**FREQUENTLY ASKED QUESTIONS**

Below you will find a list of our most frequently asked questions…and more importantly, the answers to those questions!

For mor helpful information about this wonderful sport we call summer swimming, we encourage you to also read your teams Newsletters and be on TeamSnap.

**When Registering on Active for your swimmer:**

\*Make sure you use the phone/cell numbers AND email address that are best to reach out to the parent/s.

\*Above contact information must be used for TeamSnap, receive team communications and for the coaches to contact parents in case of emergency.

**What is Summer Season?**

The summer swim season begins in May and ends in late August. Many parents choose to enrol their children in summer swimming because the competitive season is only 3 ½ months long, and occurs primarily during the summer months. This allows their children to throw themselves into the sport during the summer, and to participate in other activities during the school year.

**What is Winter Maintenance Season?**

Winter Maintenance is summer swim team practices held at the indoor pool over the winter. Winter maintenance practices consist of the swimmers swimming laps in the 4 different regulation swim strokes to hone their technique and maintain their conditioning in the off season.  Practices are one hour in the pool with 15 minutes of dry land activation prior to swimming.

Winter maintenance swim is meant to keep the summer swimmers in the pool 2 days a week to maintain their fitness and stroke technique in the off season.

\*The Winter Maintenance season is a wonderful opportunity for NEW Swimmers to “Learn to do or be introduced” to learn more about the sport of competitive swimming.

\*Summer Swim Club provides athletes to be able to be involved in many other activities other than swimming. (IE: other sports, education, family schedule/time, etc)

The Winter Season starts in October and goes to end of April. This provides new swimmers to have 7 months of learning the skills and drills that we do for competitive swimming and work towards being “ready” for Summer Season.

**What is a “Mini Meet” that is held during the Winter Maintenance Season?**

The mini meet is to provide Winter Maintenance swimmers a chance to “compete” during the winter season. Also allows NEW swimmers and Parents to have an experience of what a swim meet is all about in aims for them to be more comfortable to join Summer Season.

Our (1) day only Mini Meet Is usually held on a Sunday in the month of February.

We usually aim to have a Parent “101” meeting for additional information about the Mini meet and Summer Season that starts in May.

\*Summer Registration opens prior or after Spring Break.

\*Mini Meet additional information, Provide Link

**What is the BCSSA 2 hour rule mean?**

**This also explains what is a “S” swimmer and “O” swimmer:**

<https://www.google.com/search?q=Bcsssa+2+hour+rule&rlz=1C5CHFA_enCA974CA974&oq=Bcsssa+2+hour+rule&gs_lcrp=EgZjaHJvbWUyBggAEEUYOTIJCAEQIRgKGKABMgkIAhAhGAoYoAEyBwgDECEYnwXSAQg4MzYxajBqN6gCALACAA&sourceid=chrome&ie=UTF-8>

**What does BCSSA stand for?**

BC Summer Swimming Association

**What are the groups within the Ogopogo team?** \*Please see group description and each groups requirements for practice and meet attendance for SUMMER season located on the teams website and within your Registration Package.

\***Link for Swim Group Definitions:** <http://www.ogopogoswimclub.com/clubs/5328/pages/187104>

**What is the difference between a swim Group and a Division?**

The Ogopogo Summer Swim Club currently have 7 different swim training groups: Ogies, E group, D1 Group, D2 Group, C Group, B Group, A Group. These groups are organized according to both ability and age, with A Group being the oldest and most experienced swimmers, and Ogies being the youngest and newest to swimming. These are the groups in which Ogopogo swimmers will practice, both in the pool and on Activation/dryland.

Divisions are set by the BCSSA, are established solely according to age, and are how swimmers are organized for the purposes of competing at swim meets. There are 8 Divisions of "S" category swimmers. From youngest to oldest, these are: Div I, Div II, Div III, Div IV, Div V, Div VI, Div VII, and DIV O-8.

Please keep in mind that a Ogopogo swim group may include swimmers from more than one Division. For example, the D2 Group swim group may include swimmers from each of Division II, III and IV

**Swimmers swim in their Division (Div) based on their AGE** set by BCSSA.

A swimmer's age as of April 30th each year is used to determine the competitor's category of competition (i.e. Division) each year. See the BCSSA age locator located on the BCSSA website or on your teams website to find out which Division your child will be swimming in this summer. \*Your Coaches will know this as well.

**How do I know what Division the swimmer is in? Age Locator is on team Website:** <http://www.ogopogoswimclub.com/clubs/5328/pages/187104>

**Swimmers Group Placement:**

Swimmers are place in groups based on coach assessments of Ability, Age/Division, Training Interval times, practice attendance, group test sets. Coaches are also aware of the swimmers short and long term goals per season. Swimmers are never “held back”. The Coaching team determines each Swimmers group placement for and within each season.

Winter Maintenance is usually based on prior summer season group placement. Swimmers are placed in lanes based on their ability and/or age for training within the 1st session or 2nd session practices based on the Winter Practice Schedule.

\*Head Coach approval for swimmers of a certain age or group to attend a different practice session to “accommodate families schedule”. Example: E group swimmer that should be swimming in 1st session to be able to swim during the 2nd session practice. OR D1 swimmer swim during the 1st session practice versus the 2nd session practice.

Summer Season, the swimmers attend practice based on the swimmers assigned group placement based on the Summer Practice Schedule.

**During Summer Season, how many swim practices per week and swim meets should I attend?**

*\*Within the Ogopogo group descriptions states the practice and meet attendance “requirements” per group.*

For senior swimmers in the top groups (D2, C, B, A), we recommend that you do your best to attend all scheduled workouts. Coaches understand that while school is in session, this can be challenging, and sometimes, not always possible. However, it’s important to remember that the summer swim season is only 3 and ½ months long, so we need you to attend as many workouts as possible, even during May and June, so you can get in shape and ready to swim fast! Once school is out, we expect swimmers in the top groups to attend all the workouts, unless they have other commitments (IE: Soccer, Summer Camp, etc). The Coaches design each practice with a different purpose with respect to physical and technical improvement, so if you miss multiple workouts, it will make it more difficult for you to develop and improve as a swimmer.

For swimmers in the junior groups (Ogies, E, D1), we recommend that they attend as many practices as they can handle, but, ideally, at least 60% of the practices in a given week. New swimmers should not feel pressured to attend every practice/**Swim meet** right away. Also, for younger swimmers, more training is not always better, so attending every workout is not always necessary or even appropriate. **Every child is different**: if parents have questions about how many practices their child should attend, we suggest you talk to both your child and their Coach to get their input. At the developmental levels, fostering a love of swimming is key, so Ogopogo Coaches will plan workouts with this in mind. For younger swimmers who hope to move up to the Club’s top groups eventually, we recommend that you attend as many workouts as possible, and ideally, all of them (IE: swimmers goal to move from E group to D2 Group). This will help ensure your development, and also show your Coaches that you have the dedication to swim with the more demanding senior groups. (IE: swimmers “short term and/or long term goals)

And for all Senior swimmers (D2, C, B, A), we suggest you attend at least two morning workout.

**GENERAL INFORMATION:**

**What is the order of strokes for the IM (Individual Medley) event?**

The individual medley consists of four strokes, swum by one swimmer in the following order: butterfly, backstroke, breaststroke, freestyle.

**What is the order of strokes for the medley relay event?**

The medley relay consists of four different swimmers in one relay event, each swimming one of the four strokes. The relay is swum in the following order: backstroke, breaststroke, butterfly, freestyle.

**Does the Ogopogo Summer Swim Club offer private swim lessons?**

Coaching staff may offer swimmers private one on one swim sessions to work on skills during the summer season. \*Based on Lane Space and Coaches Availability. \*No additional charge for these sessions if sessions are conducted during practice water. \*Coaches may charge a “TEAM fee” for sessions outside of the practice schedule. (Based on Coaches discretion) \*Coaches have the right to decide if privates will not be conducted during practice time and/or only offered outside of practice time. The Kelowna Ogopogo Summer Swim Club is not responsible to provide nor pay for water to conduct privates outside of the teams current practice schedule.

Contact our Director of Swimming/Head Coach for more information.

**Does the Ogopogo Summer Swim Club offer “Learn to Swim” lessons?**

We currently do not offer a “Learn to swim” program. We do however, can be more lenient accepting NEW swimmers within our Winter Maintenance season that are able to swim 5-10m of the pool on their front and back, follow instructions, and able to be in the water for 30-60mins. By doing so, allows swimmers to work towards their “long term goals” of being ready for the Summer Season and work towards swimming a 25/50m on their front and back.

\*Depends on Coaches availability and Lane Space.

\*During your NEW swimmers swim assessment, the Coach will provide options for the swimmer at that time.

\*More information contact our Director of Swimming/Head Coach or our teams register for more information

Link for Board of Directors on our team website: <http://www.ogopogoswimclub.com/clubs/5328/pages/133760>

**SUMMER SEASON:**

**What is a development meet?**

Development meets are meets available only to swimmers in Division 3 and under who have not yet obtained an "A" standard in any race. The meets are unsanctioned (i.e. times are not official), and there are no disqualifications. The purpose of these meets is to provide young, newer swimmers an introduction to the meet experience, and expose them to racing in an encouraging and low-pressure environment.

\*Princeton and Similkameen Swim Meets are considered as Development meets.

**Can I go away to summer camp or on a vacation for a week or more?**

Yes, you can go away. If you do plan to miss practice for camp or vacation, tell your Coach right away, and make sure all your meets that you are attending are “declared” on time!

The summer swim season is so short, those swimmers hoping to advance beyond Regionals should consider scheduling vacations for late August, to maximize their training and development. Also, remember that we “expect” all Ogopogo swimmers and parents to attend our Kelowna meet.

**How many meets must a swimmer attend? At a meet, do I swim both days?**

We recommend that swimmers attend as many meets as is realistic for their schedules. Experience racing at swim meets is valuable, so we encourage swimmers to attend as many meets as possible. If a swimmer chooses to race at a particular meet, he or she does not have to attend both days. Remember, all swimmers are “expected/strongly encouraged” to attend the Kelowna Meet.

\*Parents will include any notes when declaring attending a meet on your Active Portal.

**This is my child’s first Summer Season, please provide additional things to think about for Swim Meets.**

Coaches will have an understanding of the swimmer/s goals and availability based on communication from swimmer, parent and coach to have an understanding of which meets that the swimmer is able to attend and/or which one they should attend to be able to reach a certain goal to be ready for Regionals and Provincials.

\*Please see the teams Group Descriptions for practice and Swim meet attendance/requirements.

\*NEW swimmers aim to attend a meet in June (IE: Salmon Arm), two meets in July (IE: Penticton and Kelowna) and Regionals.

\*If your child is top 10 swimmers within their division within their teams Region, please know that they are in “good standings” to do well at Regionals.

\*Not sure as to which meets to attend? Ask the Coaching Team.

\* Group coaches will choose the events for each swim meet, but may accept requests from swimmers to change events if there is sufficient reason to do so.

\*Parents will need to make the “meet deadline” to declare swimmers attending for a certain swim meet. This allows coaches to submit meet entries on time. Coaches have deadlines for each swim meet.

\*My child does not want to attend to ANY swim meets. They just want to attend swim practices and dry land/activation only. Is that ok? YES, as long as the parent communicates this with the coaching team. It is important to “try” a swim meet and the coaches would say to aim and try to attend the Kelowna Swim meet.

**When will I know if I am in a Relay? If I am in, can I not swim?**

Relay events occur at the end of each day of a swim meet. If a swimmer does not want to, or cannot, swim in a relay event, please let your coach know ASAP, and preferably BEFORE the meet. The absolute deadline to advise your coach that you will not swim in a relay is during warmups on the day of the meet.

If a swimmer is assigned to a relay team, he or she is expected to stay for the relay event. If a relay team member leaves the meet before the relay, this costs the rest of the team an opportunity to race, and also causes them to stay until the end of the meet with the expectation that they are racing.

Where a swimmer misses a relay, it will be up to the coaches' discretion whether to enter that swimmer into future relays.

**What are Regionals and Provincials?**

The most important swim meet of the season for the highly competitive summer swimmers is the BCSSA Provincial Championships, also known as “Provincials.” Each year, Provincials will take place in different locations. \*Look under “Swim Meets” on Ogopogo Team Website for dates and locations of all swim meets for that year.

*In order to be able to swim at Provincials, swimmers must qualify at the meet known as the BCSSA Regional Championships, also known as “Regionals.” The Ogopogo are part of the “Okanagan Regional”.*

*All swimmers can attend Regionals – there is no need to qualify for this meet.*

To qualify for Provincials, swimmers must finish top 3 in finals in an individual event at Regionals, or be part of a relay team that finishes top 2 in finals at Regionals.

Any swimmer who swims a Provincial Qualifying Time (PQT) in a final at Regionals automatically qualifies for Provincials regardless of what place they finished in the race.

You can find the PQTs on the team website or on BCSSA website. \*Posted during the summer season.

**How can I find a swimmer’s best times and BC provincial rankings for the current summer season?**

Click [this link](http://www.sports-tek.com/TMOnline/index.asp?STRIPPED=BCSSAProvincialOffice), choose the Rank button, in the Course dropdown box select SCM, in the Div dropdown box select the relevant Division, select Male or Female, then click the various event boxes (e.g. 50 free) as appropriate to see the swimmer's time and ranking for each event.

**What are the BC provincial qualifying times (PQTs) for the CURRENT summer season?**

The qualifying times will be updated each Summer Season. Information can be provided by the Coaching team or located on the BCSSA website:

<https://www.bcsummerswimming.com/about-1>

**What is “Freak Week”?**

Swimmers are excited when it comes to Freak Week. It’s a “love/hate” feeling for this week of practices. During freak week the swimmers swim practices allow the swimmer/s to get out of their "comfort zones" and focus on "all the little things. We enjoy our rewards from training hard during swim practices with fun team building activities!

​Freak week is usually held in the 1st or 2nd week of July. \*Depending on Swim meet and calendar schedule

**OTHER INFORMATION:**

**Gaining more knowledge for the sport of swimming within an “all year “Swim Team/Club versus a “Summer” Swim Team/Club.**

Year round-all year Swim Team/Club:

A Swim Team/Club that offers a training period for 10 months of the year has a SC and LC seasons.

SC= short course. The swimmers train and race similar events as a Summer Swim Team/Club do during their summer race season, 50m, 100/200m events.

LC= long course. During the LC season swimmer/s race 100m, 200m, 400m,1500m etc. races and swimmers need/prefer to have options to train in 50m pool during their LC training.

Summer Swim Team/Club:

See definition within FAQ: “What is Summer Season?” and “What is Winter Maintenance Season?“

\*For more information about the two different programs and “things to think about” as a swimmer and a parent, contact the Director of Swimming/Head Coach.

**Who do I contact if my question is not answered here?**

Please direct all general inquiries to:

Board President: [ogoswimclub@gmail.com](mailto:ogoswimclub@gmail.com)

Director of Swimming/Head Coach