

Frequently asked questions (please keep)

Please check kids in at front desk or with a coach before leaving the facility in case practice is cancelled & for the safety of the kids

1. Is the swim team just like swim lessons only more of them?
-Not exactly. The kids on the summer swim team should be able to swim one length of the pool freestyle and backstroke when we begin. They don't have to be proficient, but they do need to be able to swim to the end. Our coaches will be working on stroke work as well as conditioning and having fun! However, the amount of individual attention will be less than you would normally have in a small group for swim lessons.
2. Does my child have to go to the swim meets? Can they miss a swim meet?
-No the kids only compete if they want to. They can come to as many meets as they want, however they need to attend at least 2 swim meets in order to compete in the championships.
3. What should we bring to the meets?
-Team suit, team swim cap (**required for girls**) shirt, shorts, chairs, extra towels, sunscreen and snacks. Most pools will have some type of snack bar.
-Sharpie marker (we will have some), yes we write on the children ☺ We write the event numbers on the arms.
4. What time does my child need to be at the pool for the meets?
-All the kids should be there by **4:00pm** for Wednesday meets.
Championships will have different warm up times depending on age, those times will be posted.
5. How does my child get signed up for the events?
-The sign up forms for each swim meet will be located on the table near the starting block end of the pool. They can sign up themselves or you can do it for them. The coaches are happy to help if you have questions about which events would be best.
-***Kids must be signed up no later than the morning practice on the MONDAY before a meet in order to swim at the meet.**
-Your child can swim a total of 3 single events and 2 relay events. If for some reason they sign up for the meet but are not able to come, please let the coaches know as soon as possible, otherwise the announcer will be calling for them at the meet. **If they sign up for a relay event please do everything you can to be there.** The other kids who signed up for that relay won't be able to swim if one person doesn't show up.
6. Who do I talk to about volunteer information? If we haven't done this before is it easy to learn?
-Talk to Rachel Jokerst. You can get in touch with her by calling 449-2606 or e-mail her rjokerst@soccermac.com.
-Yes, we will have a "seasoned" swim team parent at each volunteer station to help as well.
7. When will we get our MAC shirts, towels and bags?
-They will be handed out before the first meet. Please ask a coach if you do not receive your MAC Gear.
8. What if it's raining before practice, should we still come?
-We will cancel practice or a meet due to weather if there is thunder and/or lightning in the area. We will clear the pool and re-assess in 20 minutes. We will do that same procedure each time thunder is heard or lightning is spotted. If it is only raining, practice will normally continue as usual. We do not have access to the indoor pool.

*Please check the web site often. We try and keep it updated with the meet schedule and other events as they come up. Go to **soccermac.com** and click on swim team. Also an e-mail will be sent to remind everyone of the first practice. If you do not receive it let us know and we will make sure you are on our e-mail list.

*To contact Kristen (swim coach) for swim team questions, swim meet questions about your kids, etc. E-mail her at ducharmek@health.missouri.edu or call 289-4897. Call the MAC any time 449-2606 or contact through E-mail at info@fit-mac.com

**If you are not a member of the MAC Summer Club and are interested in a summer membership, please see our front desk. We are happy to credit the non-member difference you paid for swim team towards a membership for the pool.*

