

## **New Swimmer Questions**

### **Do I have to live in Perry to swim for Perry Aquatic Club (PAC)?**

No. We welcome swimmers from all communities.

### **Is my child good enough to swim for PAC**

For swimmers that have participated in Red Cross Swim Lesson program, a good indicator if your child is ready for competitive swimming is the completion of level 5. We ask that swimmers under 10 years can complete 1 length of the pool in all 4 competitive strokes. For swimmers 11 and over, complete 2 lengths of the pool in freestyle and backstroke and 1 length of butterfly and breaststroke.

### **What does it mean to be a competitive swim team?**

PAC is a USA Swimming affiliated team. Swimmers are challenged to improve their stroke technique, endurance and power everyday in practice. Our goal is to develop the swimmers over the duration of their swimming career; from the beginning 8 and under to the graduating senior, we strive to improve swimmers at all levels.

### **What if my child has too much homework and has to miss practice?**

As our program is affiliated with Perry Schools, academics come first. If your child needs to focus on school work, we understand. Like with any activity, missing practice will not help your child improve at swimming. It is important to find a good balance with completing school work to the best of your child's ability and still participate as regularly as possible with swimming.

### **What happens if my child is ill and has to miss practice?**

In case of extended illness, please let the coach know. If your child only misses 1-2 practices due to illness, a note coming with the child upon their return will help with our attendance records.

### **How long is the season?**

The Fall/Winter season begins the Tuesday after Labor Day and runs through the completion of Bronze, Silver and Gold Champs. The Spring/Summer begins at the beginning of May and runs through the first week of August for those competing in Long Course Champs.

### **How often are meets?**

Meets are available almost every weekend. However, we ask that swimmers participate in as many dual meets as possible and 1 weekend meet a month.

### **How long are meets?**

Weekend meets are broken into sessions by age. Most sessions last around 4 hours. As we get into the end of the season and into the championship meets, sessions may last longer. Meets are normally 2 days and attendance at both days is not required. Dual meets last between 2-2.5 hours.

### **Are Winter and Summer season the same?**

No. We try to keep the summer season much more laid back. The Winter season is a lot more individualized with the swimmer and the parent getting to choose the events the swimmers will compete in on weekend meets and the coaches choosing the events for the dual meets. Coaches are still available to help parents choose which events swimmers should compete in as well.

**Do we pay for meet entries? What are the costs for meets?**

There are no costs for swimmers for dual meets. For weekend meets, individual events will range from \$3-\$5 with a swimmer surcharge of \$2 (set by Lake Erie Swimming).

**Does the registration fee cover expenses for personal equipment?**

The swimmers registration fees do not cover training equipment, suits, goggles, etc. Those may be purchased individually at our team vendor Competitive Aquatic Supply. PAC does supply training equipment to be used at practice including pull buoys, kick boards, paddles, and fins as well as all items needed for dry-land exercises.

**What should my child bring to practice everyday?**

While your child's coach may adjust practice for what their specific group needs, each swimmer should have the following with them everyday: For water practice: suit, goggles, cap (for anyone with shoulder length hair or longer) and towel. dry-land: shorts, t-shirt, and athletic shoes.

**Do I have to pay the entire registration fee up front or can I make payments?**

You may make payments for the team. That is all set up in our online registration process.