



## #SwimBiz U.S. Paralympic Experience

Trying a new sport can be difficult, as some of you experienced first-hand with sitting volleyball. Looking through the lens of a new parent, we collected participants' questions about their first experience with sitting volleyball and translated the questions to what a new swim parent would ask when they join the sport. Here are some questions that should be included on the FAQ section of your website:

### Rules:

- What are the rules?

### How to start:

- Are there age requirements?
- What are the registration fees?
- What are the costs beyond registration and dues?
- Is there a discount for having more than one athlete?
- Where do you hold practices?
- If my child has a disability, are they able to swim in your program?
- Is the team all-inclusive or is there a try-out?

### Training:

- What is the "season" of swimming?
- What do I need for practice?
  - Cap? Goggles? Suit? Equipment?
- How are the kids grouped? Age? Skill? Open?
- How do I move into the next training group?
- What are the training levels? (ages and abilities)
- Does your team have a non-competitive group?

### Swim Meets:

- When can I compete in meets?
- Do we travel for meets? Frequency?
- What if I don't know how to swim? (Direct people to your swim lesson program or partnership)
- Do we have to compete?
- What is the time commitment? (Show practice times for each group)
- Do we have to come to practice? How often?
  - Do you have parent volunteer requirements?
- Do you offer private coaching outside of practice?
- How do swim meets work?