

# DOC Swimming FAQ's

## (Frequently Asked Questions)

### **GENERAL QUESTIONS**

What is ISI?

ISI (Illinois Swimming Inc.) is the LSC governing body of USA Swimming in which we reside. Their mission is to govern in a fiscally responsible manner in accordance with USA Swimming and Illinois Swimming by-laws and rules and regulations; to support the growth and development of our membership through educational initiatives, financial assistance and program development at all levels; to promote the sport, athletes and membership to achieve excellence in swimming.

What is an LSC?

LSC's, or *Local Swimming Committees*, are the 59 local governing bodies responsible for organizing, supporting and governing USA Swimming's 2,800-plus swim clubs in their individual regions. As USA Swimming's arms into our communities, the LSCs play a major role in the governance of our sport across the nation.

Why do I have to be a member?

DOCS is chartered through ISI and they provide us with secondary insurance for swimmers and coaches while registered participants are on the pool deck at practices and swim meets. All swimmers and coaches must register and fulfill the current requirements to attain these certifications.

How often should my child practice?

We encourage swimmers to practice as much as they can. We understand children are busy these days, so we understand if you cannot make it to every practice. As the saying goes "Practice (input) equals meet results (output)".

Are we required to attend a certain number of practices?

We have no requirements for swimmers 10 and under. Swimmers 11 and up should consult with their age group coach.

What does DOCS stand for?

Developmental Organized Competitive Swimming

How many swimmers does DOCS have?

In 2010, we registered 183 swimmers between 3 practice sites.

How much is a YMCA membership?

The annual Youth Membership is \$220 for 11 & up, \$120 for 10 & under. Family memberships are also available.

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### **MEETS**

What is the difference between the Y Team and the Junior Team?

When you join the Y Team your swimmer has to become a member of the Greater Peoria Family YMCA. Then the program fees get paid to the YMCA to register them on the National Swim Roster for GPFY. Y Team members can swim all meets and can participate on relays. The Junior Team members receive the same training/treatment as the Y members, but at swim meets they can only participate in individual events. They cannot score team points.

How do I sign up for Meets?

Meet Commitment Form will be published for the entire season by the end of August. Each swimmer that wants to enter a swim meet should complete a form and turn it in. Be sure to follow the deadline on the form. Certain meets fill up quickly and we have to submit entries (and payments) in up to 4 weeks ahead of time.

How much does a meet cost?

Each meet has its own fees. Typically a meet will run between \$15- 25 depending on how many events your child swims. Please become familiar with reading the Meet Packets that are linked to each meet on the Meet Schedule of our web page. The Meet Packet includes the ISI surcharge, event fees, relay fees, and sometimes a facility surcharge.

Can my child do relays?

Due to ISI regulations, only swimmers registered with the YMCA team will be able to participate on the relays at the swim meets.

What is a Meet Packet?

A Meet Packet is contains information that the host team puts together to provide us with the details regarding the swim meet being hosted. Directions to the facilities, times, event lists, and much more are listed in the meet packet. The Waiver in the Meet Packet is for teams to complete, not swimmers. Do not submit that form for your swimmer.

What is a time trial?

A time trial is a mock swim meet for swimmers to establish their base time in each event. These times are not used for meets, but for us to track a swimmer's progress.

What is the YCMA Virtual Meet?

For the past three years the YMCA has offered a National Virtual Swim Meet. A week in October is designated to host your "in house" swim meet and the results are uploaded to the National Meet database. This meet does count as 1 of your 3 YMCA meets to compete at Y Districts.

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How does a swimmer become eligible for the YMCA Illini District Meet in March?

There is no qualifying time required. Eligibility is earned by competing in at least three YMCA swim meets throughout the season. We encourage all eligible swimmers to participate.

How do you become eligible for the YMCA IL/MO Championship Meet (Y State)?

By making the qualifying time in one or more events at the YMCA District Meet.

Do you have to swim in the District Meet finals heat to go to Y State?

No. If you qualify on time during a preliminary heat, you will advance to Y State.

What is UNATT- DOCS?

This is how the DOCS Junior Team is listed in the psych and heat sheet at swim meets.

### **APPAREL**

Do I have to wear a team suit to swim meets?

We require that DOCS team members wear the black team suit and black team cap at all swim meets.

How do I get a team cap?

You will receive 1 latex DOCS black cap and 1 team t-shirt for registering with DOCS. You can purchase extra team caps -- latex (\$8) or silicone (\$15).

What should my swimmer wear to practice?

Swimmers can wear any suit they choose for practice. We ask that they do not wear 2 piece suits. It is encouraged they wear a properly fitted practice suit made of a polyester or durafast material. A baggy suit actually drags more water causing it to wear out sooner. They should pull their long hair back and wear a cap and goggles.

How do I order team apparel?

Please see the Merchandise section of our website for current apparel – team parkas, team hoodies & flannel pants, parent team shirts, team warm-ups, and swim suits. Order deadlines will be announced throughout the season, i.e. Christmas order, Championship suits...