



## Orca Swim Team FAQ's

### **Q: *When is practice?***

A: 4-5 nights per week to choose from depending on pool availability.

### **Q: *Where is practice?***

A: Practices at the YMCA or Jackson High School; they also will be at Parkside this summer; please see our flyer.

### **Q: *When are seasons, and how do we join?***

A: The Orcas swim year-round except for April and August. Swimmers must try out to join. All swimmers must be a Y member. Please see our Membership page or check with our Membership team for more information.

### **Q: *When are tryouts?***

A: Your swimmer can try out at any practice. Come to the beginning of practice so the coach can evaluate your swimmer during warm-up. If your swimmer can do 1 length of freestyle, face down, while breathing to the side, they can join the team! We will instruct all other strokes. If your swimmer completes the tryout, they are welcome to stay for the remainder of practice and even try one more practice.

### **Q: *What should my swimmer wear?***

A: For practice or tryout any normal swimsuit is fine. We recommend that they are not loose as that makes it more difficult for the swimmers. In competition, both male and female swimmers must wear a one-piece suit. Men's swimsuits may maximally cover the area from the navel to the knee, and women's from the shoulder to the knee. Swimmers should also have a pair of goggles, and we will provide an optional team swim cap.

### **Q: *Does my swimmer need to attend all practices?***

A: No, there are 4 nights a week available to fit all schedules. You attend as many as you would like or are able.

### **Q: *Does my swimmer have to attend meets?***

A: The main reasons for being on a swim team are getting great exercise and competing to measure improvement. However, there are NO team requirements for attending meets. In order to compete in end-of-season championship meets, YMCA of the USA requires that the swimmer competes in three regular-season meets. For our main season (September-March) we generally have 9-10 meets. For Summer, 5 or 6 meets.

### **Q: *When can we sign our swimmer up?***

A: We have two seasons each year, the Summer season and the Fall/Winter season. Summer season runs from May 1 to July 31. The Fall/Winter season starts the

second week of September and runs through March 31. You can sign up at any time of any season to best meet your schedule.

***Q: What if my swimmer wants to compete for their school?***

A: We highly encourage our swimmers to swim for their school when possible. Middle school typically swims in November and December. You can swim for the Y September-October, leave for the school season, and return in January to pick up the remainder of the Y season. High School girls swim until November but can then come to the Y to finish the remainder of the Y season. The High school boys swim from late November through February but can start at the Y. MHSAA allows school swimmers to swim up to 2 club meets during their regular season, allowing swimmers to gain the 3-meet minimum for championships more easily. Your swimmer does not need to be registered with the Y team to go to a meet during their school season however, Y-USA rules require that they are members of the YMCA to attend a meet.

***Q: More questions?***

A: Contact Coach Adam directly at [orcaswimteam@jacksonYMCA.org](mailto:orcaswimteam@jacksonYMCA.org) or call the YMCA at 517.782.0537.