

AAC Swim Team: Frequently Asked Questions

Find More Information on our Website: www.aacswim.org

PRACTICES					
Pre-Season Practice	May 21st, 22nd, 28th & 29th Location: Meyers Pool 7900 Carr Street, Arvada			10 & Under – 4:15 – 5:15 pm 11 & up – 5:15 – 6:30 pm	
Parent Meeting	During Intrasquad on 5/25 Come learn about the team and what is new for the season				
Regular Practice Schedule (starts May 30th)	Monday 8 &U – 8:30 – 9:30 a 9-12 – 7:30 – 8:45 a 13+ - 6:45 – 8:00 a and/or 13+ - 8:00 – 9:30 p	Tuesday 8 &U – 8:30 – 9:30 a 9-12 – 7:30 – 8:45 a 13+ - 6:45 – 8:00 a Clinic Night: 12+ 8:00 – 9:30 p	Wednesday 8 &U – 8:15 – 9:30 a 9-12 – 6:45 – 8:30 a 13+ - 8:00 – 9:30 p	Thursday 8 &U – 8:30 – 9:30 a 9-12 – 7:30 – 8:45 a 13+ - 6:45 – 8:00 a and/or 8:00 – 9:30 p	Friday 8 &U – 8:15 – 9:30 a 9-12 – 6:45 – 8:30 a No night practice
Does a parent have to stay at swim team practice?	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.				
How many practices do I need to attend?	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.				
MEETS					
Meets (the first few)	Full Schedule – www.aacswim.org May 25th – Intrasquad (AAC) – 7:30 am Warm-up June 1st – Dual Meet (5 Parks @ AAC) – 6:00 am Warm-up June 8th – Dual Meet (AAC @ Mount Vernon Country Club) – 6:30 am Warm-up				
What is Intrasquad?	Intrasquad 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. Race distances will be official distances, so it can help a swimmer get those qualifying times in early!				
What if we will miss a meet?	We ask that you give 1 week notice if you will miss a meet (unless of course there is a last minute illness!) Procedures to report an absence will be on our website at: www.aacswim.org				
SWIMMER READINESS					
Swim Levels?	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 American Red Cross Swim Lessons or have similar skills.				
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, then swim lessons are a great way to get them ready. We will be requiring that kids have passed Level 3 of American Red Cross Swim Lessons				
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 Intrasquad meet and see how it goes. We do ask that you make a decision by June 6 th				

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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 follow the steps to report an absence at 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 July, for those swimmers that don't achieve league/state times. For those that do achieve league/state times, the 2019 league meet is July 19 th – 21 st and the 2019 State meet is July 26 th – 28 th
PARENT QUESTIONS	
How do I know how to do this swim team thing?	Come to our Parent Info Meeting during Intrasquad on May 25th . 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?	Practice: <ul style="list-style-type: none">- One Piece Suit, Goggles, Swim Cap required for long hair but recommended for all swimmers Meets: <ul style="list-style-type: none">- AAC Swim Suit, Goggles, AAC Swim Cap recommended for all swimmers, but required for those with long hair
What are the volunteer requirements for the parents?	There are no volunteer requirements, however, please understand swim meets are run entirely by volunteers. So we need your help. We do ask that you make this your swim team and keep it fun for your family! There are so many ways you can volunteer that show your kids you're having fun with this too! Look for the weekly emails that will have a link to volunteer opportunities at the upcoming meets.
SPECIAL EVENTS	
Are there any special events to know about?	Yes! Here are a few: Freestyle Frenzy - Sunday, June 9 th - time tbd C/D Meet - Sunday, June 23 rd - time tbd Pentathlon - Sunday, June 23 rd - time tbd Relay Meet - Wednesday June 26 th - time tbd Picture Day - morning of Friday, July 12 th Last Chance Meet - Sunday, July 14 th - time tbd Spaghetti Dinner – Evening of July 16 th