



Frequently Asked Questions

Swimwear

Q. Will I need to purchase a swim cap?

- A. No, each registered swimmer will receive one team cap at the beginning of the season. Additional caps may be purchased. Caps and goggles are required for swim meets and encouraged for swim practice.

Q. What type of suit will my child need?

- A. Swim suits must be a single piece construction of "performance" quality material, in either solid black or black and purple. This would include a one-piece swimsuit for girls and swim jammers for boys. No swim trunks or two piece "bikinis" are allowed. Swimsuits shall not cover the neck, extend past the shoulder, extend past the knee or be transparent. You can find details about where you can purchase swimwear on the LOP Piranhas site [here](#).

Q. Where can I purchase team shirts?

- A. T-shirts and other Piranhas team wear will be for sale at swim practice and the home swim meets.

Practice and Swim Meets

Q. Does my child need to attend every practice?

- A. No, while we encourage every child to attend, we realize that the season is over the summer and families may have conflicting events. Please be sure to let the coach know or email the Piranhas general email (loppiranhas@gmail.com) if your child will be absent for more than a couple days.

Q. Does my child need to know how to swim each stroke?

- A. No, so long as your child can swim the length of the pool, there is no need for your child to know each stroke. The coaching team will spend time going through each stroke once practices begin.

Q. What can I expect at each practice?

- A. The coaches will call out the respective practice age group your child is in when they are ready to begin practice. Please make sure your child is ready to go and has their swimsuit, goggles and cap on and is ready to begin. Groups 3 and 4 will begin with some dryland stretches/exercises prior to entering the pool.



Frequently Asked Questions

Q. What can I expect at each meet?

- A. You will receive an email message the day before each swim meet with any special notes/considerations for that particular meet. In general, however, swimmers will check in and receive their lane slip approximately one hour prior to the start of the meet. Lane slips specify event, heat and lane numbers for your swimmer(s). Prior to the start of the meet, swimmers will be invited to warm up in the pool by age group. As the meet progresses, the announcer will ask swimmers to line up in the staging areas located just behind the starting blocks. Swimmers will complete their race and exit the pool when instructed. Results for each event are posted on the information board approximately 15-30 minutes after each event. They will also be available online using the OnDeck mobile application.

Q. Where can I find the swim practice schedule?

- A. You can find a copy of the swim schedule [here](#). A swimmer's age group is determined by their age as of June 15th of each season. Additionally, you can find a copy of the season schedule [here](#).

Q. Does my child need to attend every swim meet?

- A. No. Swimmers may attend all, some or none. However, please keep in mind that in order to attend the end of season Championship Meet, swimmers need to participate in at least two regular dual meets. If your child is unable to attend a meet after committing to attend, please be sure to email the Piranhas general email (loppiranhas@gmail.com) and provide their name.

Q. What should I bring to each practice or meet?

- A. Swimmers should arrive in their swimsuit with their cap, goggles, sunscreen and plenty of water. Please review the page on [Preparing for a Swim Meet](#).

Q. Can my child carpool with other families if I am not able to make it to a meet?

- A. Yes, absolutely. If you are unable to attend a meet, please be sure that you are not signed up for any volunteer positions for that meet.

Q. How many volunteer shifts are required per swim team family?

- A. As a reminder, families are expected to fulfill a total of four dual meet shifts and one volunteer shift for Champs. Those fulfilling all five shifts at the end of season will have their volunteer deposit check securely shredded. Failure to show up for any shift, will result in \$50 deductions from your volunteer deposit per no show incident.



Frequently Asked Questions

Q. What if I can't attend the shifts I volunteered for?

- A. Swim Team Families and/or parents are required to commit to the volunteer shift and time they have signed up for. Parents are responsible for securing a backup if they are unable to cover their shift. If they are not able to attend a volunteer shift and are not able to secure a back up they will need to email the general email (loppiranhas@gmail.com) prior to the event day. Failure to show up for any shift, will result in \$50 ductions from your volunteer deposit per no show incident.

Q. Is there an Opt-Out option for required volunteer shifts?

- A. **Opting Out:** Families may opt-out of the Volunteer Participation Requirements by paying a \$250 fee before May 1st to the LOP Piranhas. Failure to opt-out by May 1st or complete all 5 required volunteer shifts by the end of the season will result in forfeit of the \$250 volunteer deposit. Failure to show up for any shift, will result in \$50 ductions from your volunteer deposit per no show incident.

Q. Is food allowed in the LOP pool area?

- A. Yes! Having food pool-side is both an opportunity and a responsibility. We ask that everyone pick up after themselves. If there is continued abuse of our privilege, we may be asked not to have food at the pool.

Q. Can siblings attend the practices?

- A. Siblings are certainly encouraged to come watch practices but may not be in the pool. It is our hope that they will wish to participate and eventually join the team.

General

Q. Anything else I should know?

- A. Please be sure to read and be familiar with the parent and swimmer information handbook. Additionally, be sure to check the website for information as a first-stop.

Q. Who do I contact if I have questions or concerns?

- A. You can email the general email at (loppiranhas@gmail.com) or you can submit a question [here](#).

Q. How can I get a list of all swimmers' names?

- A. For privacy reasons, we do not distribute a list of names. However, swimmer names will be visible on meet programs which are distributed Friday before each meet.