------------|--|--|--|--|--|
| Pre-Season Practice | <p>May 21st & 23rd Location: Meyers Pool 7900 Carr Street, Arvada</p> <p>8 & Under – 4:00 – 4:30 pm 9-10 year olds – 4:30 – 5:15 pm 11 and ups - 5:15 – 6:15 pm</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| Parent Meeting | <p>During Intrasquad on 5/26 Come learn about the team and what is new for the season</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| Regular Practice Schedule (starts May 30) | <table border="0"> <thead> <tr> <th>Monday</th> <th>Tuesday</th> <th>Wednesday</th> <th>Thursday</th> <th>Friday</th> </tr> </thead> <tbody> <tr> <td>8 &U – 8:30 – 9:30 a</td> <td>8 &U – 8:30 – 9:30 a</td> <td>8 &U – 8:30 – 9:30 a</td> <td>8 &U – 8:30 – 9:30 a</td> <td>8 &U – 8:30 – 9:30 a</td> </tr> <tr> <td>9-12 – 7:00 – 8:30 a</td> <td>9-10 – 7:30 – 8:30 a</td> <td>9-12 – 7:00 – 8:30 a</td> <td>9-10 – 7:30 – 8:30 a</td> <td>9-12 – 7:00 – 8:30 a</td> </tr> <tr> <td>13+ - 8:00 – 10:00 p</td> <td>11-12 – 6:30 – 7:30 a</td> <td>13+ - 8:00 – 10:00 p</td> <td>11-12 – 6:30 – 7:30 a</td> <td>13+ - 8:00 – 10:00 p</td> </tr> <tr> <td></td> <td>13+ - choose 1: 6:30 – 7:30 a 8:00 – 10:00 p</td> <td></td> <td>13+ - choose 1: 6:30 – 7:30 a 8:00 – 10:00 p</td> <td></td> </tr> </tbody> </table> | Monday | Tuesday | Wednesday | Thursday | Friday | 8 &U – 8:30 – 9:30 a | 8 &U – 8:30 – 9:30 a | 8 &U – 8:30 – 9:30 a | 8 &U – 8:30 – 9:30 a | 8 &U – 8:30 – 9:30 a | 9-12 – 7:00 – 8:30 a | 9-10 – 7:30 – 8:30 a | 9-12 – 7:00 – 8:30 a | 9-10 – 7:30 – 8:30 a | 9-12 – 7:00 – 8:30 a | 13+ - 8:00 – 10:00 p | 11-12 – 6:30 – 7:30 a | 13+ - 8:00 – 10:00 p | 11-12 – 6:30 – 7:30 a | 13+ - 8:00 – 10:00 p | | 13+ - choose 1: 6:30 – 7:30 a 8:00 – 10:00 p | | 13+ - choose 1: 6:30 – 7:30 a 8:00 – 10:00 p | |
| Monday | Tuesday | Wednesday | Thursday | Friday | | | | | | | | | | | | | | | | | | | | | | |
| 8 &U – 8:30 – 9:30 a | 8 &U – 8:30 – 9:30 a | 8 &U – 8:30 – 9:30 a | 8 &U – 8:30 – 9:30 a | 8 &U – 8:30 – 9:30 a | | | | | | | | | | | | | | | | | | | | | | |
| 9-12 – 7:00 – 8:30 a | 9-10 – 7:30 – 8:30 a | 9-12 – 7:00 – 8:30 a | 9-10 – 7:30 – 8:30 a | 9-12 – 7:00 – 8:30 a | | | | | | | | | | | | | | | | | | | | | | |
| 13+ - 8:00 – 10:00 p | 11-12 – 6:30 – 7:30 a | 13+ - 8:00 – 10:00 p | 11-12 – 6:30 – 7:30 a | 13+ - 8:00 – 10:00 p | | | | | | | | | | | | | | | | | | | | | | |
| | 13+ - choose 1: 6:30 – 7:30 a 8:00 – 10:00 p | | 13+ - choose 1: 6:30 – 7:30 a 8:00 – 10:00 p | | | | | | | | | | | | | | | | | | | | | | | |
| Does a parent have to stay at swim team practice? | <p>It is recommended for beginning swimmers’ parents to stay at practice during the trial period until you are both comfortable with your swimmer’s ability. After that time, a parent is welcome to stay as long as they are not interrupting the swimmer during their session, but it is not required.</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| How many practices do I need to attend? | <p>Of course we’d love it if you made it to all practices, but we also understand that it’s summer. Just know that we’d like you to be as involved as you can. Attendance at practices may influence relay involvement and race entries as well.</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| MEETS | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Meets (the first few) | <p>Full Schedule – www.aacswim.org May 26th – Intra-squad (AAC) – 7:00 am warm-up, 7:30 a.m. start. June 2nd – Dual Meet (AAC @ Wheat Ridge) – 6:20 am arrival, 6:30 warm-up. June 9th – Home Dual Meet vs. Green Mountain (at AAC) - 5:50 am arrival, 6:00 am warm-up</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| What is Intra-squad? | <p>Intra-squad meets are meets that are just for AAC Swimmers. They give the swimmers a good idea of what to expect at a real meet as well as the ability to try out a new stroke in competition without the pressure of another team’s opponents.</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| What if we will miss a meet? | <p>We ask that you give 1 week notice if you will miss a meet (unless of course there is a last minute illness!) Please report this absence via our website at www.aacswim.org</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| SWIMMER READINESS | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Swim Levels? | <p>All swimmers will swim at their age level <i>[unless a coaching decision is made for a swimmer to swim at an advanced level]</i>. In order to join swim team, your swimmer should have passed level 3 of the American Red Cross Swim Lesson program or have similar skills.</p> | | | | | | | | | | | | | | | | | | | | | | | | | |

AAC Swim Team: Frequently Asked Questions

| | |
|---|--|
| Is My Swimmer Ready for Swim Team? | We do offer a trial period for you and your swimmer to figure out if Swim Team is right for you. If it is determined that they are not quite ready, swim lessons are a great way to get them ready. |
| Is there a Trial Period? | We understand that you may not be able to know right away if your child is ready for swim team. Feel free to try it out, come to the Intra-squad meet and see how it goes. We do ask that you make a decision by practice on Wednesday, June 6 th . |

SWIM SEASON

| | |
|--|--|
| What if we have a vacation planned? | If you have a family vacation planned, it's not a problem. Summer swim is meant to be enjoyable for your swimmer and your family. Your swimmer will let you know if they really need to be at a meet, especially as they get older and achieving league and state times are goals they have for themselves. If you do go on a vacation, just log on to www.aacswim.org and report the meets you'll miss so that your swimmer doesn't get put into a relay or assigned to events that they won't be there for. |
| How long is Swim team season? | Swim Team season lasts from the beginning of summer (as soon as school is out) through the end of July. For those swimmers that don't achieve league/state times they will be done in Mid-July unless they are swimming in a league relay. For those that do achieve league/state times, the 2018 league meet is July 20 th - 22 nd and the 2018 State meet is July 27 th - 29 th . |

PARENT QUESTIONS

| | |
|---|--|
| How do I know how to do this swim team thing? | Come to our Parent Info Meeting during Intrasquad on May 26th . We'll go through the handbook, answer questions and fill you in on how this whole thing works! |
| What do swimmers need to wear to practice? Meets? | <p>Practice:</p> <ul style="list-style-type: none"> - One Piece Suit, Goggles, Swim Cap required for long hair, recommended for all swimmers <p>Meets:</p> <ul style="list-style-type: none"> - AAC Swim Suit, Goggles, AAC Swim Cap recommended for all swimmers, but required for those with long hair. All swimmers are given an AAC cap at registration. |
| What are the volunteer requirements for the parents? | Aside from coaching, the swim team is run entirely by volunteers. Although we don't have strict requirements, we encourage each family to volunteer for 10 hours per summer. There are many opportunities including set-up, clean-up, timing, heating, etc. Look for the volunteer sign-up table at registration or check your emails to sign-up. |

SPECIAL EVENTS

| | |
|--|--|
| Are there any special events to know about? | <p>Yes! Here are a few:</p> <p>Relay Meet- Wednesday June 27th- afternoon (exact time TBD)</p> <p>Picture Day – TBD</p> <p>Swim Team Family Fun Night @ Splash – TBD</p> <p>Spaghetti Dinner – Evening of Tuesday, July 17th</p> <p>Awards Banquet – Exact date TBD but it will be the evening of either Monday, July 23 or July 30</p> |
|--|--|

AAC Swim Team: Frequently Asked Questions