

## Swimming 101: Your Rookie Season

What do YOU do at the meets? 1. cheer 2. bring towels 3. bring food

**Arrive EARLY!** Warm-up's will start at a certain time. Please do not pull into the parking lot at the warm up time. Allow for travel time, traffic, and parking. Check your emails because sometimes times change.

### **Highlighters & Permanent Markers are a MUST!**

**Purchase a heat sheet!** Bring cash... you need cash for snacks and the heat sheet. **KEEP TRACK OF YOUR HEAT SHEET!** It will be good for the entire weekend! (See handout...Reading a Heat Sheet.)

**Highlight your swimmer's name!** Go through the heat sheet and find your swimmer listed under the events your coach has put them in. Please check the events your swimmer will be swimming on the website before the meet. *If you cannot find your swimmer listed, ask a seasoned SAC parent. If you still cannot find your swimmer, ask another seasoned parent. Then you can ask your coach.*

- Tip - take note of which event, heat, & lane your swimmer is listed in. Write it on the front of the Heat Sheet like you will on your swimmer's arm/leg. Or take a pic with your phone.

**Your swimmer will write events on his/her arm or leg...it's a swimmer thing.** Use your Sharpie. It should be written as E/H/L (that's event number, heat number, lane number). Under the corresponding letter write the number. For example: 1/4/2 FL tells you a swimmer is in Event 1, Heat 4, Lane 2 and he/she is swimming Butterfly. (FR=freestyle, BR=breast, FL=butterfly, BA=backstroke)

**Help your swimmer get behind their block 3-4 heats PRIOR to their heat.**

- Be sure you are standing behind the timers' chair when your swimmer is racing. (Side note...some meets parents are not allowed behind the blocks.)
- Have your swimmer come talk to his/her coach before (4 heats) AND after their race!
- Remember...those 25's & 50's move FAST!

**Volunteer to be a timer!!** It's really easy! Experiencing a "delay of meet" because parents won't help as timers is dreadful. It's an easy way to earn some service hours.

**Be kind and courteous to the timers and officials!** They're volunteers.

**Refrain from using inappropriate language with the timers or officials.** *Officials reserve the right to have you removed from deck and your swimmer kicked out of the meet if they feel it is inappropriate.*

**Don't panic when your swimmer misses a race!** Don't worry. More importantly, don't take it out on your swimmer! They're little... they're going to miss a race at some point. Make sure you're also paying attention to the scoreboard. **COACHES WILL NOT COME LOOKING FOR A SWIMMER WHO IS NOT BEHIND THE BLOCKS!**

**Don't get mad at your coach, your swimmer, or the officials when they get disqualified!** 1<sup>st</sup> DQ? Take them to dairy queen...ONLY THE 1<sup>ST</sup> ONE, however.



## "If I have but one day to live, let me spend it at a swim meet because they last forever!"

You can leave after your swimmer's last race! Sometimes your swimmer will swim the last event. At SAC, swimmers try every event appropriate to their ability level. Even if it's the last event and you've been there ALL day and it's a million degrees out. ☺

When your swimmer completes any race, whether it was good, bad, or ugly... say "GREAT JOB! I love watching you swim!" or "How'd that feel?" and that is it.

- Send them to the coaches' table after you've given them a hug.
- Please refrain from "coaching" behind the blocks, behind the coaching table, in the car, and in the stands.
- Trust your coaches.
- Leave the races at the pool.

### Checklist for Parents:

- Extra towels. Lots of them. Especially when it starts to cool off.
- Cash for heat sheets and the snack bar. Going to the snack bar is fun and it supports the home team.
- Snacks. It's ALL about the healthy snacks (cheese sticks, graham crackers, fruit, muffins, crackers, sandwiches, bagels, etc.).
- **Water! Water! Water!** Please keep your swimmer hydrated. They forget to drink.
- Sunblock. Apply and apply again.
- Book or a magazine.
- Credit Card. Ski Pro usually has a booth at every meet. This is very convenient for picking up extra gear, suits, and other swim stuff you can't live without.
- E-Z UP tent. These are nice for shade and a home base at meets. The SAC tents are always an option versus buying your own tent. Or you can make friends with someone that already owns one.
- Chairs. Some pools have bleachers. Some have grass.

### Checklist for Swimmers:

- Leave your wet bag at home. It is only for practice.
- Towel(s)
- Swimsuits, goggles, and SAC caps. Bring back-ups of all these things. Your fun swim caps for practice are fine, but please wear the SAC cap for racing. It's a great way to show pride in your team!
- Things to do in between races: iPad, card games, paper/markers, book to read, bubbles, toys, etc.
- **Snacks & Water!!**

### A word on swim apps:

- On Deck - commit to meets, time standards for:
  - A=State
  - B=Junior Olympics (JO's)
  - C= all else
- Meet Mobile - meets, swimmers, and more

More acronyms you'll come to know and love:

- SCY = short course yards
- SCM = short course meters
- LCM = long course meters