

General Swim Team Information

What is the Salem Swordfish Swim Team?

The Swordfish Swim Team is a competitive nine-week summer swimming program open to any boy or girl between the age of five and eighteen (as of June 1st) who can meet the basic swimming requirements.

How many practices does my child need to attend?

The Swordfish practice Monday - Friday each week of the season. It is encouraged that each child attend every practice to ensure he/she develops the best technique possible and builds his/her endurance. However, if conflicts arise throughout the summer, the team is very accommodating. It is an individual sport as well as a team sport, so the swimmers can ultimately decide how much time they want to put into their swim experience.

What swimming strokes does my child need to know to join the team?

The only requirement to join the team is to be able to swim across the pool by any method. The child needs to feel comfortable getting into the water and be ready to learn proper technique from the coaches. They DO NOT need to know proper technique prior to joining the team.

What will my child learn during his/her swim team experience?

Swimmers 6 and under will learn the basics of the backstroke and freestyle. Swimmers 7 and up will learn freestyle, backstroke, butterfly, and breast stroke. The coach will focus on skill development and also work on conditioning and endurance. Swimming is an excellent sport for general exercise and can help athletes in many different disciplines.

When are practices?

Practice is every Monday -Friday (except holidays) throughout the season. Older children (11-18) practice from 8:00-9:15 in the morning. Younger children (10 and under) practice from 9:15-10:00 in the morning. This is a general guideline. The coach may move children of any age to a different time slot to give them a workout that is specific to their skill level.

May I receive a refund if my child does not enjoy swim team or has trouble learning the strokes?

Within the first two weeks of the season, you may ask for a refund. After that, there are no refunds for swimmers that decide to stop participating.

When are meets?

Meets are held in the evenings and on Saturdays throughout the season. The evening meets start at 6:30 p.m. and can last several hours. The Saturday meets are bigger meets that begin around 8:00 a.m. and last all morning and afternoon. The time a swimmer may leave depends on when they are finished with his/her events, which varies from meet to meet.

Do the Swordfish require fundraising?

Yes, the swim team does need to raise money each year like most sports. The method of raising this money will vary between seasons, but will require participation from all parents.

Practice Information

Should I stay and watch practice?

Parents are allowed on deck to watch swimmers, but are encouraged to let the coaches do the coaching and just watch. In the event that a child repeatedly wants his/her parents during practice and/or doesn't want to participate during practice, parents can decide if they need to leave the deck to ensure that their child receives the most instruction from the coaches. Sometimes just moving to your car (where you can still see your child) improves his/her performance during practice.

When may I talk with the coach about my child?

The coach is available for short times before and after practice. Please try not to speak with the coach during practice times, so he/she may focus on the swimmers.

Are swimmers allowed to stay and watch a different practice?

Due to safety reasons, swimmers are allowed to watch other practices unattended by an adult only if they are over the age of 8. These 8 or older swimmers may watch another practice, but need to remember that the coaches are coaching, and they are not available for other swimmers at this time.

How can I best help the coach help the child?

The best advice for a swim parent is to let the coach do the coaching and let the parents do the cheering. The coaches are constantly evaluating your child's swim technique and will address those issues with your child. You should be there to encourage and build his/her confidence.

How does the weather affect practices or meets?

The only time practice or meets will be canceled due to weather is if the temperature is <72 degrees, if there is lightening or thunder, or if it is raining so hard that it inhibits the lifeguards from seeing the bottom of the pool. If you are uncertain about cancellation, check the website before leaving your home.

How do I find out practice or a meet is canceled?

If practice or a meet is canceled due to weather, please check the website before leaving your house. We will also try to notify WJBD radio. If practice is canceled due to an emergency or chemical level, you will receive a text or phone call. If you do not have a phone with texting, or you do not have access to the Internet in your home, please contact the head coach, so other arrangements can be made to ensure you are notified.

Meet Information

How do I sign up for a meet?

Everyone will RSVP for each meet on our website in the calendar section. You will receive an email to notify you to when the RSVP function is available. The head coach will decide what events your child will compete in during each meet. If you do not RSVP for a meet, the coach will assume you are not attending, and your child will not be entered into races. You will be notified the day before the RSVP closes for any last minute changes.

What is a relay?

Relay teams consist of four swimmers. Usually these are the four fastest swimmers for the strokes being swum during each relay. Since swimmers' times fluctuate throughout the season, the coach may change the line up for the relays at his/her discretion.

What is a heat sheet?

At invitationals heat sheets are available for purchase. These help parents know what events your child is swimming and how his/her times compare to other swimmers that day. It is not necessary to buy one. You may borrow another parent's heat sheet to locate your child's races.

What do I do if I am unable to attend a meet I have already signed up for through the calendar? What do I do if I have to leave a meet before my child is done swimming his/her races?

Please contact the head coach via texting (do not email), so they can either fill the spots with another racer, or they can remove your child from the roster. In some instances, our team pays for your child to swim each event, so it is important to let the coach know if you will not be coming, so he/she can make the necessary changes to ensure that the team is not charged unnecessary fees.

When may I leave a meet?

Before leaving a meet, always check with the team parent or coach to make sure that your child is not swimming a relay. Sometimes swimmers that are supposed to swim a relay are unable to attend, so the coach will fill those spots with a swimmer that is present. If your children are done swimming their races, and they have not been placed in a relay, you are free to leave the meet.

What is a practice meet?

The practice meet held at the beginning of the season allows swimmers and parents to get acquainted with the meet format and decides the swimmers' start times for the season.

Are we supposed to sit in a specific area during meets?

Yes, there will be a designated area for our team at each meet. All swimmers should sit with their team during the meet to make it easier for the team parent to locate swimmers who have not headed off to their next race.

Do I need to buy a tent?

Many parents choose to buy a tent to provide shade on hot sunny days...others do not. This decision is up to you, but please ask permission before sitting under another family's tent. Also, there are white team tents that are available on a first come first serve basis. If you would like to transport these tents, please speak with the team president.

Where do I pick up my ribbons after the meet?

There is a team box located in the pool house that will have folders with each swimmer's name. The ribbons will be placed in these folders for swimmers or parents to pick up after the meet. Please allow time for the ribbons to be sent to us from the opposing team.

Why didn't my child receive a first place ribbon if they won his/her heat?

There is more than one heat at most meets. Only the top time in the last heat will receive a first place ribbon. All other heats are swimming exhibition only and are not eligible to place and score points for the team.

What does DQ mean?

This stands for disqualified. This means that your child did not perform the stroke by league standards. This is also a way for the coaches to assess swimmers, so they know what to focus on in practice with each swimmer.

Do we have to wear a team suit?

You do not have to wear a team suit, but it is a good way to support the team at meets.

Why do we need to wear a team cap?

Once those caps and goggles are on the swimmers, the swimmers all look very similar. The team cap provides a way for coaches and parents to more easily identify Swordfish swimmers.

Why are parents required to volunteer at meets?

Many swim meets take 50+ volunteers to pull off in an organized manner. There are sometimes well over 100 swimmers participating in a meet, many of whom are swimming multiple races. If we do not have enough volunteers, the meet will suffer, and therefore the swimmers' experience will suffer. If everyone pitches in to help these meets run smoothly, then the meet is more fun and relaxing for everyone.

Who needs to volunteer at meets?

At least one parent needs to volunteer at meets. If you have a child swimming at a meet, you will be assigned a job. Exceptions include: If only one parent is available at the meet, AND he/she has a child 8 or under to monitor, then that parent is not required to volunteer. Please speak with the meet organizer regarding your volunteer responsibilities.