

# Evergreen Hurricanes

## FAQs

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

Registration opens annually on around September 1st. New members click [here](#). Existing members click [here](#). If you have any questions please contact Coach Brian at 303-888-3505.

**How old do I have to be to join the Hurricanes Swim Team?**

We do not have a specific age requirement, but swimmers must be water safe and comfortable swimming 1 length of the pool unassisted.

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

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.

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

All changes to the practice or meet schedule will be communicated via email and posted on the home page at [www.evergreenswimteam.org](http://www.evergreenswimteam.org) under "UPCOMING CHANGES TO THE REGULAR SCHEDULE" on the left hand side of the home page.

**What should swimmers keep in their swim bags?**

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

**Where can I buy team suits and swim gear?**

The Hurricanes Team Store can be found [here](#). Team branded gear is sold through Agonswim, team t-shirts through Evergreen Imprints and MI Sports for training equipment. Unless we have a team bulk order you will pay individual shipping costs.

**Do parents need to volunteer?**

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.

**What is SafeSport?**

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.

### **Does the team offer social or team-building opportunities?**

Yes, our parent Ambassadors organize social events for the team throughout the year.

## **Meets**

### **What is short course?**

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

### **What is long course?**

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..

### **What is a psych sheet?**

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

### **What is a heat sheet? And how do I get one?**

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 sometimes it can be found on the hosting team's webpage.

### **What are DQs? Why did my child receive one?**

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.

### **How do swimmers register to attend a meet?**

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

### **When should swimmers arrive for a meet?**

Swimmers should arrive at least 15 minutes before their assigned warm up time and should be ready to enter the water at the start of warm up.. If they have a positive check-in event please do so upon arrival.

### **How do I mark my swimmer for a meet?**

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.

<u>E</u>	<u>H</u>	<u>L</u>	<u>S</u>
3	1	4	400 Fr
15	8	7	25 Bk
21	3	1	50 Br
53	9	8	100 Fly
65	12	5	200 IM

This is a reference for the swimmer to use during the meet. This swimmer is first swimming the 400 Freestyle in event 3, heat 1, lane 4.

#### 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

What should swimmers eat before and during a meet? What should they avoid?

Can a swimmer enter a meet not on the team schedule?

Does my child need a tech suit?

Team Practice

Can spectators be on deck during practice?

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

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

What if there is bad weather?

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

Group move-ups will typically take place in September, January, and May. Coaches will communicate group move ups ahead of time.

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

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

Will Hurricanes swimmers be able to use the locker rooms to change at practice?

Is there a plan/objective for each practice?