

New Family Swim Team FAQ

Q: Who can swim?

A: Any child who is at least age 5 years old by 6/1/2024. It is recommended that they can float/swim but they don't have to know the strokes.

Q: Who are the 2023 swim team chairs?

A: Kylee and Heath Bray, Kelly and Gerard Abood, Erin and Colin Dowdall

Q: Who is the coach?

A: Coach Clyde Lundgren. He will have 4 assistant coaches.

Q: What does a typical swim season look like?

A: Our swim season is designed to teach the kids the 4 basic strokes of competitive swimming and an introduction to swim meets with neighboring swim clubs.

Q: When is practice?

A: We practice in the late afternoon Monday through Friday from late May until mid July with 5 and 6 year olds starting at 3:30 and the teenagers finishing at 7:00.

Q: Do I need to stay at practice?

A: No, but you are welcome to stay and watch! It would be helpful to stay on the lawn and let the child navigate practice. We understand the need to help the little ones.

Q: When are the meets?

A: We'll have 7 meets this season plus one fun rivalry meet with Oak Park Country Club. The away meets are all within approximately 20-25 minutes of RFTC. Except for the conference meet, they are all on weekdays.

Q: What happens in case of inclement weather?

A: As is the rule for the pool all year, any lightning will close the pool for a minimum of 30 minutes. If there is lightning, the kids will be kept safe and a text sent out if practice is canceled via Remind app.

Q: How long do the meets last?

A: About 3 hours. Some of our youngest swimmers choose to only swim the home meets but all are welcome to swim at each meet. There is A LOT of down time between events. While the kids do have fun playing with each other in between events, you may want to bring some kind of activity if you think your child will need something to keep

him/her busy. The Grill will be open at RFTC serving hamburgers, hotdogs, chicken sandwiches. Some of the away meets also have food but best to bring snacks as well.

Q: Do I need to sign up for the meets?

A: Yes!! This is one of the biggest challenges that we have. In order to alert the coaches how many swimmers there will be at each meet, a Signup Genius will be sent for each meet. ***It is imperative that you sign your child up for EACH meet that they want to swim****. Without 24 hour notice on the Signup Genius, your child will not be guaranteed to swim at that meet.

Q: Why the Sharpies?

A: At meets, swimmers are given their races assignments according to the race # /heat# and lane number (i.e.8/2/6 would mean race 8, heat 2 and lane 6). A lot of kids write this on their arms to remember. More info to follow on this.

Q: What is required of parents of swim team members?

A: Each family is **required** to volunteer for a minimum of 3 time slots during the season. The most needed slot is for timers at the meets/events (no experience necessary!). Other jobs include handing out refreshments to timers and officials, set up before meets and after meet clean up. Note: we are required to provide timers at away meets as well.

Q: How does swim team affect family swim hours?

A: The pool is closed for family swim Monday through Friday from 3:30-7:00. It is also closed during home meets. For those of you who don't end up participating in swim team, late afternoon and evening on the days of away swim meets is a great time to take advantage of family swim at RFTC. You'll have the pool nearly to yourself!

Q: Where else can I get information about the pool?

A: Join the RFTC Facebook page.

Q: What are the sizes for t-shirts and pants for registration?

A: See two charts below:

T-Shirt Size Chart

youth small: 6

youth medium: 8

youth large: 10-12

youth XL: 14-16

Pants Sizes

Finished Measurements

	S	M	L	XL
Inseam	25	26 1/2	28	29 1/2
Numerical Sizes	6-8	8-10	10-12	14-16
Waist Extended	16 1/4	17	17 3/4	18 1/2
Waist Relaxed	11 1/4	12	12 3/4	13 1/2