



Frequently Asked Questions

Coaches:

1. Who will be coaching each group?

Right now, as we do not know the number of swimmers for each group, this is not finalized. Brent and Nick will be working with both the Senior and Age group swimmers along with the prep kids on technique during certain practices.

Amy's Current groups are Prep, Bronze, Upper Bronze,

Nick's current groups are TAG, Silver 1 and 2, Gold 2

Brent's current groups are Gold 1 and 2, Platinum, Senior Group 1 and 2

Masters 1 and 2 will be coached by Brent, Nick and Amy

2. Will there be any other coaches?

We will be adding additional coaches as needed

Programs:

1. Will there be a dry land Program?

Over the last year Brent with the help of various Dryland specialists has developed a dry land program the best fits RMT swimmers. Amy Meyers brings a new element to the team this year with her **Bachelor of Science in Sport and Exercise Science degree**. She will help oversee the team during dry land practices.

Also Rick Olderman again this year will be our team Physical Therapist. Rick will be working within his private practice. He is available for physical therapy work or individualized conditioning programs, if needed.

2. Can we take private stroke lessons?

Yes you can. RMT Coaches will be available for lessons. If you are using a non-RMT coach for lessons, we ask you to coordinate through Brent so he can communicate directly with your instructor.

3. When can we start?

Practices will begin on September 13. If you sign up before September 1, you can participate in our Rookie camp September 6 – 11, free of charge.

4. Why are your monthly fees set at the price they are?

Since we are a coach owned and operated team, setting the lowest price possible while still obtaining the maximum pool time available is our goal. We feel that kids 12 and up should be getting four to five practices per week, each lasting at least one and ½ hours. Some teams in our area are lower in cost but do not offer the amount of pool time that we feel would be beneficial for swimmers of that age.

5. Is there a Board of Directors?

As RMT is a non-profit corporation, there is a board of directors but there is not a parent board. We are coach owned and operated.

6. What is the parent's role?

We will need assistance from parents that are willing to help with our Thunder Club. This club helps with social events, team travel arrangements, website development and maintenance. They will help with team newsletters and new parent orientations. We also believe coaches should coach and parents should parent and swimmers should swim. Most of us prefer it that way. Open communication is vital and will occur. PLEASE COME AND TALK TO US IF YOU HAVE A PROBLEM.

7. Are Parents allowed on deck during practices?

You may observe for the first and last 10 minutes of practices, otherwise, we ask the pool area be reserved for swimmers and coaches to focus on the task at hand. We feel this allows your swimmer to take ownership of their own swimming, which is necessary for their successful, long-term progression in the sport.

8. Most club teams do fundraising. Does this team?

At this time we do not anticipate any fundraising activities for this team. The RMT USA Swimming Membership Fee is designed to get rid of the need for fund raising. We pursue sponsorships and donations of course. However, we do, do a fundraising event every spring to help a local charity and over the last 4 years we have raised over \$22,000 for these charities.

9. Can my child participate in High School Swimming and RMT swimming at the same time?

We love our swimmers to swim high school and encourage them to participate. During the actual high school competitive season for either girls or boys, if a swimmer chooses to compete for their high school, they should train with their high school team at least 3 days a week (except for official non-contact days.) Some swimmers may choose not to compete for their high school teams and they will continue to train with RMT and compete in USA swimming meets. This helps create a team atmosphere for the high school and eliminates any potential for conflict of interest. This concept is strongly supported by most high school coaches. We are open to meeting with your high school coach to discuss season plans if desired. Talk to Coach Nick or Brent if you have any questions.

10. Is my swimmer allowed to swim both RMT and a Summer Club Team?

Unfortunately, Summer Club Swimming in the local area does not allow swimmers to be on a USA team and a Summer Club Team at the same time. However, RMT is a huge supporter of local Summer Club teams. We do our best to get kids ready for summer club if they wish to swim it. We strongly encourage swimmers to stay with us over the summer but support any choice the swimmer makes in this matter.

11. How should interested swimmers be approached?

USA Swimming does have a strict recruiting policy and RMT expects all future and current members to adhere to these guidelines. If you are approached by a current

member of a USA Swim team that is interested in RMT, have them contact a RMT coach via email.

Please Contact an RMT Coach if you have Further Questions or Need Clarification. Thank You.