

Frequently Asked Questions about the TCCMV Marlins Summer Swim Team

The Country Club at Muirfield Village

General Information

The Marlins swim team includes age groups 6 & under through high school, and is a great way to introduce your child to competitive swimming in a fun and casual setting for this abbreviated season. The season lasts from late May through early July, with practices in the mornings, and swim meets on Monday evenings starting at 5pm. The meets alternate between home (at the TCCMV pool) or away at several other country club pools within our league in Columbus. The season concludes with an awards ceremony at the clubhouse and a pool party celebration to follow. Swim team is a great way to build your swimmer's confidence and give them a fun and social swim team experience.

How do I know if my child is ready for swim team?

Safety is the priority when evaluating whether or not your swimmer is ready for swim team. To determine if your child is ready for the swim team, consider the following:

- Your child should be comfortable in the water and able to swim independently without support for the entire length of the pool.
- They should have basic swimming skills, such as the ability to float, kick, and perform basic strokes (freestyle and backstroke).
- Check with the swim team coaches for a trial assessment, or to ask any questions.

How is our team structured?

A swimmer's age as of June 1st of the current season will determine his/her age group for the entire season. Age groups are separated by girls and boys: 6 & under, 7 & 8, 9 & 10, 11 & 12, 13 & 14 and 15-18. This is the format for both practices and meets, though boys/girls may practice together with their age groups. The coaches spend time with all of the age groups and at the meets.

What is the time commitment?

The time commitment for the Muirfield Marlins Swim Team varies depending on the swimmer's age and skill level. The swim team practices five times a week, with sessions

lasting 30-60 minutes depending on your child's age. Additionally, there are swim meets that occur on Monday evenings throughout the season, and parent volunteers are essential to operating these meets.

Parent volunteer shifts: parent volunteers are essential to the team's operation. We need parents to donate their time at meets, and the banquet. Each family needs to volunteer for at least two sessions during the season to help the season be successful.

It is important to note that the exact schedule may vary, and it is always best to consult the team calendar and communicate with the coaches for specific details.

What type of training do swimmers receive?

Swimmers on the Muirfield Marlins Swim Team receive comprehensive training that includes:

- Technique improvement for all four strokes (freestyle, backstroke, breaststroke, butterfly)
- Endurance and conditioning workouts
- Starts and turns practice
- Race strategies and mental preparation
- Team-building activities and sportsmanship development

The training program is designed to cater to swimmers of all ages and skill levels, ensuring a positive and productive experience for every team member.

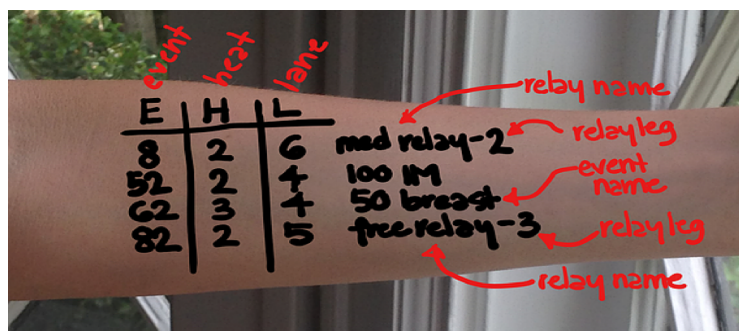
Swim Meet Info

How do I get my child ready?

Before arriving, swimmers should:

- Eat a light, healthy snack and drink water
- Use the restroom before practice or meets begin
- Wear their team swimsuit
- Bring goggles, a towel, snacks, and a water bottle

Once the heat sheet is sent out, mark your child's arm. Relays are not always assigned until you arrive, but coaches will help gather the relays. If you have any questions, coaches, veteran swim parents, and older swimmers, are more than happy to help!



EXAMPLE of EVENT CHART SWIMMER'S ARM or LEG

#7 Girls 8 & Under 100 Yard IM			
Lane	Name	Age	Team
Heat 1 of 2	Finch	6 BVCC	NT
2	Sydney Boyer	7 BVCC	NT
3	Maddie Williams	7 BVCC	NT
4	Lauren Stroud	7 WWST	NT
Heat 2 of 2	Finch	8 WWST	NT
2	Ruby McGee	8 WWST	2:18.99
3	Dalany Byrne	8 WWST	NT
5	Elena Williamson	7 WWST	NT

#7 Girls 7-8 25 Yard Freestyle			
Lane	Name	Age	Team
Heat 1 of 3	Finch	8 BVCC	NT
2	Nadia Foster	7 BVCC	NT
3	Maddie Williams	7 BVCC	NT
4	Maver English	7 WWST	NT
Heat 2 of 3	Finch	8 BVCC	NT
2	Andie Smith	7 BVCC	NT
3	Skylar Jackson	8 BVCC	NT
5	Maddie Foster	7 WWST	NT
Heat 3 of 3	Finch	7 WWST	NT
1	Elena Williamson	7 WWST	NT
2	Nadia de Vries	7 WWST	NT
3	Ruby McGee	8 WWST	21.72
4	Jaime Kelly	7 WWST	42.28
5	Alexandra Johnson	7 BVCC	NT

#7 Girls 7-8 25 Yard Backstroke			
Lane	Name	Age	Team
Heat 1 of 1	Finch	7 WWST	NT
1	Haley Pirelli	7 WWST	NT
2	Chloe Crane	7 BVCC	NT
3	Sarah McGee	8 WWST	29.78
4	Dalany Byrne	8 WWST	35.84
5	Ruby McGee	8 WWST	NT

#8 Girls 8 & Under 100 Yard Medley Relay			
Lane	Team	Relay	Seed Time
Heat 1 of 1	Finch	B	NT
1	Jaime Kelly W7	Lauren Stroud W7	NT
2	Lauren Stroud W7	Cyprus Chinn MB	NT
3	BVCC	A	NT
4	WWST	A	NT
5	Ruby McGee W8	Colin Kraus MB	NT
6	Jenna Rapp W8	Bree Sullivan W8	NT

E H L IM Free Back Relay (Back)			
7	2	3	IM
19	3	3	Free
31	3	5	Back
61	1	4	Relay (Back)

When you arrive:

- Find your child's age group sign. Swimmers should remain near their age group sign when they are not swimming. It is a fun and great experience for the swimmers to hang out. It also allows the coaches and age group parents to find your child for their swim. If your swimmer sits in another area or with parents, it will be the parent's responsibility to get their swimmer to their event.

Parent Volunteer Positions:

- Age Group Parent** - Each age group and gender 10 and under, will need one parent to help gather the swimmers for the coaches. This volunteer will gather the age/gender group before it is their time to swim. They will help the coaches get the swimmers into the correct lane and heat. 11 & up will be handled by the coaches or often handle it on their own.
- Timers** - There are two sessions of timers. The first session will do the first relay, freestyle, and backstroke. The second session will do the second relay, fly, and breaststroke. We will need 6 TCC parents for each session. A timer stands at the end of a lane and uses a stopwatch to record swimmers' race times. Timers also press a plunger connected to the timing system when the swimmer finishes the race.
- Ribbons** - There are two sessions for ribbons. The first session will do the first relay, freestyle, and backstroke. The second session will do the second relay, fly, and breaststroke. This volunteer will hand the winner of each heat the "Heat Winner" Ribbon.
- Banquet** - This parent volunteer position can count for both volunteer sessions. At the end of the season, a banquet will be held at TCC. You will work with the coach and head parent volunteer to lead the planning. The banquet will need some small planning including deciding on the tables for center pieces based on the theme and light decorating. This volunteer will also help layout the awards

and trophies. Please email Elizabeth Caponi at ecaponi30@gmail.com if you are interested.