

FAQs

Q. When does online registration open? How do I register for the swim team?

A. Registration opens September 1st. Click [here](#) for registration information. If you have any questions please contact Head Coach Jordan at 573-587-2864.

Q. Is a USA Swimming registration required even though I've registered for the Hurricanes?

A. Yes, this is a required step of your registration but takes place outside of the Hurricanes registration portal. All swimmers must be registered with USA Swimming before they can be in the pool for insurance purposes. It will need to be renewed annually. Once you are registered with the Hurricanes you will receive additional instructions.

Q. How do we find out if practice/meets are canceled/changed?

A. All changes to the practice or meet schedule will be posted on the home page at www.evergreenswimteam.org under "UPCOMING CHANGES TO THE REGULAR SCHEDULE" on the left hand side of the page.

Q. What should swimmers keep in their swim bags?

A. Bathing suit, towel, goggles and a swim cap are essential. A water bottle is recommended.

Q. Where can I buy team suits and swim gear?

A. The Hurricanes Team Store can be found [here](#).

Q. Do parents need to volunteer?

A. Yes, every family plays an important role in the success of the team and is expected to fulfill volunteer assignments through the year. A SignUp Genius will usually be sent out for meet timers and other volunteer opportunities.

Q. What is SafeSport?

A. The U.S. Center for SafeSport is an independent nonprofit committed to building a sport community where participants can work and learn together free of emotional, physical and sexual abuse and misconduct.

Q. Does the team offer social or team-building opportunities?

A. Yes, our parent Ambassadors and Community Event/Party Coordinator organize social events for the team throughout the year. You can find their contact information [here](#).

Meets

Q. What is short course?

A. The season where the meets are held in a 25 yard pool. It typically correlates with the school year from September through the spring.

Q. What is long course?

A. Long course is a pool that is 50 meters in length or double the 25 meters the team normally swims in practice. The season is typically May - August.

Q. What is a psych sheet?

A. Each event is listed with the swimmers ordered by seed time, fastest to slowest, but heat and lane assignments are not listed.

Q. What is a heat sheet? And how do I get one?

A. A list that tells swimmers what events they will compete in. It also defines the swimmer's lane assignment per event. Lanes are typically assigned based on seed times, with the fastest swimmers in the center of the pool. You can find the heat sheet linked from meet on the [Event Calendar](#) or on the Meet Mobile app.

Q. What are DQs? Why did my child receive one?

A. DQs are disqualifications. A disqualification is given to a swimmer who does not perform a legal stroke. The rules for disqualifications are the USA Swimming rules. The reason younger swimmers are judged by the same standards as older swimmers is to help reinforce proper stroke technique. If you're uncertain why your child was DQ'd in an event, please speak to your child's coach.

Q. How do swimmers register to attend a meet?

A. On the website go to the [Event Calendar](#), sign in, then attend/decline each meet.

Q. When should swimmers arrive for a meet?

A. Swimmers should arrive 15 minutes before their assigned warm up time. If they have a positive check-in event please do so upon arrival.

Q. How do I mark my swimmer for a meet?

A. Each swimmer should arrive with the events marked on their arm or leg using a Sharpie (E = Event, H = Heat, L = Lane, S = Stroke). The heat and lane assignments can be filled in from the heat sheet. Normally heat sheets are emailed out the night before a race. Everyone does it a little differently but here is an example below.

E	H	L	S	
3	1	4	400 Fr	(So this means Event 3, Heat 1, Lane 4, swimming the 400 Freestyle)
15	8	7	25 Bk	
21	3	1	50 Br	
53	9	8	100 Fly	
65	13	5	200 IM	

Stroke Abbreviations:

Fr - Freestyle

Bk = Backstroke

Br = Breaststroke

Fly = Butterfly

IM = Individual Medley

Medley Stroke orders:

IM: Butterfly, Back, Breast, Free

Medley Relay: Back, Breast, Butterfly, Free

Team Practice

Q. Can spectators be on deck during practice?

A. Parents/guardians and other family members are asked to watch practice from the bleacher seats only.

Q. What if I want to talk to my child's coach?

A. You can email your child's coach from the contact list [here](#) to set up a time to meet.

Q. How do I know if my swimmer should move up a category?

A. Please check with your swimmer's coach if you have any questions about swim group placement. Coaches will do their best to communicate with both swimmers and parents about any recommended swim group changes prior to registration.

Q. How can I find out who is coaching each swim group?

A. The [Coaching Staff webpage](#) lists which coaches are in charge of which categories.