



Panama City Swim Team Questions & Answers

Q. How much does it cost to be on the team?

A. The monthly swim fees will be \$70, 75, or 80 depending on the training group the coaches put your swimmer in. For new/younger swimmers, it will more than likely be either \$70 or \$75.

Q. Is practice attendance mandatory?

A. No, the number of practices that your swimmer attends is totally up to your family and your swimmer. However, consistent and significant improvement with swimming comes with regular practice attendance.

Q. Does the team practice year round?

A. Yes, PCST practices year round. However we usually take three 1 week breaks during Christmas, at spring break and late July or early August.

Q. How many meets does the team attend and where are they?

A. Throughout the year, the team averages attending 12-15 meets of various sizes and competition levels. The meets are usually within a couple hours driving distance from Panama City. Typical locations include: Ft. Walton, Gulf Breeze, Pensacola, Mobile, Tallahassee, and Dothan. Additionally, PCST hosts 2 meets per year at Frank Brown Park, one in April and one in October. The team also holds about 8 or so "Fun Meets" at GCCC. Fun Meets are for PCST "Novice" and "Age Group" swimmers only, and are free to each family. These meets create a fun low-pressure atmosphere for the younger swimmers to learn about racing. They have a lot of excitement, team bonding and refreshments afterwards.

Q. Is attending meets required and how much does it cost to attend one?

A. No, attending meets is not required. However, that is the real purpose for being on the team and the way the coaches are really able to measure the progress of the swimmers. The cost varies but usually it will range from \$40-\$60 per meet per swimmer.

Q. How do I sign up for the team?

A. Please follow the instructions listed in the document "How to join" also under this tab.

Q. How are monthly dues paid?

A. Beginning the 3rd month, the regular monthly swim fee is required (either \$70, \$75 or \$80). We use ACH Debit (electronic funds transfer) as our method for paying dues or a direct charge to your specified credit card. Initially you will have to choose credit card when registering on line but you can change to ACH after the registration is complete by contacting our billing department. If for any reason you need or wish to leave the team, you can terminate this process by notifying the team via email by the 15th of the preceding month in which you want it stopped. The email for our volunteer billing parent is billing@panamacityswimteam.com.

Q. How does communication occur with the team?

A. The team has a website (www.panamacityswimteam.com) that is maintained regularly and the coach sends out emails often with important information. It is critical to check emails regularly.

Q. How do we try-out for the team?

A. Try-outs are held all year long on any day we have a practice. You must email Coach Jonathan and request an opportunity to try out. When given a date and time for the try out simply show up with suit and goggles ready to swim. Your swimmer must demonstrate the ability to swim 25 yards without stopping or needing assistance to join the team. If the coach feels you are qualified for the team, you can swim the rest of that days scheduled practice for free. If, after that first day of practice, your swimmer wants to continue with the team, you must return to our web page and complete the registration process. That process is outlined in the document "How to join".

Q. What do we do if our child is not ready for the team?

A. If your child is not quite ready for the swim team, there are several options. During the warmer months, Red Cross lessons are offered at a number of locations throughout the area. PCST offers a learn to swim program called "Summer Splashes" that is designed to bridge the gap between Red Cross lessons and the swim team. Additionally, depending on the time of year, personal schedules etc. some of our senior swimmers may be able to work privately with your swimmer. Several of them have been certified as coaches and new swimmers respond very well to them.

Q. What is PCST's coaching philosophy with the novice swimmers?

A. Our #1 priority is that the young swimmers have fun. If they enjoy what they are doing, they will want to keep coming back and will improve just by showing up. So we often play aquatics games that improve fitness, create enjoyment and improve team camaraderie. Our close #2 priority is teaching proper stroke technique for all strokes. We want our swimmers to learn the strokes correctly before moving up to another group.

Q. What determines advancement from one training group to the next?

A. Any swimmer that wishes to move up to another level will be considered by the coaching staff on a case-by-case basis. We want the swimmers to be more than ready to move up to the next group. We often "transition" the swimmers into the next level rather than throwing them right into it without proper preparation and adjustment. If you want to move up, just ask your coach. Or, we may just talk to you if your child is ready to move up.

Q. Are the pools heated over the winter?

A. Yes, both Frank Brown Park and GCCC are heated all year-round. In the winter of 2008, PCST will be providing Novice practice at Frank Brown during the winter months for the first time ever. As long as there is enough demand for it, we will have novice practice out there all year-round now. On cold days, we will only swim 30-40 minutes though. Over the last 2 years, we have not been able to practice at Frank Brown Park during the winter only a couple of days due to weather. The kids enjoy swimming in the warm water (compared to the air temperature) and learn how to become fast sprinters after practice when they run to locker room.