

## EAC - Frequently Asked Questions

### **How is information distributed during the season?**

- The team uses a "mail box" folder system, which is kept on the table at the top of the stairs on the pool deck.
- E-mail is also used as a communication tool.
- Each family will have a folder in the mailbox and papers are placed in each family's folder. Please check your folder each time you swim.
- If you need to get information to the coaches, you may place notes to them in their folder. This is especially important when you are not going to be attending a swim meet. The coaches need to know by Wednesday night if a swimmer **WILL NOT** be swimming in Saturday's meet or if a swimmer needs to leave by a certain time. This is necessary so that the line-up can be prepared accordingly.
- Ribbons are placed in the mailbox after each meet.

### **What is a dual meet?**

- A dual meet is between EAC and another team.
- No entry fees are required.
- The coaches determine who swims in what events and their lane assignments based on times.

### **What is a live heat?**

- A live heat is the first heat of an event. It consists of a maximum of three swimmers from each team who compete against each other for points. Points are given depending on the place in which each swimmer finishes. These points are then added together and the winner is determined from the total points scored from all live heats.
- Points are scored as follows: Individual Events (1st - 6), (2nd - 4), (3rd - 3), (4th - 2) and (5th - 1). Relay points are (1st - 8), (2nd - 4) and (3rd - 2).

### **What is an exhibition heat?**

- An exhibition heat provides an opportunity for each swimmer to participate in the meet and to improve their times. Points are not given for exhibition heats, but it does provide every swimmer with the chance to participate. Exhibition ribbons are given with the event information on them.
- Encourage your child; remind them that improving their time is the important thing and not what place they finish.

### **What do I need to bring to a swim meet?**

- At least (2) towels, one to sit on and one to dry off with.
- A shirt or sweatshirt to cover up with between events.
- Games to play, books to read. (between events)
- A card with child's name to be posted on the wall where they are sitting to help the Clerk of Course. (the person who lines the swimmers up for their races)

### **What should I wear to a swim meet?**

- Parents need to dress for a swim meet - it might be 20 degrees outside but it will be HOT and humid inside.

### **Where do the swimmers stay during a meet?**

- Swimmers need to stay around the pool deck. It makes it difficult to line the swimmers up for races if the swimmers are in the stands, in the halls, at the food stand, etc. This doesn't mean they must sit in one spot for the entire meet, but swimmers need to know when their events are and need to time their visits around their events.
- It would be helpful to the people lining the swimmers up (Clerk of Course) if a card were posted with the swimmers last name above the spot they are sitting.

### **What is an invitational?**

- An invitational meet is one attended by many teams.
- All swimmers, regardless of the heat they swim, are eligible to place in the meet. Usually only the top 12 receive points and ribbons.
- Entry fees are charged for each event a swimmer competes in.
- Swimmers decide what events they wish to swim.
- Information on invitationals will be placed in the mailbox.
- All swimmers are encouraged to participate in invitationals. Some invitationals require membership in USA swimming. (See the coaches for more information)

### **What is USA Swimming?**

- Swimmers must fill out a registration form and pay a registration fee to become a member.
- The membership is required to compete in a USA invitational.
- USA invitational meets are posted on the USA Middle Atlantic Swimming website at [www.maswim.org](http://www.maswim.org).

### **What is the Frosty Frolic?**

- The Frosty Frolic is the EAC invitational.
- This is the EAC's major fundraiser. EAC invites swimmers (9 and under) from other teams to compete.
- All 9 & under swimmers are encouraged to swim.
- All older swimmers and their parents are needed to volunteer to run this event.

### **Must each swimmer attend every meet?**

- That would be nice but the coaching staff realizes that sometimes this is impossible. When a swimmer is not going to be able to attend, the coaches need to be informed "**in writing**" by the Wednesday before a Saturday meet.
- In order to be eligible to swim Divisionals and to receive an end-of-year gift, swimmers must compete in three dual meets.

**What time are our dual meets?**

- Dates and times will be distributed before each meet along with directions to away meets. This information will also be placed on our website.

**What are warm -ups?**

- Warm-ups are a short period of time before the meet begins that lets the swimmers get their muscles stretched out and "warmed up". Each team is given 30 minutes to get their warm -ups completed. The home team gets the water first followed by the visiting team.
- All swimmers are expected to participate in meet warm-ups.

**What are medley events?**

- IM is short for Individual Medley which consists of one swimmer swimming a lap of butterfly, backstroke, breaststroke and freestyle.
- Medley Relay consists of four swimmers each swimming a different one of the four strokes listed above.

**How many events may each swimmer participate in for a dual meet?**

- Each swimmer can participate in up to four events; no more than three may be individual events with the fourth being a relay. Parents, if you see your swimmer is scheduled for more, please notify the coaches.

**How do we know what events the swimmers will be swimming?**

- The coaches will post the meet lineups at the pool on Friday night and again at the meet on Saturday morning.

**How do we get answers to other questions?**

- An e-mail to a board member, the coach or an assistant head coach is a good way if your question doesn't require discussion. E-mail addresses are posted on the website [www.eacgators.com](http://www.eacgators.com)
- The coach may hold "meet the coaches" meetings by the swimmers level.
- Ask any of the Board members during practices when you see us.

**What does a timer do?**

- Using a stop watch provided by the club you time the swimmer in your assigned lane, from the light flash starting the race until your swimmer touches at the end of the race.
- There are 2-3 timers assigned to a lane.
- One of the timers writes the information (times from each stop watch and swimmers name) on an event sheet (a runner picks up these sheets).
- One timer is also responsible for depressing the plunger on the Colorado timing system at the beginning of the race.
- Timers work approximately 1/2 of the meet.

**What does a runner do?**

- A "runner" picks up the timer's sheets from each lane and delivers them to the computer operators (Scoring) after each heat.
- Runners work approximately 1/2 of the meet.

**What does a Clerk of Course do?**

- The Clerks or Course line swimmers up for their events.

**What does a Finish judge do?**

- The Finish judge writes the order that the swimmers finish by lane.

**What is Divisionals?**

- This is a meet in which the swimmer chooses what they want to swim.
- Each swimmer may swim in three events; 3 individual or 2 individual plus a relay)
- The top 12 swimmers from all the Divisions combined continue on to ALL-Stars.

**What is All-Stars?**

- The top twelve swimmers for each event compete against each other.

**Where did the ribbons come from that were in my mailbox?**

- Ribbons have the swimmer's event & time attached. These labels are provided from the scoring computer and are stuck to both team labels.

**Where does all the food come from that is sold at the home meet?**

- We ask each family to provide items that are to be sold; this list will be emailed prior to the home meet. This donation helps hold down costs for each family.

**Are there other jobs that need volunteer help?**

- Team Building - This group plans ways for the kids to participate as a club.
- Sponsorship - This committee works to find corporate sponsorships for the club.