

PCC Swim Team - Frequently Asked Questions

Is my child ready for the competitive team?

All new swimmers need to be evaluated by the coaches prior to team placement. Swimmers should at least know freestyle and backstroke in order to be ready for the regular swim team.

My child is new to swimming. Will he be able to compete in meets?

Everyone on the regular team will participate in meets. Teams will be divided into Junior Varsity and Varsity so that swimmers are competing against those with similar ability.

Will my Pre-team swimmer be able to compete?

The Pre-team coaches will determine which children are ready to compete in a JV meet later in the season.

What are Time Trials?

Each swimmer is timed in a race situation in all four strokes in early June. The coaches use these times, as well as observations from practice, to determine placement on either Junior Varsity or Varsity.

What if my swimmer doesn't know all four strokes?

The swimmer should be timed in those strokes he/she does know.

Will my swimmer be taught the other strokes?

While the coaches do work on stroke technique and improvement in practice, the swim team is not the same as lessons. Younger age groups will receive more focus on technique, but the ratio of coaches to swimmers does not allow for individual instruction. In some cases, the coach may recommend that a swimmer supplement swim team practice with individual lessons.

What are practices like?

Practices begin with stretching. Early season practices may include short runs or dry land drills. The remainder of the practice is in the pool, working on endurance, drills, and stroke correction. Within an age bracket, swimmers may be further broken down by ability.

How will my swimmer know what to do at the meets?

We ask all swimmers to sit together during the meets. Parents are welcome to sit with the team, but we cannot have swimmers off in a different area. The team provides a Clerk of Course, who will call up the individual swimmers to line up for races. Meet line ups are also posted at the meet.