



USA Club Swimming FAQ's

What did we just get ourselves into?

- A lifetime investment for your child, where the skills and techniques they learn can be used throughout the rest of their lives.
- A unique sport with varying levels of success based upon your child's individual abilities, potential and personal drive.
- One of the healthiest sports / activities for your child's entire body
- A brand new family / community. As your child grows in this sport, they will have a group of friends who they grow with. Majority of the time, these friendships last a lifetime! Not to mention you will get to know other parents and may develop some great friendships of your own.

How can I be a great "swim" parent?

- Enjoy the ride / be a fan. Be supportive of your athlete and their teammates. If you have a personal agenda, avoid pushing it upon your swimmer. Let them work with their coaches to learn and come up with their own goals / agenda.
- Let the coaches do what they are trained to do / do best. If swimmer A & B are doing something completely different than your swimmer, that could be by design. The coaches work to enhance and develop each swimmer individually, but within the team environment.
- Communicate with your swimmer's coaches, do not jump to assumptions. When available, your child's coach can give you feedback on their progress or answer any general questions you may have regarding attendance requirements, swim meets, expectations, nutrition, etc.
- Volunteer when available. Whether that's timing at a swim meet, becoming a meet official, learning and working the computers at COR hosted meets, working hospitality, Santa's Village, etc.

When can my swimmer(s) start attending swim meets?

- Our first competitive group is Minnows. Any swimmer from Minnows and up can attend area swim meets. We want ALL swimmers in those groups to attend. This is their time to shine and show improvement.
- Your child's coaches will let you know which meet and days your child will be eligible to attend. The coaches will also select the events your child will swim (based on the swimmer's availability for that particular day).
- Mini-Meets are essentially inner squad meets that are held to give your swimmer(s) meet racing experience. Jumbo Shrimps, Minnows, Piranhas & Sharks typically take part in Mini-Meets.
- Our Local Swim Committee (LSC) for North Texas separates our meets into 3 levels. **BB/B/C, A, AA (Senior)** based on 15-16 AA time standards. All Swimmers begin at the "C" Level. Each swimmer strives to achieve B, BB, A, etc.
- Our North Texas LSC has created 4 BB/B/C divisions. This has been done to limit the size and time of the meets. Each division is specific to a region. Most meets will be in Addison, The Colony, Plano or Rockwall.

What equipment does my child need?

- Every swimmer will need a pair of goggles and a proper training suit starting out. Swim caps are a requirement for those with hair that goes past the eyebrows
- Minnows: swim cap, goggles, practice suits, Speedo team suit (for swim meets)
- Piranhas: swim cap, goggles, practice suits, Speedo team suit (for swim meets)
- D&J Sports located at 5813 Preston Rd. Plano, TX 75093 (972)732-7946, provides equipment and team supplies for COR. When you mention COR, you can also get a discount on your purchases.