

Swim Team and Swim Lesson Q & A

What questions parents and swimmers have about swim team and swimming lessons?

Should I only sign up for one session of Lessons? No way! Lessons are a great way for a swimming coach or lesson instructor to teach swimmers the proper skills they need. Lessons are a great way to help swimmers individually on certain areas of their strokes, starts and turns. Swim team is a great way to swim competitively with other swimmers their own age and practicing their skills together with the notion of having fun at the same time. As the coach I would encourage all of your children to participate in our lessons program.

I have a 6 & under child that likes to swim, but can only swim a very short distance. Should they be on swim team or lessons? BOTH!!! Our competitions only require 6 & under swimmers to swim for only 10 yards!!! Swim team is a great way for stroke development, diving, etc. for your little ones. If they love the water, then swim team is the place. Our 6 & Under coaches will work with the 6 & Unders Monday - Friday for 30 minutes. Coaches will develop front float, back float, diving, Freestyle and Backstroke. Swim Team for the 6 & Unders group is really a 30 minute group lesson. I would also encourage individual swimming lessons for you little one as well.

I have a 13 year old swimmer who knows all four strokes and is on swim team. Does he need lessons? Everyone needs lessons. Some of the best swimmers in the world need proper guidance with their strokes, starts and turns. As a swimming coach, I can teach skills to a large group, but our instructors can teach skills more effectively in a private or small group lesson.

Who can participate on swim team? Anyone from ages 4-17 years, can be on the swim team. The swimming team is a great way to introduce the sport of swimming in a competitive nature. At swim team, all kids practice their skills together. Competitions help to build self-confidence and team unity.

What skill level do they need to be at to participate on swim team? I encourage anyone with the basic knowledge of swimming according to their appropriate age be on swim team. For example: Your 7 year old can swim one length of the pool, your 5 year old can swim 10 yards in the pool, your 9 year old can swim only two lengths of the pool. These are all good examples of swimmers who would

benefit from swim team. Remember, swim team is competitive, but having fun and everyone feeling welcome is the number one priority for the AGCC Swimming Team

What are the events such as Breaststroke, etc.? Events range from Freestyle, Backstroke, Breaststroke and Butterfly. Every meet, swimmers have the option of swimming on the Mixed Medley Relay (each swimmers does 1 of the 4 strokes) or the Free Relay. Swimmers may swim in 2 individual events and 1 relay per swim meet. The order of events can be very confusing, but the coaches are responsible for gathering the swimmers before their events

Is there any particular order to the events? The order of events changes for each age group, and again the coaches are responsible for gather the swimmers before their proper events to limit the confusion with this matter.

What are the kids doing at the meets? We ask that the swimmers from AGCC sit together, preferably under a tree, for the entire swim meet. Please make sure that the swimmers can be found prior to the events that they have signed up for.

Who decides what events they are going to compete in? The coaches will ask the swimmers the day of the meet what they would like to swim and we will be in charge of filling out the card for the swimmer. These cards will be handed out to each swimmer prior to the seating of the event.

How many approximate events will each child compete in? Swimmers may swim in 2 individual events and 1 relay per swim meet. Ribbons will be awarded to every swimming upon completion of the event. These ribbons can be picked up at the ribbon writing table.

What ages or skills levels are required to do swimming lessons? We offer many options for our swimming lessons. Anyone from beginner to competitive level are encouraged to do lessons. We ask that if your child is under the age of 4 years the parents visit with Coach Flannery. We have had 3 year olds in the past.

What is the cost for swim lessons? We charge \$80 for 8 x 15 minute one-on-one private lessons. They are very effective and we have great lesson instructors. The charge is per/lesson so if you cannot make all 8 lessons, you will be pro-rated.

How do I sign up for swim lessons? Please contact Dan Flannery at Dan.Flannery@ames.k12.ia.us He will take your contact information, the age and skill level of your child. An instructor will contact you on when you would like to do your lessons. We have a flexible staff and lessons can take place any day between the hours of 12:00-6:00 PM.

When can we sign-up for these programs? I will be available at the club Monday, May 10th – Tuesday 3:30 – 5:30 PM. During this time you can sign up for swim team, pay for your suit and also sign up for swimming lessons.

You can also contact Dan Flannery directly at dan.flannery@ames.k12.ia.us to sign up for swim lessons before or after this date and also turn in your swim team form.

Contact Dan Flannery with any questions;
dan.flannery@ames.k12.ia.us

Ames Golf & Country Club Aquatics Director