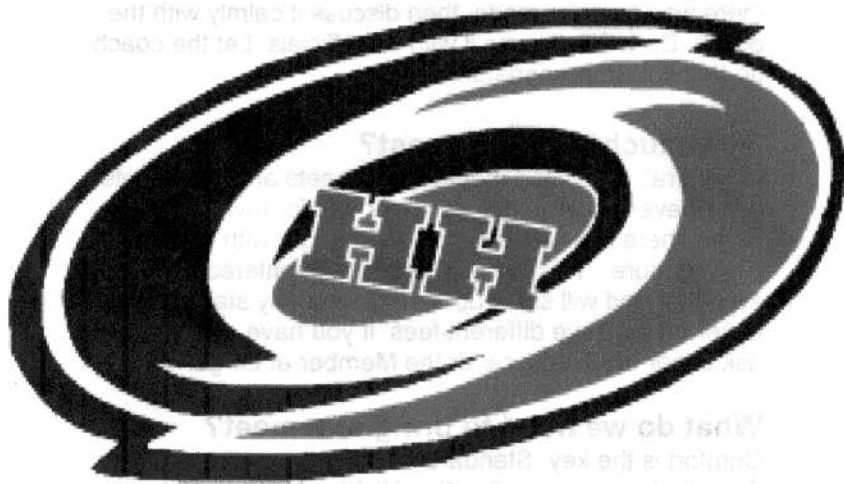


# Hickam Hurricanes Swim Team

## New Swimmer and Parent Frequently Asked Questions



### **Please explain the different types of meets.**

Each swim meet is designated for a certain level of swimming. This designation tells you whether your child is eligible to swim in that meet. All meet designations refer to Hawaii Time standards unless otherwise specified. Meet designations in Hawaii are:

- Classified Meets:** no age or level restrictions
- Hawaii ABC Meet:** HI - A, B, or C level swimmers
- Hawaii AA+ Meet:** HI - AA times or faster
- Distance Meet:** age 11+; specified time standards
- Senior Meet:** age 12+; senior time standards
- Invitational Meets:** generally Hawaii AA times or faster
- State Age Group Championships:** "Q" times or faster
- Western Zone Championship:** "Z" time or faster

### **What are Time Standards?**

Time standards are a set of guidelines that are used for meet qualifying and meet entry purposes. They are derived from the previous years' meet results and are broken down by age, gender, and divisions or levels. You can look at the time standards for 2007 – 2008 on our website [www.hickamhurricanes.com](http://www.hickamhurricanes.com), or on [www.hawaiiswim.org](http://www.hawaiiswim.org).

### **How do I know if my swimmer is entered in a meet?**

If you did not sign the NO-SHOW book and your swimmer is **not** inactive, you will receive a confirmation e-mail from the Member at Large with meet information about 5 days before a meet. With that e-mail will also be an attachment with your swimmers entries. In addition, there will also be a meet entry sheet "a blue sheet" in your file on deck.

### **What do we do if we can't be at a meet?**

If you know your swimmer cannot attend a scheduled meet, sign him out in the NO-SHOW book on deck. This book has all the meets we will attend as a team through next August. The Member at Large will send out an e-mail about 24 hours before the cutoff to remind parents. Once the Member at Large enters the team in a meet, she can still scratch swimmers up to 48 hours before a meet, but the swimmer will still be responsible for any meet fees.

### **Who decides what my swimmer swims?**

The coaches take careful consideration with regards to the fitness ability and stroke technique for each and every swimmer. The coaches will decide which events your swimmer is ready to swim and enter them accordingly. Keep in mind the events chosen for the swimmers may or may not be their favorite or best event. We want swimmers to gain experience in as many strokes and distances as they are capable of completing and to improve times.

### **What is a relay? And what stroke(s) do the swimmers use?**

Relays consist of four "legs" with a different child swimming each leg. The distance varies with the age group from 100 meters (four lengths of the pool) for the younger age groups to 400 meters for the older age groups. You can review the full list of events to get a feel for where the relays occur in the meet.

There are two types of relays: medley and freestyle. The medley relay has four different legs: backstroke, breaststroke, butterfly, freestyle. The freestyle relay has four legs of freestyle.

### **What does DQ mean?**

Disqualification – Means that the swimmer inadvertently made a mistake during a start, a turn or did something in the confines of the stroke mechanics that did not conform to the USA swimming rules and regulations according to the USA swimming policy manual. During the meet, there are different officials on deck observing the swimmers. There are start judges, stroke judges and turn judges. They evaluate the swimmer during the race to see that everything is performed legally and with in the standards set by USA swimming.

### **Are kids DQed a lot?**

No. The younger swimmers, especially the 8 & under age group tend to have more problems early in the season, but you'll see a DQ from time to time in every age group.

If your child is disqualified try not to get upset about it. Your swimmer will be unhappy enough about it without having your emotions adding to the situation. If you think there was an error made, then discuss it calmly with the coach. Do NOT discuss it with the officials. Let the coach do that if it is appropriate.

### **How much do meets cost?**

In general, Classified meets, ABC meets and B/C meets are \$2/event charge per swimmer, but for Invitational meets there is a higher per event charge, with relays costing more. This fee is billed to each entered swimmer and will show up on their monthly statement. Other meets have different fees, if you have a question; ask either the Treasurer or the Member at Large.

### **What do we need to bring to a meet?**

Comfort is the key. Standard dress for Hawaii meets is a T-shirt (show your spirit with a Hickam Hurricanes tee)

and shorts, with either sandals (rubber flip flops are particularly popular, because of their tolerance for water soakings) or tennis shoes.

Parents usually take several of the folding canvas chairs - one each for themselves and one for their swimmer - since not all facilities have adequate (or comfortable) seating. Pack a cooler with cold drinks and healthy "power" snacks, enough for all of you.

Also, it helps to bring a clipboard and a highlighter pen to use with your heat sheet - if there is no heat sheet available - be ready with some paper to record your swimmer's times. Swimmers bring books, games, Ipods, anything to entertain while waiting for their next event! If there are specific needs, it will be noted on your meet confirmation e-mail - read it all, it has lots of information!

### **What is a heat sheet?**

Heat sheets can cost from \$1.00 to \$5.00, depending on the type of meet. They contain a listing of all participating teams, a listing of all the events on one of the first pages, lists of all event numbers, heat numbers, all swimmers in each heat along with their times, and lots and lots of ads sold to local businesses and parents supporting the swimmers. You will need to buy one of these upon arrival, find and mark your child's events (with a highlighter). You will also need an indelible ink pen to record times on the heat sheet and to write your swimmer's event, heat number and lane number on his hand. That way, he can more easily keep up with it.

### **What should my swimmer wear?**

For practice, your swimmer will need a good quality swim suit. Practice suits are usually looser fitting than competition suits, and the more experienced swimmers can be seen wearing more than one suit at a time, for

"drag" in the water. Be sure that the "team" suit, used for competitions, fits tightly. Loose suits create too much drag in the water and will slow your swimmer down.

*The Hickam Hurricanes competition team suit is a solid black suit.*

A good pair of goggles is a must - whatever is a comfortable fit for your swimmer will do. Try and buy a new pair BEFORE a meet, because the swimmer usually needs some practice time to adjust the straps, so they will not come off as they dive in.

A swim cap will make a swimmer's performance more effective in the long run (and offer some protection to their hair). Even many male swimmers wear caps. If a cap is worn to a meet, it must be a team cap. For practice, any cap will do. Silicon caps are much sturdier, require less maintenance, and last much longer, but can be more expensive than the latex ones.

A good pair of "flip-flops" or sandals is always good to wear to and from practice.

### **How do we take care of our gear?**

Rinsing off the chlorine from both the caps and suits after each practice will make them last a lot longer - as will powdering the swim cap with baby powder. Towels can sometimes be used a second time if they are hung up promptly to dry.

It is a good idea to label all articles associated with swimming (with permanent pen), in order to help your swimmer keep up with his possessions. It is also wise to invest in a bag to carry all their gear in.

### **How do we prevent damaged, green hair?**

Many stores now sell shampoo made for removing chlorine from the hair.

## What should swimmers eat to perform their best?

In general, good nutrition is important, and good eating habits are essential for good training results and good race results. It is suggested that athletes eat 2-3 hours before their event or training. A good pre-carbohydrate consumption meal consists of approximately 2 – 4 grams of carbohydrate per pound of body weight. An example meal with 200-300 grams of carbohydrate:

- 1 plain bagel with tablespoon of Peanut Butter (69g)
- 1 apple (20g)
- 8 oz. of OJ (39g)
- 1 cup fruit yogurt (50g)
- 8oz of chocolate milk (25g)

There are many websites for nutritional findings of different foods. Read the labels on packages of pasta, rice, crackers, etc. to determine the correct amount for your child's best performance and recovery needs.

Studies also show that taking sips of Gatorade every 15-20 minutes during practice and during meets is a good way to replenish electrolytes. Gatorade contains high fructose corn syrup, so any type of juice will be a good alternative. Water is essential to good hydration.

Please be sure to hydrate with water first, before, during, and after meets and practice. During the meet, swimmers can snack on foods, such as pretzels, fruit bars, fruit and crackers to ensure they have topped off their fuels storage. High fat foods such as fried chicken, hamburgers, etc. should be avoided as much as possible.

Hope this answers a few of the most asked questions! Have more? Feel free to ask either a board member or parent on deck, or e-mail the Member at Large at [wjschulz@aol.com](mailto:wjschulz@aol.com)!