

SWIMMERS 101

I am unable to fulfill one of my volunteer commitments. Who do I contact?

Please contact our Volunteer Coordinators, Stephanie Kernaghan & Ellen Smitheal, at rollingwoodwaves@gmail.com. If you can get your own replacement, that would be great. It takes over 50 volunteers to successfully run a meet. Every volunteer counts!

What is the requirement for someone to be on the Rollingwood Waves swim team?

In order to be able to become a member of the Rollingwood swim team, you must be a member of the Western Hills Athletic Club (WHAC) and be in good standing. Swimmers must be between the ages of 5 and 18 on May 1, 2010. In addition, swimmers must be able to swim the length of the pool without using the lap lanes as assistance. A swimmer is permitted to stop and take a break by hanging on to a lane line but they may not use it as a device to advance to the end of the pool (*e.g.*, pulling themselves along the way). If you have questions or concerns on whether your child is ready for swim team, please feel free to talk to one of our coaches.

We tried it and gave it our all, but swim team just isn't going to work out for our family this year. May I get a refund?

We understand that sometimes it just doesn't work out, and that is why we give our families a two-week window to check it out. The last day for a full refund is May 14, 2010. Email Kristi Barksdale, President, at wavessummerfun@aol.com and she'll get the refund processed. Please allow two weeks.

My child's birthday puts her in the age group below all her friends. Can I move her up to swim with her friends?

Yes, you have the ability to move her up to the next age group, but please be aware moving up to the next age group is permanent for the season. In addition, please note that a swimmer is permitted to swim up but can never swim down. In other words, a swimmer who is seven can not swim in the six and under age group.

How do I encourage my new swimmer to keep trying when all his friends are faster and more advanced?

Swimming is such an individual sport and our coaches do a great job teaching our swimmers they should always strive to improve their own personal times not their team members' times. Constant encouragement will only improve your child's attitude and his techniques.

How long do the meets usually last? Is there food available?

Most meets are usually 3 hours long, and we have a fabulous snack bar. One of our best fundraisers is our concession stand where we sell a variety of snack items, drinks and pizza.

Does my child have to swim every meet to be on swim team? There are a couple of weeks when we have conflicts.

We understand that our families have other activities and plans, especially during the summer. Just let the coaches know when you plan on being away so they will not place your swimmer on a relay team.

My child just checked her swimmer folder and she did not receive a personal best ribbon that I know she achieved at the last meet. How do I get that corrected?

Congratulations to your swimmer! We love rewarding our swimmers with ribbons for their hard work but we sometimes make mistakes. Shoot an email to our ribbon coordinator, Debbie Arnow, at darnow@austin.rr.com with the date of the meet, the event, the heat and the swimmer's name and she will take care of it for you.

The first two weeks of swim practice was great but now with the 3rd week approaching, my child is in tears. I don't want to push but maybe I should have waited a year?

Not knowing your child or the exact circumstances, I'd say take a little break and don't push. If you have been making practice every single day for 2 weeks now, back off and only come twice. Swimming is a lot of hard work and takes a lot of effort. With the end of school activities and other sports, he/she may just be pooped! If it continues, feel free to talk to the coaches.

Oops! I forgot to sign my kids up to swim for the upcoming meet(s). What do I do?

The easiest way to make sure that you never have this problem is to sign up your swimmer for all of the meets at the beginning of the season. Each of our meets will have approximately 350+ swimmers, and it takes approximately two days to compile all the data to print the heat sheet; that's why the sign-up deadlines are in place. If you don't meet the sign-up deadline, you may be able show up early and to enter your child on the date of the meet (referred to as a "deck entry"); however, deck entries are subject to lane availability, and we typically don't have any lane availability on the date of the meet. Don't disappoint your swimmer: Sign them up early so they are guaranteed to swim all the strokes that they want to swim! Contact wavessummerfun@aol.com if you have sign up issues or problems.

Why isn't my swimmer ever placed on any relay team? Who determines the relay teams?

The coaches make the decisions on relay teams based on a variety of factors, including practice attendance, swimmer attitude and swimmer times. All meets will allow three relay teams from each team for the freestyle relay and three teams for the medley relay, giving most swimmers a chance to participate. In addition, special relay team activities occur throughout the season during practice, giving all members of the team an opportunity to participate in the relay experience.

It seems like my child is frequently disqualified. What should I do?

The younger swimmers, especially those eight and under, tend to get DQ'd a little more often. Talk to the coaches and let them know your concerns. Please remember that our coaches are way ahead of the game and know who has been DQ'd so they can work on it in the upcoming week. Isn't that cool?

We never received our Rollingwood Waves t-shirt. Where do we get one?

Sorry we missed you. T-shirts were given out during our two April registration dates, as well as the first week of practice. Contact Lisa Kirkpatrick at lisakirkpatrick0@gmail.com to make arrangements.

Are the social activities a requirement to be a member of the Rollingwood Waves swim team? Do these cost extra or they included in the fee?

Although attending our planned social events is not a requirement, they are a lot of fun for all members of the Waves! From ice cream socials to family fun events, there is something fun for everyone! There is a small fee associated with all events, mainly to cover the cost of the activity. Jump in and give them all a try!