

WCAC FREQUENTLY ASKED QUESTIONS

Swim parents, please take a few minutes to read this article,

Whose swim is it? Taking ownership

Q: What is the age cutoff date for a swimmer?

A: In the SAL league in which our team competes, the cutoff date is 10/31. For example, if your ten year old turns 11 on November 1, that swimmer remains in the 9/10 age group for the season.

Q: When will my child practice?

A: Practice times are determined by what practice group your child is placed in. For first time swimmers to WCAC, please attend evaluation times advertised on the website. From that point you will be able to determine exact practice times.

Q: My swimmer does not know how to do a racing dive. Can he/she still swim for WCAC?

A: Nervousness about diving is very common and especially off of the racing blocks. Our coaching staff will work with swimmers to help them learn to dive next to the block and eventually, when the swimmer is comfortable, they will learn to dive off the blocks.

Q: How many practices does my swimmer need to attend?

A: It is up to each family to determine how many practices their swimmer should attend. It is recommended that Stingrays/Age Group Blue come 2-3 nights per week; Age Group Gold- 3-4 nights per week and Seniors 4-5 nights per week.

Q: Does my swimmer have to swim in every dual meet?

A: No, your swimmer may compete in as many meets as he/she would like, however the swimmer must sign in or out for each dual meet the Wednesday before the Saturday meet. Additionally, WCAC has five dual meets before the Winter Holidays. In order to compete in the two January dual meets and the Division or League Championships meets, your swimmer must have swum in at least two of the first five dual meets.

Q. How do I sign my swimmer in or out for a dual meet?

A. You will be notified via email to do so on the WCAC website.