



FAQ

Frequently Asked Questions

1. Can my child still participate in other activities along with swim team?

Our swimmers participate in various sports and activities, including dance, band, soccer, basketball, high school swimming, and many other activities.

2. How many weekends per month are swimmers expected to participate in out of town meets & where?

Typically, there is one meet per month. The meet schedule will be made available at the beginning of the season.

3. What is USA Swimming?

USA Swimming is the National Governing Body for the sport of swimming. It administers competitive swimming in accordance with the Amateur Sports Act. They also provide programs and services for members, supporters, affiliates and the interested public. Visit <http://www.usaswimming.org/> for more information.

4. How will I know about up coming meets and/or deadlines and where to sign up?

The best source for information is our website, <http://www.swimobx.com/>. The swim meet schedule is on the website and a calendar is currently being added. We also send emails and we have a swim team bulletin board at the YMCA.

5. My child has a tremendous amount of homework that can not be finished in the short period of time that we have after swim practice. What suggestions do you have for homework issues?

One of the benefits of swimming is the development of good work habits including self-discipline and organization. Swimmers need to make school work a priority and communicate with their coach when they need to miss practice due to other commitments.

6. What equipment is required for swim practice?

In addition to a suit, goggles, towel, the following equipment is needed for each practice group:

- 8 & under – fins
- 9-10 – paddles, buoy, fins, snorkel, and mesh bag
- 11 & Older – paddles, buoy, fins, PDF's, snorkel, mesh bag

7. What should my son/daughter pack in his bag for swim meets?

Team Suit and swim cap (a spare is a good idea, too), 2 pairs of goggles, deck sandals, 2 towels, something warm to wear such as a team warm-up, water bottle, nutritious snack, dry change of clothes (packed in a plastic bag)



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8. Why does the OBX Swim Club belong to VA Swimming?

The swim meets hosted through Virginia Swimming are in closer proximity to us than the North Carolina Swimming program. Visit <http://virginiawswimming.org/> for more information.

9. What is a Swim-A-Thon?

Swim-a-Thon[®] is a fundraiser in which participants earn money for their team by swimming lengths of the pool. Swimmers have a two-hour period to swim a maximum of 200 lengths. Participants get pledges from businesses, family, neighbors, etc. prior to swimming.

10. What if my son/daughter wants to quit before the end of the season?

Please review items #6 and #9 in the OBX Swim Club's Policies and Financial Obligation Contract. We require a 9 or 12-month contract in order to provide a year-round swimming program.

11. What can I expect my son/daughter to learn from joining the swim team rather than taking swim lessons?

Your son/daughter will learn that hard work, dedication, teamwork, and the ability to listen and to learn new things will not only make him/her a good swimmer, but will help develop skills they will use throughout life.

12. How does swimming compare to other sports in terms of expenses?

The OBX Swim Club is a nonprofit organization. The monthly dues and fundraising commitment pay for pool rental, coaches, equipment, team activities, etc. Let's look at an hourly comparison between swimming and dance instruction. A 9-yr-old swimmer that practices 5 times/week for \$95/month + \$78/month YMCA family membership pays \$8.65 per hour. The YMCA membership also gives the family the opportunity to participate in programs and use the facilities. At a local dance studio, 5 hours of dance instruction per week costs \$10.00 per hour.

13. What is the practice schedule?

Swimmers age 8 and under can practice 3 times per week on Monday, Wednesday, and Friday. Swimmers age 9 and 10 are offered practice Monday through Friday. Swimmers age 11 and 12 are offered six practices per week, Monday through Friday and Sunday afternoon. Swimmers that are 13 and older are offered six practice days per week, Monday through Friday and Sunday afternoons. Currently, a Tuesday AM practice is also offered.