

MADISON WEST WOMEN'S SWIM AND DIVE TEAM

FAQs for New Team Members and their Parents

1. What is a Dual meet? What is the event schedule in a dual meet?

A dual meet is a meet between two teams in the conference. High School dual swim meets usually are on Fridays beginning at 5 PM and last approximately 2 hours. There are two heats of every event, one junior varsity and one varsity. Dual meet events are in the following order: 200 Medley relay, 200 Freestyle, 200 IM, 50 Freestyle, (Diving if it is scheduled in the meet) 100 Butterfly, 100 Freestyle, 500 Freestyle, 200 Freestyle Relay, 100 Backstroke, 100 Breaststroke, 400 Freestyle Relay. In dual meets without diving, there is a 15 minute break following the 50 Freestyle.

2. How are meets scored?

In dual meets, points are awarded for places. Each meet has two team scores: one for Varsity and one for Junior Varsity. Even if a JV swimmer's time beats the time of a Varsity swimmer in another heat, her swim does not earn points for the Varsity team. In Relays, first place is 8 points, second place is 4 points, and third place is 2 points. In individual events, first place is 6 points, second place is 4 points, third place is 3 points, fourth place is 2 points, and fifth place is 1 point. Only two relay teams may score for each team in each relay event. In championship and other multiple team meets, points are awarded to 12 or 16 places for individuals and scored as follows.

Place: 1st 2nd 3rd 4th 5th 6th 7th 8th 9th 10th 11th 12th 13th 14th 15th 16th

Points: 16 13 12 11 10 9 7 5 4 3 2 1 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1

3. What determines the events my daughter competes in?

Several factors are considered when making line ups. Coaches strive to develop versatile swimmers so throughout the season swimmers are asked to compete in a variety of events. At the same time coaches are working to develop the team's best line up for the most competitive dual meets and other competitions. In those meets coaches strive to have swimmers compete in events/dives that will result in the best outcome for the team and the individual.

4. How do the girls know what meets they will compete in?

Each swimmer/diver will compete in meets throughout the season. Lineups are posted prior to each meet. Line-ups indicate the events each swimmer will be competing in for that particular meet. Swimmers who are not competing (for illness or injury) are encouraged to attend meets to support their teammates.

5. How are swimmers/divers selected for the invitational and championship meets?

Invitational and championship meets have limited numbers of entries. Coaches assemble invitational and championship meet line-ups based on times and performances at meets throughout the season. Selected swimmers/divers are entered in events that, in the coach's opinion, will result in the best possible outcome for both the team and the individual swimmers.

6. How are swimmers selected for the WIAA State Swimming and Diving Meets?

The WIAA sectional champion in each event automatically advances to the WIAA State Championship

meet. In addition to six sectional winners, the next 18 fastest sectional swimmers and relay teams, from six Wisconsin sectionals advance to the WIAA State Swimming and Diving meet at the UW Natatorium.

7. How are swimmers transported to meets?

For most meets, swimmers are transported by a bus provided by West High School. When a bus is provided, the swimmers must ride the bus. For some meets held in the Madison area, there may be a bus ride provided to the meet, but parents must provide transportation home.

8. Who should I contact if I have questions about the swim team?

Please contact one of the coaches if you have concerns. The Swim Team Captains can be contacted for help as well.

9. How do swimmers earn a varsity letter?

To earn a varsity letter, swimmers must complete the swimming season in good standing. Each swimmer earning a varsity letter must score a point in an event at a Varsity Invitational. Senior swimmers who have been a swimmer in good standing for four consecutive years may earn a varsity letter.

10. What should I do if my daughter is ill on a practice or meet day?

Please call Head Coach Amanda Ellmaker 414-477-5506 to let the coaching staff know your swimmer is ill. Please keep coaching informed to the extent of your daughter's illness.

11. What are Tuesday Reports?

Tuesday Reports are blue forms from the Athletic Office at West. This form must be taken to each teacher, including Study Hall and Freshman Advisory, every Tuesday of the swimming season. Teachers need to sign these forms and indicate either the student's specific grade that week or indicate a Passing or Failing grade. If teachers indicate only "Good" or "Okay" these terms are not acceptable to the Athletic Office. Swimmers must gather signatures from each of their teachers and indications of their specific grades or passing or failing grades in order to swim in that week's practices and meets. Swimmers/divers must turn in their completed forms to the coach by 4:00 p.m. Wednesday.

12. What are dress-up days?

Senior class swimmers define a "theme" for each meet, and on the day of each meet team members are expected to dress in that theme for school. Swimmer/divers can meet in the team room before school and change into their costumes together. This is a longstanding tradition and helps build team unity and energy around the meets. Gather all old dress-up items in your house and put them together to help your swimmer. Older swimmers have gathered a collection of stuff for dressup and they can be a good resource for younger swimmers.

13. How do the girls get to swim team practice in the morning?

Many parents do not have to provide any transportation for their swimmers to practice, meets or other swim team events. The team Captains will coordinate with other upper-classmen to create carpools based on areas where swimmers live. If your daughter needs a ride to a swim team event (including 6:00 AM practice) please contact the Captains.

14. How will the girls get to the potluck dinners?

See above.

15. Who should I contact if I have concerns about my daughter's interaction with other teammates?

Swimmers should know that they can always speak to a coach if they are having a problem, although sometimes they may not feel comfortable approaching a coach and would rather talk to a Team Captain. The Captains act as a liaison between swimmers and coaches. Captains and other senior swimmers can be extremely helpful throughout the swim season. Your swimmer/diver may seek the advice of a trusted team member about any aspect of school.

16. What other responsibilities do the parents have to the swim team?

Swim team becomes a family sport. It requires effort and encouragement from parents and families all season long. We host many events and raise money to defray costs. Please be willing and interested in offering volunteer support wherever we need it!