

Frequently Asked Questions

1. *What are the fees for USA Swimming?* *The fees for USA swimming are the monthly program fees (based on member/non-member rates), New England Swim Dues (yearly), Non-Refundable Registration Fee, Meet Fees, Yoga, Fitlinx and Equipment/Apparel. All swimmers will have an EFT account set up with the club and fees will be charged accordingly. All fees are non-refundable and cannot be pro-rated.*
2. *What are the minimum requirements to be eligible for the USA team?* *Requirements are determined by age and listed on the team website (www.orgsites.com/ma/wtsc)*
3. *How do I set up a swim evaluation?* *Call Coach Debi @ 508-366-1222 ext 39 or email Coach Debi at: kspertwc1@yahoo.com*
4. *What are Meet Fees?* *The fees assessed by the host team of a swim meet per event and the surcharge per swimmer. Once your swimmer is entered in a meet, the appropriate fees will be charged to your account. Meet Fees are non-refundable.*
5. *Do I have to do Fundraising?* *There is no fundraising associated with WTSC.*
6. *What kind of equipment does my swimmer need?* *Swimmers will need training fins, hand paddles (11 and older), pull buoy, goggles, team suit and cap. Optional items are team shirts, team hoodie, Team back pack, mesh bag, warm-ups. All items are ordered through Coach Debi.*
7. *What is the difference between short course and long course?* *Short course season is from September to March and refers to the 25 yard pool. Long course season is from April to August and refers to the Long Course pool. Due to lack of pools in New England during the Long Course season, some of the meets are swum in short course pools.*
8. *What is the team website:* *The team website is: www.orgsites.com/ma/wtsc This website has all information pertinent to the team and should be referred to as much as possible.*
9. *What is the meet schedule?* *The meet schedule for the 2007-2008 short course season is listed on the website: www.orgsites.com/ma/wtsc*
10. *How do I sign up for a swim meet?* *Meet sign up sheets are posted at the pool. Everyone must sign up for the meets they can attend or indicate that you cannot attend. There is a deadline listed for all meets, so be sure take care of this ASAP. If your swimmer is not listed in either “the attend” or “will not attend columns”, your child will be entered and charged the appropriate fees.*
11. *What is the commitment level for the USA team?* *Swimmers who are 10 and younger are expected to commit to 3 practices per week and 1 dry-land session. Swimmer who are 13 and older are expected to commit to 5 practices per week and 3 dry-land practices per week. Swimmers who are 11 and 12 will discuss practice times with the coach, based on ability and level of maturity, etc.*
12. *What are Dry-land sessions?* *These are sessions in the fitness room. They include a training session for the Fitlinx equipment, individualized workout plans, yoga/pilates classes. Swimmers are expected to meet their dry-land commitment each week.*

13. What are Qualifying times? Regular season meets do not have qualifying times and are open to all swimmers. As the season progresses, there are certain meets that do have qualifying time parameters (Regionals, Age Group Champs, Senior Open, etc.). The times are listed on our website.
14. What are the website links? There are two website links: www.usaswimming.org has up to date information, parent tips, Speedo tip of the week, camps, etc. and www.neswim.com is the website for swimming in the New England Region.
15. Are warm-ups important? Warmups are very important to all swimmers. This is the opportunity for your body to get used to the pool temperature, get a feel for the walls and flags and get an overall feeling for the facility. Some pools will have warm-up and cool- down pools for the same purpose, before and after each event.
16. What is Splash Magazine? This is a magazine for USA swimmers and is included in the New England swim membership.
17. Where does the team practice? At this time, the team practices at Westboro during the Short Course Season and at Shrewsbury during the Long Course Season.
18. Contact info: Debi Kesper: kespertwcl@yahoo.com or 508-207-5411