

## FAQ's

- \* **What is USA Swimming?**

USA Swimming is the National Governing Body for competitive swimming in the United States. USA Swimming is responsible for the conduct and administration of swimming in the United States. In this capacity, USA Swimming formulates the rules, implements the policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects athletes to represent the United States in international competition. Visit [usaswimming.org](http://usaswimming.org) for more information.
  
- \* **What are Short Course (SC) and Long Course (LC)?**

USA swimming recognizes 2 seasons each year. The first and longer season is the Short Course season, and this season runs from early September to mid-March. Competitions during the Short Course season are usually held in 25 yard pools. The Long Course season runs from the beginning of April to mid-August, and competitions during this season are typically held in 50 meter pools. A 50 meter pool is an Olympic size pool.
  
- \* **What are the expectations for practice attendance?**

The Shawmut coaching staff expects a significant commitment from every swimmer and encourages all swimmers to attend every practice offered for their group.
  
- \* **Do swimmers attend every meet?**

Some meets are for the older swimmers only, some for the younger swimmers only, and some meets include our entire team. There are other meets that require swimmers to reach certain qualifying time standards in order to attend. We expect and are dependent on all swimmers who qualify for a championship meet to attend and represent Shawmut there. Email addresses are posted on the website for each meet our team attends. Please respond to the address if you **can't attend** a swim meet. If there is no response before the due date, you will be entered and charged for that meet.
  
- \* **What championship meet(s) will my child attend?**

Your child will attend the championship meets that he/she qualifies for. Swimmers can qualify for more than one championship meet, and will attend the championship meet(s) that their coach recommends. Championship meets are what our swimmers work towards all season long, so it is very important on an individual level and from a team standpoint that everyone attends.
  
- \* **Who chooses my child's events for each meet? How are they chosen?**

You and your children will sign up for meets and choose events online. Some meets may have required events. The Shawmut coaching staff is interested in developing well-rounded, versatile swimmers. The coaching staff tries to give swimmers a number of opportunities to compete in every event so that the swimmer and coach are able to measure progress throughout a season. A swimmer will only be entered in an event if he/she is ready to compete in that specific stroke and/or distance.

- \* **Who chooses my child's events for each meet? How are they chosen?**  
Your child's events for each meet are chosen by the coach of his/her group. The Shawmut coaching staff is interested in developing well-rounded, versatile swimmers. The coaching staff tries to give swimmers a number of opportunities to compete in every event so that the swimmer and coach are able to measure progress throughout a season. A swimmer will only be entered in an event if he/she is ready to compete in that specific stroke and/or distance.
  
- \* **When will meet entries and meet results be posted?**  
Entries for a meet are usually posted a couple of weeks before the meet. Results for a meet are usually posted within a week after the meet ends. Both entries and results will be posted on Shawmut's team website, under 'Meets' -> 'Schedule'.
  
- \* **When is the best time to schedule a summer vacation or camp?**  
Unless you are attending a meet such as Sectionals, Junior Nationals or Senior Nationals, the Long Course Season typically finishes at the end of July/beginning of August. Please schedule vacations and camps during August to ensure attendance at every practice and meet.