



## **Ballistic Bullfrogs Swim Team FAQ**

### **How do I know if my child is ready to be on the swim team?**

If your child is 6-9 years old, he will be required to attend our Placement Day (see the end of the FAQ for days/times) to determine group/lane placement or to determine which Learn-To-Swim Level your child might need to improve skills before transitioning onto the swim team. If your child is 10 years old or above, we will assume he has achieved at least Learn-to-Swim Level 2 skills and would be ready for skills training equalling Learn-to-Swim Level 3. We would only need your submittal of the swim team registration form and payment.

### **What can I expect my child to experience in a typical practice?**

Most practices will be comprised of 10 minutes of deck (dryland) exercises and stretching, 40 minutes of swim technique & endurance building and 10 minutes of team building. FUN water games!

### **How do I register my child for the Ballistic Bullfrogs?**

Registration forms and payment may be delivered to the waterpark during pre-season park hours (call ahead for hours 479-936-5482) or registration sent by email with credit card payment given over the phone or in person. Checks and cash will be accepted but credit card payment is preferred. Placement on the swim team is not guaranteed until full payment is received.

### **When are the swim meets scheduled and is my child required to participate in all of them?**

Our team will participate in swim meets hosted by various teams and pools throughout NW Arkansas. The Rogers Aquatics Center typically hosts 1 home swim meet during each session, usually on a Saturday mornings. Team members may expect to participate in 2-3 swim meets during each session – some on Saturdays, others on a weekday evening and each usually lasts about 2 hours. Participation in all meets is strongly encouraged, however, we do understand that family vacations and summer camps are planned as well and may occasionally conflict with a scheduled meet.

### **If my child only participates in the 1<sup>st</sup> team session (June), can he still participate in the Championship Meet at the end of the summer season?**

Yes! We would encourage any 1<sup>st</sup> session-only swimmers to return and compete in the Championship Meet. Early communication with the Head Coach would be required for planning. No practice time would be available, however, prior to the Championship Meet if your child is not participating in the 2<sup>nd</sup> team session.

### **Is the team t-shirt and cap required to be on the team?**

Both the cap and t-shirt are optional items but strongly encouraged. Please see the registration form for t-shirt size options. If you have a child who is returning this season and you purchased the t-shirt and cap last year, you will not need to purchase another as both items are the same color/print as last season.

### **Can I get a refund if I decide to cancel after registering?**

Yes, however, there will be a \$25 fee for all cancellations made less than 1 week (7 days) prior to the session starting. If you cancel after the session has begun, no refund will be given.

**Parents Please Note:** We do not take attendance at the practices or meets. If your child needs to miss a practice due to vacation camp or vacations, no worries! Bring them when you can! Our program is still a great value if your child misses a day or two, here and there!

Aquatics Center Manager &  
Ballistic Bullfrogs Head Coach:

Leanne Jacobson      479-936-5482

**Ballistic Bullfrogs SKILL Placement**

Placement Minimal Requirements for ages 6-9:

1. 25 yards freestyle (American Crawl) demonstrating ease of face in the water and rhythmic side breathing.
2. 25 yard back swim demonstrating forward movement on back with coordinated arm movements.
3. Ability to jump in deep water and tread water for 30 seconds