

# Swim 5150 FAQs



## What does my swimmer need at their first practice?

- **Practice suit:** boys should wear some form of competition or training suit and girls should wear a one piece training or competition suit.
- **Goggles:** You may need to try different brands and styles before you find the “right” goggles. Prescription goggles can be purchased on-line as well as regular goggles. You can also find goggles locally at Dicks Sporting Goods, Dave’s Darts and Billiards, Bushwells, and often Once Upon a Child has new goggles for sale as well.
- **Swim Cap:** Recommended for swimmers with longer hair. Swimmers can wear any cap at practice. Swimmers who wear caps should wear a Swim 5150 cap during meets.

## How often are practices and how many are required?

- Practices are held Monday-Thursday starting at 6pm, generally ending between 7-7:30pm. There are times when practices may run longer, but this will be communicated ahead of time. If your athlete needs to leave early, please communicate with a coach. Swimmers may attend all four practices each week, but we encourage multi-sport athletes. So, a minimum of two practices per week is ideal.

## Where are practices and events held?

- Practices are primarily held at the Natrona County High School pool. If for some reason, the pool is down, we will work to have practice at another location in town, but that will be communicated as needed.
- Swim events/meets are hosted locally, regionally, or nationally. Our team will travel regularly to regional meets in Wyoming, and swimmers may also qualify to swim at elite level national meets held around the country.

Upcoming meets and events will be posted on the website and communicated at practices.

### **What if my swimmer wants to take a break?**

- We offer monthly billing for this reason; however, you need to email [admin@swim5150.com](mailto:admin@swim5150.com) by the 15th of the preceding month to suspend your swimmer's registration for the next month and have the electronic billing deactivated. Please over-communicate!

### **What should I expect from the coaches?**

- Our coaches are registered with USA Swimming and are required to be excellent at teaching current competitive swim technique.
- Coaches encourage your swimmer using positive motivational techniques.
- Your coach will provide "sets" (different routines during practice) and instruction to continually improve your swimmer's strokes and speed.
- Coaches are available after practice to talk with you and can be contacted via email. Please do not attempt to interact with the coaches while their practice is in session.

### **What is expected of me (as a parent)?**

- Each family and swimmer is asked to commit to the club, consisting of participating in team activities and participating in volunteer efforts. Swim 5150 requires volunteerism by parents. In addition to the day to day administrative needs, we also have social events, swim meets, and fundraisers where we need volunteers. All families are expected to commit to the club by helping with volunteer efforts. You also need to stay up to date on communications and timely for practice start and end times.

## How do you communicate with parents?

- **Email:** Swim 5150 relies heavily on email to communicate with families. Please make sure you use your most updated contact information and update any changes within your account on Captyn.
- **Social Feed:** Swim 5150 has both a facebook and instagram account that we utilize to post updates.
- **Website:** [www.swim5150.com](http://www.swim5150.com) contains information regarding registration, meets, coaches, etc.

## How much does the team cost, and how does billing work?

- Swim 5150 strives to keep costs as low as possible to have competitive swimming be available to as many families in our community as possible. Our goal is not to “make money,” but rather to provide opportunities for youth while compensating our coaches for their time and expertise and paying fees related to facility use and overall functionality of the club.

### **Current fees, per swimmer:**

- Annual Swim 5150 registration: \$50 (team swim cap & admin)
  - Monthly: \$85/per month
  - Winter Season all in: \$350
  - USA swimming registration: \$78
- \*These fees do not include meet fees or gear costs.
- Annual registrations (Swim 5150 & USA swimming) primarily pay for insurances and other administrative fees associated with your swimmer being part of our club and the required membership of USA Swimming. Monthly or all-in season costs pay for all other costs associated with your swimmer participating in the club, including coaching pay, operational expenses, team events, etc.
  - In addition to the fees above, meets come with an added cost. Meet expenses are stated in the meet sanction document provided prior to declaring attendance to a meet. Meet fees generally include athlete surcharges and facility fees, and individual entry fees. Contact us if you have questions concerning meet declaration or fees.

### **Do I have to have a USA swimming membership, and why would I need this?**

- Yes, each competitive swimmer on the team is required to join USA Swimming on an annual basis. This fee must be paid at the time of registration prior to the swimmer entering the water. The fee covers USA swimming registration and insurance.
- The following descriptions cover the different membership levels available:
  - **Premium Membership: \$78** - year round participation in practices; year round participation in local, regional, and national USA Swimming sanctioned meets
  - **Flex Membership: \$28** - introductory membership for athletes 12 years old and under; year round participation in practices; limited to 2 meets per year (not including Wyoming State Championship meet or above); may opt into Premium Membership at a pro-rated cost
  - **Outreach Membership - \*contact us\*** - reduced fee for economically disadvantaged families; please contact us to inquire and apply

### **Are scholarships available?**

- Swim 5150 financial aid is available to any applicant who shows willingness and commitment to participation as an active member of the Swim 5150 team, and who would be unable to participate without financial aid. Scholarships will be awarded to offset the cost of the season. Additional funds are available for needs not described that might prevent or hinder a swimmer's ability to practice or compete. Additional funds are subject to approval by our staff. Contact [admin@swim5150.com](mailto:admin@swim5150.com) if you would like to request additional financial aid.
- Swim 5150 awards funds based on financial need and demonstration of commitment to swimming. Families must complete a separate application for each swimmer requesting scholarship money. In completing this application, please only request what you think that you need. Scholarship awards are applied as a credit to your Captyn account.

- Swim 5150 scholarship funds are limited and are awarded on a first come, first served basis beginning Aug. 15, based on funding availability. The applications will be reviewed by the owners. All applicants will be notified by email as soon as possible. Awarded scholarships are valid for one season (September through the following August). Misconduct, as defined by the Swim 5150 Code of Conduct, is grounds for loss of scholarship.

### **How to Apply**

#### **All applicants must submit:**

- Download [Swim 5150 Scholarship Application](#)
- Provide Natrona County School District #1 Free and Reduced Lunch application, or the most recent completed parent(s) 1040 tax return form
- Return completed application and additional information to [admin@swim5150.com](mailto:admin@swim5150.com)
- Online registration with Swim 5150, including the required USA Swimming membership must be completed after applying for the scholarship. Free and Reduced Lunch qualified recipients receive a discounted USA Registration fee. If the scholarship is approved, a coupon code will be given for registration.
- Scholarship recipients are expected to write a brief letter of thanks to be shared with our owners and coaching staff. Consider sharing why swimming is important in your life and what it means to you.

### **Are swim meets mandatory?**

- As a competitive swim team, we have scheduled swim meets for each season. Swim meets are a fun and exciting part of swimming on a competitive swim team. They are also the primary method to determine developmental success by the coaching staff which makes them a key component of the season plan. **Although not required**, athletes and their parents are encouraged to attend meets. Coaches are available to consult about what events your swimmer is ready to compete in, and they

may also sign up the athletes for events depending upon the season plan and training expectations.

### **How do I know what meets and events to sign my swimmer up for?**

- Over time, parents and swimmers will begin to understand which events to choose during meets. Until you are familiar, please speak with a coach to determine which meets and events your swimmer is ready to participate in.

### **Am I expected to volunteer during meets, and how do I sign up?**

- During most meets, volunteers are needed for the meet to function smoothly and quickly. If volunteers are needed, communication will be sent via email and in person at practice. Online sign ups will be provided. Please remember, training is available for any volunteer positions needed. We must provide at least one official for each meet we attend. If you are interested in becoming an official, please reach out to a coach or owner.

### **What is a “timer,” and how do I learn how to do this job?**

- Timers are a vital part of every swim meet, and our club is required to provide a number of them at meets we attend. Though timing may look intimidating, please know that it is not! Timers are given stopwatches to track swimmer times, a clicker device to track time, and a clipboard to log times. Each timer is also paired with an experienced timer to help them learn. This is a great volunteer position for any parent. It also gives you a front row seat to the action!

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

- Heat sheets show a meet's events, event heats, swimmers participating, and the lane they will be swimming in. These are usually available for purchase during meets. Visit [this site](#) for more information on heat sheets.

### **How do I make a “meet tattoo” for my swimmer?**

- “Meet tattoos” help swimmers quickly know what events, heats, and lanes that are in. Visit [this site](#) for more information on meet tattoos.

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

- Meets can last from a few hours to all weekend long, so be overprepared. Plan to be waiting for extended periods of time for events to start. Your swimmer will need towels, a swim cap, and goggles. They will also need water and healthy snacks to have during the day. Most meets will offer concessions and food options, so bring cash!

**What is the difference between Winter Short Course and Summer Long Course?**

- Visit [this site](#) for more information on short versus long course.