

# SWIM TEAM – Frequently Asked Questions

## Are practices held on days of a meet?

Yes. Regular morning practice will be held on days of a meet.

## What are procedures for a meet?

- Coaches will choose swimmers for each event according to their times and the needs of the team.
- The meet line up will be posted at the Thursday practice before the meet.
- **Swimmers who must miss practice the morning of a meet but wish to swim in the meet must inform the Head Coach beforehand.**
- All swimmers 10 and younger must be accompanied by an adult at meets.
- Parents of 8 and younger team members must make certain that their swimmers are with their group and Parent Helper **OR** are with you, at all times during the meet. Meets can be very confusing for the younger ones

## What is the order of events at a meet?

Boys first in each age group, then girls. Youngest to oldest in each event.

Event order:

1. Medley Relay
2. Freestyle
3. Breaststroke
4. Backstroke
5. Butterfly
6. Individual Medley
7. Free Relay

## Where do I get team suits?

The team suit is optional. They can be ordered from Kast-A-Way who provides us a team discount. Kast-A-Way representatives will attend our registration if you'd like to order there. Or you can visit their store at 9356 Cincinnati-Columbus Road (exit 275 West at Sharonville.) Turn right (north) and keep on driving! Their phone number is 777-7967 or 1-800-543-2763. You also can order online following these steps:

- Go to [kastawayswimwear.com](http://kastawayswimwear.com)
- Click in TEAMS/GUARD CENTRAL in upper right corner
- **\*\*\*You MUST REGISTER with [kastawayswimwear.com](http://kastawayswimwear.com) before you can access the team section of the website\*\*\***
  - If you have already registered with [kastawayswimwear.com](http://kastawayswimwear.com), enter the email address and password you gave yourself when you registered.
  - If you have not registered with [kastawayswimwear.com](http://kastawayswimwear.com), go to REGISTER and click to begin.
  - Fill out all the required information and click CREATE ACCOUNT.
  - Click on TEAMS/GUARD CENTRAL in the links bar. Enter your email address and password and click SIGN IN.
  - This will take you to your Teams/Affiliation Login.
- Enter the Team Login: KENWOOD (case sensitive)
- Enter the Team Password: GATORS (case sensitive)

Some boys prefer jammers while others prefer the briefs. Either is fine. Photos of each are available online.

## What if the weather is bad?

If it is pouring rain and/or there is lightening, practice will be cancelled. If you are unsure, please call the club (791-0949). The manager and coaches make the decision. Meets may be delayed, but are **rarely** cancelled due to weather. Always arrive on time unless you hear otherwise from coaches or staff.

## When do we arrive for meets?

Home meets: arrive by 5:45 pm. Warm ups are from 6:00 to 6:30.

Away meets: arrive by 6:15 pm. Warm ups are from 6:30 to 7:00.

All swim meets begin at 7pm.

**How long do meets last?**

Good question! Swim meets begin at 7pm and usually end by 10 or 10:30. If we swim against large teams, or have a weather delay, the meet can last longer. Occasionally a meet will end earlier than stated above, but don't count on it. Going to Skyline in Kenwood after each meet is a tradition, but certainly not a requirement!

**Where can I find driving directions?**

Directions for all meets are on our website [www.kenwoodswimclub.com](http://www.kenwoodswimclub.com). An email is usually sent before each meet that will also include directions.