

# Frequently Asked Questions

Team website: <http://HWMARLINS.WEBNODE.COM>



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## PRACTICE QUESTIONS

### ***Can we walk or bike to practice?***

YES! There is a bike rack in the parking lot, so remember a lock. Bikes, skates, and skateboards cannot be brought into the pool area.

### ***Is parking a problem during practice?***

Our parking lot is split. There is one entrance on Reston Parkway and one entrance from Steeplechase. There are plenty of spots, but arrive **slowly** since enthusiastic swimmers are in the same parking lot.

### ***What do families do first when they arrive?***

After parking the car or locking the bike, check your family's folder in the Hunters Woods Swim Team box. It is located on the counter (where you give the lifeguards your swimming passes) or at the manager's table. There may be other swim team business on the counter or at the managers' table.

### ***What do we need to bring for practice?***

Swimmers need to wear athletic swim suits (not bikinis and roomy swimming trunks). Swimmers need to bring goggles, towels, sweatshirts (if it's cold), swimming caps (optional), and papers that need to be

returned (this happens from time to time). Swimmers need to arrive on time and with the purpose of listening and improving swimming strokes. Please: sick swimmers stay home!

***Do parents have to stay during practice?***

Parents of 8 & under swimmers are required to stay during practice (RSTA regulation). We encourage parents of 9 & 10 year olds to be there also. If your child is new and older than 8, parents are encouraged to stay for the first few practices to observe what happens during practice. Of course, all parents are welcome to stay during practice.

***If I stay, where do I sit and what can I do?***

Parents need to be within the fencing of Hunters Woods Pool. You can sit on the pool chairs on the pool deck or by the sprinkler area. The sprinkler cannot be turned on during practice. Parents and siblings are not able to swim or use the hot tub during practice. Many people read or visit during practice. Children usually color or play with toys during practice. Please remove all food items when you leave.

***Can I talk to the coaches and/or managers during practice?***

Please DO NOT interrupt the coaches during practice. They are available for a short time before practice starts or after practice ends. If there are any issues, please consult with the managers.

**SWIM MEET QUESTIONS**

***Do we have to go to the meets?***

Yes, you are expected to come to the meets. If your swimmer does not swim in *AT LEAST* three meets, s/he is not qualified to register as a returning swimmer the next year.

***Why do I have to work meets?***

Volunteers are necessary to run the meets. The only paid positions are the coaches, so **ALL** families are required to work a minimum of 5 meets. We encourage you to sign up for a volunteer slot at every meet in which your child swims. **Please sign up as soon as you can!** If you are working the meet, please arrive on-time and check in with the Volunteer Coordinator.

***What do I do if we have to miss a meet?***

Contact the managers ASAP if your child is missing a meet. Advanced notice helps the coaches plan the lineups for the meets. Please speak with the managers by Monday night before the Saturday meet to assist their planning.

***Is parking an issue during the meet?***

Yes, it is a problem. Of course, those who arrive earlier park closer. If you **back into** the parking spot, it is easier to leave the meet.

***If I am not working the meet, can we leave when my children are finished swimming?***

Yes, you can leave once your children have finished their events. Please let the managers and coaches know when you leave. They sometimes need swimmers to fill in on relay teams at the end of the meet and it is helpful if they know who is available. You certainly are welcome to stay for the entire meet to cheer for teammates.

***How do I know what my child is swimming?***

Swimmers discuss their events at the Friday practice, but last minute changes can happen. You can visit <http://www.rsta.org/> to download a Meet Program for the meet. When you arrive at the meet, you

should look for the posted meet program. Event sheets will be hung on the fence. You can write down the events on a piece of paper and stuff it in your pocket. Due to the procedure change, many children are using a Sharpie to write the race information on their forearms. Each swimmer is responsible for finding out their race information.

### ***What time do we arrive for the meet?***

Home team swimmers warm up at 7:00 am. Away team swimmers warm up at 7:15 am. The meets start promptly at 7:30. We recommend you arrive around 6:45 am in order to get seats for your family.

### ***What do we bring to a meet?***

Many families bring folding chairs to ensure seating. Swimmers need to bring athletic suits (team suits optional), goggles, swim caps (optional), towels, sunscreen, and water. Each meet has a different theme, so costumes are highly encouraged by swimmers and family members. Some families bring two bags: one for various items and one for wet items. The first few meets are very cold, so a second set of warm clothes might be helpful. The meet is very long, so many swimmers bring books, cards, tablets, iPods, and cell phones. **Families are responsible for keeping items secure.**

Small coolers will keep beverages cold. Frozen water bottles and juice bottles are great items; as the meet progresses and heat up, your drinks defrost! Your family can bring snacks or purchase them at the swim meet. Bake sales are the way teams raise money for their end-of-the-season team party. You may be asked to donate things for our bake sale. Please consider purchasing items at the bake sale. Don't forget hats and sunglasses.

### ***What is the order of events?***

\*When an age group is swimming, boys swim first and girls swim second.

1. Butterfly (8 and under, 9/10, 11/12, 13/14, 15-18)
2. Backstroke (same)
3. Age-group Relays (same)
4. Breaststroke (same)
5. Freestyle (same)
6. Mixed-age relay (1 boys relay heat and 1 girls relay heat)

### ***How do the events work?***

There will be announcements made throughout the meet. Children arrive at the Clerk of Course to check in for the event. The children need to remember the lane and heat numbers for the event. Many children are writing these lane and heat numbers on their arms. Coaches are helping all swimmers learn the new procedure. 8 and under swimmers have "8 and under aides" to ensure they are delivered to the right place. Please make sure that your child arrives to swim for each race!

### ***My child is swimming a relay. What does that mean?***

Age-group relay teams have 4 swimmers; the mixed-age relays have 5 swimmers. Swimmers need to bring goggles and be ready to swim.

### ***Who do I talk to if I have problems or questions during the meet?***

Look for the team managers! Team managers wear official t-shirts. Ask returning families for help also!

### ***If we have a family emergency and we have to leave the meet, what do we do?***

Please speak with a manager to ensure the coaches get the information.

***What happens at the end of the meet?***

Both teams are responsible for collecting all trash and returning the pool to its original state. The pool cannot be opened for public use until all meet items are removed. Swimming is not permitted at the completion of the meet.