



Frequently Asked Questions for New Swim Parents

HOW LONG DOES A SWIM MEET LAST?

On average, our dual swim meets begin at 3:15 pm and last about two hours. Depending on the size of the opposing team or if it is a special meet (Guys Only CIF Relays) the length may fluctuate. Our current schedule can be downloaded at our website <http://www.cvhsaquatics.com>

HOW DO I KNOW WHEN MY TEENAGER'S RACE IS?

200 yard Medly Relay (or 4 x 50)
200 yd Freestyle
100/200 yd Individual Medly
50 yd Freestyle
5 - 10 minute break
50/100 yd Butterfly
100 yd Freestyle
500 yd Freestyle (generally Varsity only)
200 yd Freestyle Relay (or 4 x 50)
50/100 yd Backstroke
50/100 yd Breaststroke
400 yd Freestyle Relay (or 4 x 100)

The order of events at every dual meet is the same. By the end of the season, most parents become firmilair with the order after sitting through so many meets! There are 11 different events. Each event has four levels competing. Girls JV is first, followed by Boys JV, Girls Varsity, & Boys Varsity. This equals 42 total races in any given dual meet.

Our coaches aim to inform our athletes the day before what races they will be swimming the next day. Not only will this help you know better when to arrive to see their race, but allows them to prepare mentally and physically the night before accordingly.

AM I ALLOWED TO COME ON DECK TO CHEER MY TEEN ON?

As with Water Polo, each school has an area with bleachers for parents to sit, observe, and cheer in. We aim to keep the area around the starting blocks and the opposite end clear. Referees are adamant about keeping those areas clear for the athletes competing in the current race. The referees also request silence as they start each race so swimmers can hear the start signal clearly. After your teen competes however, you are more than welcome to come on the pool deck to encourage them before returning to the stands.

WHAT SHOULD MY TEEN BRING TO A SWIM MEET?

First they need their basic equipment. A CVHS team suit, goggles, swim cap (optional), and a towel. Additionally, each student is encouraged to bring:

- a parka or warm clothing to wear between events. Athletes must keep their bodies and warm and relaxed.
- Plenty of liquids to drink (water or sports drink like Gatorade or Powerade w/ 6-8% carbohydrates).
- A healthy snack for fuel (bagel, fruit, energy bar etc...) or \$ for snack bar. No candy, soda, or junk food.
- Homework since many can take advantage during their events to do work.
- Sunscreen to wear.

WITH SUCH A LARGE TEAM, HOW DOES THE COACH DECIDE WHICH SWIMMERS TO SWIM IN A MEET?

Every coach has a different selection policy based on his/her coaching philosophy. However, at CV, every coach aims to give every swimmer a chance to compete as much as possible, regardless of their skill level. The size of your teen's team, as well as the strength of the school CV is competing against are also significant factors that influence how often swimmers compete in individual and relay events. Most often, it primarily depends on an athlete's time the day before the dual meet. Please ask you teen's coach, at the appropriate time, how he/she generally makes their decision.

Each athlete is allowed to swim in a maximum of 2 individual and 2 relay events at each dual meet. Another option is swimming in 1 individual event and all 3 relay races.

HOW SHOULD MY SON PREPARE THE NIGHT BEFORE THEIR COMPETITION?

Sleep, nutrition, hydration, and mental preparation. Coaches like to call these the “hidden ingredients”. These are factors that greatly impact a swimmer's performance in the pool. Obviously these are areas that are primarily done away from the pool deck where a coach cannot supervise. As parents, you have the ability to help your son make healthy choices, which will help him to be the strongest competitor possible.

Specific information regarding each of these “hidden ingredients” can be found on our www.cvhsaquatics.com website later this month.

HOW DO I RESPOND IF MY DAUGHTER HAS A POOR RACE? WHY IS SHE SWIMMING INCONSISTENTLY?

This of course can happen. During the season, her coach is focusing on the process of making her swim more efficiently. This means changing parts of her stroke at times or giving her specific areas to focus on while racing that may slow her down at first. Be patient and supportive in those moments. As a parent, we would ask that you remain positive! Her coach will discuss her race with her.

There is nothing wrong with a swimmer negatively evaluating a race. Part of the experience is learning to deal with setbacks and various roadblocks that must be overcome. The important thing is for them not to dwell on it. It is important that they begin to focus on their next event. As a coach once said, we must limit the “post mortems!”

As you begin this adventure through your first swim season, please feel free to ask any questions that arise. Other swim parents, even those from other teams, are happy to answer ?'s and help also.

Swim Glossary

BACKSTROKE (BACK) - ONE OF THE FOUR COMPETITIVE RACING STROKES, BASICALLY ANY STYLE OF SWIMMING ON YOUR BACK.

BLOCKS - THE STARTING PLATFORMS LOCATED BEHIND EACH LANE.

BREASTSTROKE (BREAST) - ONE OF THE FOUR COMPETITIVE RACING STROKES.

BUTTERFLY (FLY) - ONE OF THE FOUR COMPETITIVE RACING STROKES.

DECK - AREA AROUND THE SWIMMING POOL RESERVED FOR SWIMMER, OFFICIALS, AND COACHES.

DISQUALIFIED (D/Q) - A SWIMMER'S PERFORMANCE IS NOT COUNTED BECAUSE OF A RULE INFRACTION. A DISQUALIFICATION IS SHOWN BY AN OFFICIAL RAISING ONE ARM WITH OPEN HAND ABOVE THEIR HEAD.

DUAL MEET - TYPE OF MEET WHERE TWO SCHOOL TEAMS COMPETE AGAINST EACH OTHER.

FALSE START - WHEN A SWIMMER LEAVES THE STARTING BLOCK BEFORE THE HORN OR GUN.

FREE RELAY - A SWIMMING EVENT IN WHICH FOUR SWIMMERS PARTICIPATE AS A RELAY TEAM, EACH SWIMMER SWIMMING AN EQUAL DISTANCE OF THE FREESTYLE STROKE.

FREESTYLE (FREE) - ONE OF THE FOUR COMPETITIVE RACING STROKES. CONSIDERED THE FASTEST.

IM (INDIVIDUAL MEDLEY) - SWIMMING EVENT USING ALL FOUR OF THE COMPETITIVE STROKES ON CONSECUTIVE LENGTHS OF THE RACE.

LONG COURSE - A 50 METER POOL. IN HIGH SCHOOL MEETS, WE USE THAT TO REFER TO ALL EVENTS ARE VARSITY LENGTH.

MEDLEY RELAY - A SWIMMING EVENT IN WHICH FOUR SWIMMERS PARTICIPATE AS A RELAY TEAM, EACH SWIMMER SWIMMING AN EQUAL DISTANCE OF A DIFFERENT COMPETITIVE STROKE.

TOUCH PAD - THE REMOVABLE PLATE THAT IS CONNECTED TO AN AUTOMATIC TIMING SYSTEM. A SWIMMER MUST PROPERLY TOUCH THE TOUCHPAD TO REGISTER AN OFFICIAL TIME IN A RACE.