

## FAQ's

### COMPETITION

1. What is USA Swimming and how is it different from Y or League Swimming?

ANS: USA swimming is a National program initiated to promote Youth Competitive swimming and develop a strong National feeder program for our US Olympic Team. In order to participate, a swimmer must hold a USA Registration with a USA Registered Competition Team. The YORK YMCA is a Silver Medal, Level 4 Registered USA Swim Team. All YYST swimmers will be registered for USA Swimming. A yearly registration fee of \$60 is charged to that families escrow account at the beginning of the competitive winter season. Any Tidal Wave swimmer wishing to compete in USA meets with the YYST can also choose to be registered. USA swim meets often (but not always) offer an expanded number of events, including longer races, in a multi-day format. They have meets that are open to all swimmers in an A/BB/C format, where the letters indicate the category of the swimmers current fastest time. (A being the fastest level). USA also offers more competitive meets where entered swimmers must have attained a minimum of an A level time. In this case A+, swimmers will compete in an effort to improve their times to AA, AAA, AAAA or to get Qualification times for Jr, Sr, Nationals or even Olympic Trial cuts. Most (but not all) meets are multi-team Invitational meet format. The YYST will occasional have a USA dual meet against another USA swim club (usually a Non-Y team)

2. What are meet qualifying times and how does my swimmer get them?

ANS: Some (but not all) Invitational formatted meets will set minimum times per event for entry in the meet. In order for your swimmer to enter a given event in that meet they must have previously demonstrated their ability to swim that time or faster at some other swim meet. When your swimmer is entered they are entered with their fastest qualifying time. Swimmers achieve these times by competing in meets that do not have qualification times and swimming fast enough. Y meets will accept qualification times from any meet. USA meets requiring qualification times from approved or sanctioned USA meets.

3. What is a “closed Y” meet?

ANS: A closed Y meet has only Y affiliated teams in the competition. Y swimmers wishing to compete in Y Districts, States and Nationals must swim in a least 3 closed Y meets during the regular season.

4. What is an approved/sanctioned USA meet?

ANS: A sanctioned USA meet has only USA swim teams in competition and is on the USA zone or LSC (regional) Calendar. Times from these meets will qualify a swimmer for any USA Invitational meets, Junior Olympics, Junior Nationals or Senior Nationals. Times will also be recorded in the USA Swim data base for each swimmer participating. A USA approved meet is not on the USA Calendar, but has USA teams in competition and has thus been given “USA approval”. Times from these meets can be used as qualifying times for USA Invitational meets and championships, but the times will not be recorded in the USA Swim data base.

5. Can meets be both Y and USA approved?

ANS: Yes if there are only Y teams in competition and those Y teams are also registered USA swim teams. The Coach of at least one of the competing teams must file with USA swimming to have the meet approved.

6. Are League meets USA meets, Y meets, both or neither? Do times from league meets count?

ANS: In the case of the York YMCA, our winter meets are all Y meets, in some cases they can also be USA approved meets if our Coaches have determined that it would benefit our swimmers to have an opportunity to achieve USA qualification times. In the summer when we do not always swim another Y team, it is possible that the League meet is neither Y nor USA approved, although again if both teams participate in USA swimming it is possible that the meet would be USA but not Y.

However, **all times count!** Your swimmer’s progression is a long journey and every step, forward or backward, is a part of that journey. If your swimmer is working toward a swim goal for a certain championship meet Y or USA and has not yet achieved the qualification time, it is always best to consult with his/her Coach to determine the best opportunities.

7. Do all swimmers that participate in a meet receive an award or ribbon?

ANS: No. Every meet has its own standards for awards. Some will award ribbons, medals, high point trophies and some will have almost no awards. Some league meets will offer ribbons only to best times, some teams choose to award ribbons to all swimmers, and some to only the top 6 or 8.

8. Where will I find my swimmers awards or ribbons?

ANS: If the meet that your swimmer participated in does offer awards, Coaches will collect the Team's awards at the end of the meet. Each swimmers awards will then be placed in the swim families mail folders, on top of the desk next to the window to Coach Michael's office. Please note that while our swimmers are always excited to pick up their awards that it sometimes takes a day or two to file them all.

9. What do I do if I feel that my swimmer has received the wrong award or ribbon?

ANS: If you feel that you swimmer has received an incorrectly awarded medal, trophy, or ribbon please inform your Coach. The Coaches will make their best effort to locate the correct award and are usually (though not always) successful.

10. What should I plan to bring with my family to an away swim meet?

ANS: Tidal Wave League dual or tri meets are generally limited to a few hours over one day. Additionally, host teams almost always have a team run concession with food and drinks available. In this case, it is only necessary to bring your swimmers bag with Cap, Goggles, Team Suit and Towel along with warm clothes for on pool deck and dry clothes for the trip home. Be advised that concession food can be unpredictable and if you swimmer is particular about food or drink it would be best to bring your own small cooler.

Multi-day Invitational meets, either Y or USA, can be very different. Again your swimmer needs their competition gear, towels, and warm clothes for the length of the meet. **These meets do not always have food concessions.** In this case also plan to bring enough water and Gatorade to keep you swimmer properly hydrated, energy / nutrition bars or similar healthy snacks for on pool deck, and possibly even lunch or dinner supplies for the swimmer and family members attending the meet. Most location have Subway's or similar sandwich places nearby, but if you are new to the meet and the area it is always best to check with an experienced swim family for their recommendations.