

# **GLENSIDE DOLPHINS**

## **PARENTS' NEWSLETTER - FREQUENTLY ASKED QUESTIONS**

### **1. What events do my kids swim in and why?**

Coaches select the events based on a number of factors, including swimmer's time relative to other swimmers, swimmer's interest and the needs of the team. Swimmers may swim in **up to 3** individual events and a relay, but that is not always possible due to the limited number of heats per event (see #3).

### **2. Will my child always swim the same events?**

Coaches attempt to put swimmers in their "best" events but also try to allow swimmers to swim in as many different events as possible. This allows swimmers to experience all of the strokes during a meet. This changes during the season as the times of all swimmers change and the needs of the team change.

### **3. Why are some Glenside lanes empty in some heats?**

For each event, ex. 25 yard 10 and under breaststroke, there is one official heat and 2 unofficial heats. In freestyle, there are 3 unofficial heats. In some age groups, there are not enough swimmers to fill all of the lanes for all of the heats since swimmers can only swim in 3 individual events. Coaches will fill all lanes for all heats when there are enough swimmers.

### **4. What are A and B Champs?**

Swimmers and their parents, with the help of the coaches, select which 2 events they would like to swim in the Championships. A swimmer must have swam twice in that event during the season (and not have been disqualified) to be eligible. Swimmers are assigned to either A Championships (fastest 12 swimmers from the entire Liberty League in each event) or B Championships (all other swimmers).

### **5. How can my child improve his / her times?**

Swimmers improve the more they swim. Ten and under swimmers should consider taking swim lessons offered at the Glenside Pool. All swimmers should consider swimming during the winter as part of a swim club. The Cheltenham Aquatic Club ([www.swim4cac.org](http://www.swim4cac.org)) offers programs for both competitive and non-competitive swimmers. Brochures will be available in late July.