

Parents of Freshman Swimmers,

This meeting is geared toward informing you of the balance between swimming for a club, and swimming for your high school.

Simply put, it is a very common practice for swimmers in the central Ohio area. Your high school may have a practice which is proper in its length and is geared toward your swimmers ability. If you receive your high schools information and it does not meet what your swimmers needs are, it would be smart for them to continue to train with WAC while representing their high school during the OHSAA season.

If you choose to do this, your high school coach will require you to inform them of the days you are training with the club and might require you to attend a certain number of practices with the team per week.

During this meeting, you will learn what the season looks like, how to balance, and why swimming with WAC is the way to go during the OHSAA season.

### **Topics**

- Season length and calendar
- Pre & Post OHSAA meets
- Dual Meets with HS
- State Tournament Schedule (Sectionals, Districts, States)
- OHSAA Meet format
- Differences between HS and Age Group swimming
- USA Swimming times during OHSAA season
- Balancing HS & Club
- Sites to know about
- Q&A