

Cook Creek Wahoos FAQs

REGISTRATION

What swimming skills are required to be part of the team?

New swimmers must demonstrate the ability to swim the length (25 meters) of the pool without assistance from the wall, lane line, etc. We ask swimmers 8 and younger to swim 25 meters of freestyle, rest, then 25 meters of backstroke. Swimmers 9 years and older will be asked to swim 2 lengths of the pool (50m) in each freestyle and backstroke. While swimming 50m without stopping is not a requirement for joining the team, it will help determine proper practice group assignment. Proper technique is not a requirement but all swimmers ages 7+ will be subject to USA Swimming stroke & turn rules during swim meets.

Swim assessment dates will be posted on our website. These assessments take place at the Lone Tree Rec Center. While signup is recommended, it is not required.

If your swimmer has prior competitive swim experience, you can simply provide proof of competition and no assessment is needed. A screenshot of meet mobile, team unify best time summary, etc. will be accepted. Please email this information to Coach Ashley along with your swimmers first/last name and age.

How do I register my swimmer(s)?

There are two steps to registering for Cook Creek Wahoos Swim Team...

1. The first step is registering for our team through www.ssprd.org. South Suburban controls our roster so your swimmer MUST be registered through South Suburban before registering with our booster club.
2. AFTER completing registration with SSPRD, you must also register your swimmer with the Wahoos Booster Club at www.cookcreekwahoos.com

*If you register your family/swimmer(s) and then decide to add an additional swimmer, please reach out to us so you don't have to pay your family fee again.

PRACTICE

What is the practice schedule?

Practices are offered Monday through Friday mornings along with Monday and Wednesday evenings. Click [here](#) to see the current practice schedule. Please note, we begin practice before most schools are out for the summer. This first week of practice is only in the evening.

Will swimmers get stroke technique at practice?

Yes, at practice swimmers are working on both endurance and technique. However, it's important to understand that swim practice is not the same as swim lessons. If your child still needs significant help with all four strokes, you may want to consider keeping up with swim lessons through the season in addition to swim team practice.

How many practices does my child have to attend each week?

While only two practices are required to participate in that week's meet, it is strongly recommended that swimmers 10 and under attend at least 3-4 practices and 11+ swimmers attend at least 4-5 per week.

What if my child can only attend evening practices?

While there are 2 evening practices each week, this generally isn't enough for children to really experience what summer swim team is all about. It's also not uncommon for evening practices to get canceled due to weather (especially lightning).

SWIM MEETS**When are swim meets?**

There are 5 dual meets which take place each Saturday in June. (No meet the weekend of July 4th). Prelims, to qualify for championships, is usually held over 2 days and will take place July 8th & 9th. Championship meet is July 12th. These meets are either at Cook Creek Pool or another pool in the south metro area. The All-Star meet, for qualifying swimmers, will be July 19th.

What time are the swim meets?

Dual meets (first 5 regular season meets) usually start at 8am with the home team warming up at 7am, away team at 7:25am. They are usually over around 1pm.

What events do swimmers compete in at swim meets?

Swimmers may choose up to 3 individual events at each meet. There are 90 events at each regular season meet, always in the same order. The general order of dual meets is: Medley Relays, Freestyle, Butterfly, Backstroke, Breaststroke, Long Freestyle, Individual Medleys, Freestyle Relays. Below are the event options for each age group.

- 6&U: 25 free, 25 back, 25 breast
- 8&U: 25s of each stroke, 50 free, 100 IM
- 9/10 and 11/12: 50s of each stroke, 100 free, 100 IM
- 13+: 100s of each stroke, 50 and 200 free, 200 IM

Who gets to swim in relays?

The coaches choose who swims in medley and freestyle relays. When you register your swimmer for a meet, you'll indicate if they are available to be assigned to a relay. For example, if you have to leave early, you'll indicate your swimmer is not available for afternoon (freestyle) relays. Indicating a swimmer is available for relays does not guarantee the swimmer will be assigned to a relay team. Coaches do their best to get as many kids assigned to relays as possible.

Do we have to participate in all of the swim meets?

We understand summer means other plans! While we encourage you to participate in as many meets as possible, we don't require swimmers to participate in every swim meet.

Do we have to stay the entire swim meet?

While we wish everyone would attend the entire meet, we understand that's not always possible. Please choose individual events according to what works with your schedule and indicate which relays you are available for. Medley relays are at the start of the meet so if you will be coming late, please do not indicate that you are available for a Medley relay. Freestyle relays are at the very end of the meet so if you know you'll need to leave early, please do not mark yourself available for Freestyle relay. Even if you're not expecting to swim in a relay, it's very helpful to the team to be present in case additional swimmers are needed.

Are there individual awards at swim meets?

Ribbons are awarded to the top 8 swimmers in each event. Heat winner awards are sometimes provided by the host team as well.

VOLUNTEER REQUIREMENTS**Do I have to volunteer?**

Volunteers are critical to the success of our program, regardless of whether your swimmers participate in swim meets. Each family is required to volunteer a certain number of shifts for the season based on the number of swimmers they have. (Specific details will be shared at the parent info night.) Generally each family with one swimmer is required to volunteer 3-4 shifts for the regular season and families with 2 or more swimmers are required to volunteer 4-5 shifts. One shift is generally half the length of a swim meet, or approximately 2-3 hours. If you know you'll be unable to meet the volunteer commitment, you can opt out by paying an up-front fee at the time of registration. This fee is generally around \$350.

Championships: Prelims & Finals...All Stars...what does it all mean?

Our championship meet consists of 3 separate days of swim meets...two weekday meets (prelims) followed by a Saturday meet (finals). All six teams in Division A come together to compete. Our prelims are broken into two days, by age groups, and then everyone who qualifies comes together for finals, often simply called Championships or Champs but the actual swim term is "finals".

The All Star Meet is the final meet of the season where the entire league comes together to compete. Swimmers must achieve a qualifying time in order to participate in this meet.

PRELIMS / CHAMPIONSHIPS

Who can compete in prelims?

EVERYONE* can compete in prelims! All 6 teams come together for these meets so they are quite large. For that reason, we break up the age groups for each day.

9/10, 11/12

6&U, 7/8, 13/14, 15-18

**If you are unable to attend finals (aka Championships) on Saturday July 12th, please let us know before your swimmer's prelims meet is over. This is especially important if your swimmer has placed in the top 18. If they are unable to swim, we need to be able to notify the next swimmer on the list so they can prepare to attend finals.*

The league also requires swimmers to have participated in at least 2 dual meets and attended 10 practices in order to swim in prelims/championships.

How are prelims different from a regular season meet?

Instead of our team swimming against one other team, all 6 teams in our division attend these meets. There are no relays and only half of the age groups at each meet, so we skip about half of the events. There will be a lot of heats in each event though so pay close attention to your heat sheet!

How do you make it to finals?

The top 16 swimmers (plus 2 alternates) in each event at prelims qualify to swim in finals on Saturday July 12th.

How are heats different in a championship meet?

Just like in a dual meet, in prelims everyone in the event competes against each other. You will notice a slight difference in the way prelim meets are seeded. Rather than the last heat having the fastest swimmers, the fastest swimmers are spread out through the 3 fastest heats. This is known as "circle seeding." Finals are different. The top 8 qualifiers will swim in the "championship" heat while swimmers 9-16 will swim in the "consolation" heat. The lowest place a swimmer in the championship heat can get is 8th place while the highest place a swimmer can get in the consolation heat is 9th place regardless of their time.

Are there ribbons at prelims?

There are no ribbons/awards for prelims. Your award is getting to swim in the finals! However, everyone who swims in the finals will get either a ribbon or a medal. Championship/A-heat swimmers will receive a medal (1st - 8th place) and Consolation/B-heat swimmers will receive a ribbon (9th-16th).

What does it mean if my swimmer is an alternate?

Alternate swimmers are the swimmers who placed 17th and 18th at prelims. They will attend the finals and will be pulled up to swim if a swimmer in 1st-16th place doesn't show up, etc. These swimmers are often entered in relays as well.

Are there relays?

There are no relays at prelims but there are 2 relay teams per swim team at finals. Most of our relay teams will be made up of swimmers who qualified for finals but in some cases we will invite other swimmers to attend finals (aka Champs) as a relay-only swimmer.

How do you qualify for All Stars?

There is a qualification time for each event (listed in both yards and meters) listed on the bulletin board at the pool as well as the top of each event section on the heat sheet. You can also find the times on the documents page of our website. *Pay close attention to yards vs. meters. A qualifying time must be achieved in the pool format swim. Converted times do not qualify.*

Can I qualify for All Stars in Prelims and Finals?

Absolutely! These are great meets to qualify as the energy level is high, there's great competition, etc.

What happens if a swimmer achieves an All Star Time?

Swimmers who achieve a qualifying time receive a gold team cap! These swimmers are also invited to swim in the All Star meet the weekend following championships.

If I qualify to swim in All Stars, how many events can I swim in?

Swimmers are permitted to enter up to 3 events but must have achieved a qualifying time in each event they enter. If they have only qualified in one or two events, they may only swim in those events.

What else do I need to know about All Stars?

Swimmers who are participating in the All Star meet will continue to practice the week of July 14th. On Friday 7/18, there will be a brief practice followed by a celebration including a pancake breakfast and tie dye party!

