

# General Swim Team FAQs

## **Do I need to be a member of the Langford Farms Club for my child(ren) to be on the swim team?**

➤ Yes, per the Nashville Swim League guidelines, all swimmers have to be a club member.

## **What is swim team and why should my child(ren) participate?**

➤ It is fun, great exercise, good training for other sports, and teaches life skills. It is a great way for kids to meet other kids and for parents to meet new people.

## **Who can answer my questions about swim team?**

➤ Our Team Representative, Tina Schlosser, coordinates the swim team efforts, and our Head Coach, Tamara Auman, can answer any specific details about swimming. Please feel free to email them at [LFChurricanes@gmail.com](mailto:LFChurricanes@gmail.com).

## **Does my child(ren) need to be able to swim before joining swim team?**

➤ Yes, they need to be able to swim. Swim team is not a substitute for swim lessons. Your child needs to be able to jump in and progress down the pool on their own. Stopping and holding onto the side is acceptable. The first week of practice is a good trial period to see if your child is interested and ready to join the team!

## **What strokes do the swimmers learn and use in competition?**

➤ Freestyle, backstroke, breaststroke, and butterfly. Our team includes all levels of learners, so with beginners we focus on freestyle and backstroke. Depending on age and ability, we progress to breaststroke and butterfly.

## **Does my child(ren) have to compete if they are on swim team?**

➤ Yes, all swimmers will be entered into meets. If you do not want to compete, we offer swim lessons for those only interested in improving strokes and becoming a proficient swimmer.

## **What would my child(ren) be doing during a swim meet?**

➤ Your child will compete in various stroke races or relays against other children of the same age. The age divisions are: 6 & Under, 7-8, 9-10, 11-12, 13-14, and 15 & Up.

### **Does my child(ren) have to go to practice every day?**

➤ No, although we highly recommend it. The more they swim the quicker they progress. Please see the practice schedule for days and times. Swimmers should attend at least 1 practice per week.

### **Can my children practice at the same time if they are in different age groups?**

➤ That is something you will need to talk to the Coaches about. Older swimmers are generally stronger and faster, so it may not be safe for a younger swimmer.

### **What does my child(ren) need for practice?**

➤ Swimsuit, goggles, towel, and a water bottle.

### **Should parents stay for practice?**

➤ If your child(ren) is young, we recommend you stay for practice. If your child(ren) is old enough to attend the pool without a parent, it is not required to stay.

### **When can I talk to the Coaches?**

➤ Please do not try and talk to the Coaches during practice. This is the time they are spending with the swimmers. Please wait to talk to them after practice.

### **What is the cost of swim team?**

➤ Swim team is \$125 for the first swimmer and \$100 for each additional swimmer. Extra charges include the Swimmably App fee, City Meet event fees, and a team suit (optional).

➤ Swimmably is the meet entry and timing system that NSL uses. Parents are required to register their swimmer(s) on the app and pay the separate fee. The fee is \$14 per swimmer. The swim team representative will provide more information on when and how to do this prior to the start of the season.

### **Do I need to purchase the team suit?**

➤ No, although we recommend swimmers have something of a similar color for swim meets. Per NSL guidelines, swimmers may not wear logos of other teams (High School, Middle School, or club teams) during swim meets. Manufactures logo's or trademarks (ex: "Speedo") are allowed.

# Swim Meet FAQs

## **What league does Langford Farms participate in?**

➤ We participate in the Nashville Swim League (NSL) which is a summer swim league for Nashville area children. We are a part of the AA North division and compete against the other teams in our division (Willoughby Station, Gallatin Civic Center, Bluegrass, and Providence Swim Club).

## **What does a swim meet look like?**

➤ A swim meet consists of events where a swimmer may compete in an individual race or a relay with 3 other swimmers. The freestyle relay has 4 legs of freestyle, and the medley relay has 4 different legs consisting of all 4 strokes.

## **What does my child(ren) do when they are not swimming?**

➤ We recommend you have books, games, or activities to keep your child(ren) occupied while they wait for their next event, preferably in the shade. You should bring snacks, lunch, and sunscreen. Host teams usually have food options available for purchase as well.

## **How many meets are there in a summer?**

➤ We participate in 3-4 dual swim meets each summer, both at home and away. We also participate in the championship meet, City Meet, against all clubs in NSL.

## **When are the meets?**

➤ Swim meets are on Tuesdays during the regular season. Arrival time is usually 8:00am and meets can last 4 to 5 hours. City Meet takes place on a Friday and Saturday at the end of the season. The specific competition time depends on the age group of the swimmer.

## **What does my child(ren) need to do for a meet?**

➤ They should get a good night's sleep, eat a healthy breakfast, bring water and snacks, check-in for warm-up on meet day, listen to the coaches, and, most importantly, have fun!

## **What are people writing on their children at meets?**

➤ Every child needs to have their swimmer ID number written in sharpie on their shoulder. A list of events and heat numbers are usually written on an arm or leg.

### **What is a “heat?”**

➤ A swim event (ex: 8-9 freestyle) may have multiple “heats” or groups. Often a dual meet will only have 1 heat in each event, but it can have as many as 3 to 4 heats.

### **What is a relay?**

➤ Relays consist of 4 “legs” with a different child swimming each leg. The distance varies by age group with older swimmers going longer distances. There are 3 different relays: freestyle relay, medley relay, and mixed medley relay. In the mixed medley relay 2 girls and 2 boys from the age group will complete a relay team.

### **Who decides what events my child(ren) swim(s)?**

➤ Those decisions are made by the coaches in order to put our best team together to win the meet. Any questions about events can be discussed with the Coaches after practices or during the week, but not during the meet.

### **What does it mean when my child is “swimming up?”**

➤ The Coaches may determine it is in the best interest of the child and team for a child to swim in the age bracket above theirs. This is a compliment to the child as it shows the coaches feel they can swim effectively and still be competitive in the older bracket.

### **Does my child(ren) have to participate in every meet?**

➤ Without consistent participation from all team members the team may not be competitive in our division. Meets are won not only by winning events but having enough swimmers to compete in all events, especially relays. However, we understand it is summer and conflicts can happen. Please correctly declare if your swimmer is coming to the meet (the process to do that will be explained by the team representative) to avoid confusion.

➤ In order to participate in City Meet the swimmer must participate in at least 2 division meets. Please keep this in mind if they wish to participate.

### **What is Clerk of Course (CofC)?**

➤ This is the rows of chairs under a tent near the blocks. Every swimmer is organized into their heat and lane for their events here.

### **How can I help the team?**

➤ You can support your swimmer(s) by bringing them to practice, preparing them for the meet, and cheering them and the team at meets!

### **How can I help the team? contin.**

➤ Complete your volunteer requirements! Each family must volunteer at 2 meets and at City Meet (if they choose to go). A swim meet is an all-volunteer effort and without enough volunteers the team may be forced to forfeit a meet, resulting in your swimmer(s) not being able to swim.

➤ Consider becoming a stroke and turn judge, starter, or referee. It is not as hard as it looks! The officiating is also all-volunteer and it is advantageous for a team to have more people trained. It is also helpful for learning the swim meet rules.

➤ Support your team with a sponsorship! Sponsorship money helps fund t-shirts, trophies, banners, special events, and all the extra things that make it more fun for the swimmers!

➤ Speak with the team representative for ideas or email them at [LFChurricanes@gmail.com](mailto:LFChurricanes@gmail.com) with any questions.

### **What positions need to be filled at a swim meet?**

➤ A swim meet will have a referee, starter, multiple stroke and turn judges, a head timer, multiple timers for each lane, a clerk of course, a runner, and hospitality volunteers.

➤ The referee runs the meets and has final authority over disputes. The starter announces the events and starts the swimmers. Both require simple online training.

➤ Stroke and turn judges are responsible for disqualifying swimmers due to incorrect swimming form. This requires simple online training.

➤ The head timer holds onto extra timing devices and assists timers with any issues.

➤ Timers are responsible for correctly timing the swimmer in their lane and entering the correct swimmer for the race into the system.

➤ Clerk of course organizes swimmers prior to swimming their race to ensure swimmers are in their correct heat and lane.

➤ The runner assists the scorers table with anything they need and is an as-needed job.

➤ Hospitality distributes snacks to volunteers and coaches.

### **What is the restricted area during meets?**

➤ That is the Scorer's Table, found under a tent and roped off by caution tape, where the team representative, referee, and starter can be found during the swim meet. They should not be disturbed during the meet as they are key to ensuring the meet runs smoothly. No one may walk around the pool on the side of the Scorer's Table.