

Greater Pensacola Aquatic Club

Frequently Asked Questions by New Parents

1. What do the swimmers do at practice?

Each training group is a little different. In general terms, practice includes work on stroke technique, conditioning and swim practice etiquette and behavior. As a swimmer becomes more proficient they progress from one group to another and add on new skills and abilities, while taking on more responsibility and adding a new level of commitment. For more information please visit the "Practice Group" link on the GPAC website (www.gpacswimteam.org) and then click on and read more about your swimmers training group.

****Check the website for the times your swimmer will be practicing.**

2. What are the fees associated with being a member of GPAC? And what are my responsibilities?

There is a \$75.00 registration fee. This fee covers USA Swimming's fee for insurance and administration. GPAC's registration fees also pay for your GPAC Welcome Packet, team t-shirt and team cap.

There is a training fee associated with each training group. Please check the GPAC website for the training fee for the training group in which your swimmer has been placed.

The vast majority of the competitions that your swimmer will compete in will have fees. Please see the **Meet F.A.Q.** sheet for more information.

Each family is responsible for payment of their fees on a monthly basis. GPAC mails a statement to each family in the middle of each month so that records are kept up to date. Please see GPAC's Financial Policy sheet for more information.


3. What uniform/gear/equipment do they need for practice?

Each training group has a set of equipment that they need in order to effectively complete swim practices. It is recommended that you purchase the specific gear and bring it to every practice. Please look for the training group equipment requirements on the GPAC web page under "Practice Groups"

PLEASE NOTE: trunks, board shorts, two piece suits, etc. are not appropriate practice suits and hinder the swimmer's development and time. Verify with your swimmer's coach what equipment you need at each level.

4. What are swimmers expected to wear at meets?

Swimmers are expected to wear a GPAC suit and cap at all sanctioned meets; summer league requires only a team cap.

All required gear and team suits may be purchased at Swim Stuff located at 1805 Creighton Road, Pensacola, FL 32504; 850 – 474 – 0059. GPAC swim team members receive 20% of suit purchases and 10% off equipment purchases from Swim Stuff. 

GPAC New Parent F.A.Q.s

5. Does practice stop or change in the summer?

GPAC is a year round swim club, so we do not stop practicing during the summer. Practice times may vary slightly during summer; however major changes are announced in advance. Please check the GPAC website for confirmation of practice times.

6. How do meets affect practice?

When practice conflicts with a meet, there is usually no practice that day. In addition, there may not be practice the day before or the day after some meets. As always, check the GPAC website to confirm if there is a practice scheduled for these times. Also, please have your swimmer check the bulletin board at their pool and check with their coach.

GPAC also has a few breaks during the year. Typically, there are three breaks when no practice is conducted: one week during Christmas, one week during the spring and two weeks at the end of summer. Please check with your swimmers coach to confirm these breaks.

7. What can I do to help my child to eat properly before practices and meets?

Talk with your swimmer's coach about specific concerns you may have. You also may want to visit the American Dietary Association's (ADA) website at www.eatright.org for help. In addition to these places, you also may want to go to www.MyPyramid.org for on-line assistance in using the USDA food pyramid. USA Swimming's website www.usaswimming.org also offers insights into nutrition.

8. What happens at The Club, Milestone, PJC pool, and UWF pool?

GPAC practices are held at all three locations. Typically, all meets are held at UWF however mini meets (inters-quad) may also be held at Milestone or PJC. Also, some team functions may be held at all three pools depending on the function.

9. Can parents attend practice?

Parents can attend practice at any time. Parents are asked to sit in designated areas so that the coaches may focus their attention on the swimmers. Please refrain from coaching your swimmer and if you have a question for your swimmer's coach please contact them before or after practice. Please make sure that your swimmer's coach does not have other coaching duties that they must attend to before you engage them in conversation. Your swimmers coach can also be contacted by email. Please check the GPAC website for their email address.

10. Can swimmers change which pool at which they practice?

Talk to your swimmer's coach if you need to temporarily change pools. If necessary, you can permanently change your swimmers regularly attended pool. Bouncing back and forth between pools is not conducive to your swimmer's development and interferes with fostering the swimmer/coach relationship. This practice is not allowed.

GPAC New Parent F.A.Q.s

11. How often should we check the GPAC website, and where specifically on the site should we look for information?

Everyone should check the GPAC website at least once a week.

Look at the upcoming events to find out about changes that may have occurred to an event you signed up for previously. Also, check the bulletin board at your swimmer's pool for information.

12. When does a swimmer move up from one level to another?

A swimmer may move up/advance/progress to the next training group twice per year. This will take place at the end of the Long Course Meters (LCM) Season / Fall or at the end of the Short Course Yards (SCY) season / Spring. There are several criteria that are considered when a swimmer moves up. Most of the criteria are objective (measurable) in nature but some are subjective. The coaches are the best individuals able to assess and determine when a swimmer is ready to proceed to the next group. Once the swimmer is ready, the coach will speak to you and your swimmer about what is required of your swimmer when they move to the next level. Once your swimmer meets the criteria and you decide to move up, a tryout is required, and upon successful completion your swimmer will be in the next group. For a complete explanation and to see the criteria for each group please refer to our website under the "Practice Group" link.

13. What is the New Family Mentor Program?

This is a group of experienced GPAC parents who have volunteered to act as mentors for new families. They can help you learn how things work at events and at practice. Also call them if you have questions between times. Every new family is encouraged to speak to a Mentor Family. GPAC Mentor Families are mainly the parent representatives for each training facility. These representatives are also members of the Board of Directors so they are well versed in the matters of GPAC. Please check the website for their names and ask your swimmer's coach for contact information.