

FAQ's regarding Aqua Knights swim team.

- 1. What is the swim team and why would I want my child to participate?** Our coaches create a fun environment and help build confidence in your child along with gaining experience of being a part of a team. They will also improve their swimming skills. It's also a great way for you to meet other parents.
- 2. Who is eligible for swim team?** Our team is open to residents and nonresidents of Lake Camelot. Your swimmer will need to be able to swim a length of the pool unassisted in freestyle and backstroke. We do offer a trial week to see if your swimmer is ready.
- 3. How long is the season and when are practices?** The season runs from the Tues after Memorial Day until late. Practices are in the mornings. 11>over 8:15-9:30am 10>u 9:30-10:30am M-F (tentative)
- 4. Does my swimmer need to attend every practice?** Yes, however we know conflicts happen. Summer is a time for activities and vacations. Please let the coaches know when your swimmer will be absent.
- 5. What strokes do the swimmers use in competition?** Freestyle, backstroke, breaststroke, and butterfly.
- 6. What are the different age groups for the swimmers in meets . How does that work?** The age groups are 8 & under, 9-10, 11-12, 13-14, 15-18. Age as of June 1.
- 7. Does my child need to wear the team swim suit during practice? During a meet?** Not during practice. In fact, to reduce wear and tear on the team suit we recommend wearing just at meets. Wearing the team suit and cap helps the coaches out finding the swimmers on the blocks. Plus represents the Aqua Knights as a team. We will have info on swim team suit and any other team apparel at registration which is March 29 at the Clubhouse from 3:00-5:00 pm.
- 8. Are parents allowed to attend practice?** Yes, but are asked to stay in the concessions area or shallow end area to not distract the coaches or swimmers.
- 9. What can I do to volunteer?** There are plenty of ways you can help out. Meets need: setup/cleanup, timers, runners, bullpen ribbons, and announcers. There will be other committees for you to help. Great opportunity to meet other people.
- 10. How long and when are swim meets?** Swim meets are Tu/Th evening. Warmups start at 5:30pm with a start time at 6:00 pm and usually last 2-2.5 hrs. We also have an optional meet on Sat end of June which will be longer.
- 11. What is the best way to get ahold of the coaches?** You can talk with the coaches after practice. Best way to reach them is by email: aquaknightsswim@gmail.com. Or cell: Terry: 630-542-2428 Heather: 309-370-5339