

SWIM MEET FAQ

Should my child compete in swim meets?

YES! Swim team is not just about getting in better shape or learning better technique. Our team is trying to teach valuable life lessons such as dealing with failure (and success), goal setting, sportsmanship, ethics, etc. These things are more important than how fast swimmers learn to get across the pool and even the youngest swimmers begin to learn these lessons through participation at swim meets. Competition is where swimmers learn why they need to pay attention and work hard in practice. Meets also help the coaches see what the swimmers have learned and what areas need to be worked on in practice.

How do I sign up for meets?

The only way to sign your swimmer up for a meet is through the team website. After logging in, click the edit commitment button next to the meet on the home page or on the meets/events tab. From there, you click on your swimmer's name which gives you the option to say "yes please sign me up for the event" or "no you will not attend the event". The edit commitment button only appears after we have opened the meet for sign-ups. We open the meet for sign-ups after we have received all of the necessary information from the host team.

When you commit, pay attention to the 'sessions' choices. Swim meets are often divided into different sessions. Some meets will have one session per day while other meets can have two or sometimes even three sessions per day. Some meets have sessions set up to restrict when swimmers may participate. For example, some meets have younger swimmers in the morning and older swimmers in the evening, or faster swimmers in the morning and less experienced swimmers in the afternoon. When you are looking at a meet flyer, also pay attention to the ages for an event. 10&U events are open to any swimmers age 10 or younger. Any events listed as "OPEN" means that a swimmer of any age may participate in that event. It is important that you choose the participating sessions because this is how the coaches know which days (or parts of the day) you are able to participate. Events that are offered or restrictions on the sessions can be found on the meet flyer which we always attach as a document to the meet information. You can find the meet information by clicking on any meet's name. If there isn't a flyer yet for a meet, keep checking back because it just means that the host team has not released the flyer yet.

When do I sign up for meets?

All swim meets will have a deadline to sign up listed on the top of the meet information page. Please pay close attention to the deadlines because they will usually be much earlier than the meet. Most meets have restrictions on how many swimmers can be entered in the meet and we need to get our entries in early to ensure that we can participate. We will send out emails and reminders about meet deadlines before the meets. You are not able to register for meets if your account has a balance. On demand payments can be made through TeamUnify to clear your account balance and allow your swimmer to be registered for the meet.

You will not be able to get your swimmer into the meet after the entry deadline passes. If your plans change before the meet deadline and you are unable to attend the meet, please go back to the website and change your swimmers status from 'yes attend' to 'no will not attend' BEFORE the meet deadline. If you let us know that you cannot attend the meet AFTER the deadline, we still have to pay the host team for your swimmer so you will still be billed for the meet.

We STRONGLY recommend that you double check your swimmers commitment status shortly before the meet deadline. We have had families that have signed up for incorrect sessions, incorrect meets, or who thought they had signed up, but then didn't click the save changes button, so they were not actually signed up.

How do I choose which events my swimmer will participate in?

Event selection is at the discretion of the coaching staff. If your swimmer has a particular race they are looking forward to, or if they believe one of their strokes has recently improved, they are welcome to speak to us to make suggestions. This is something that should come from the swimmers not the parents because we want the swimmers to be responsible for their own swimming career.

We want all swimmers to be able to swim almost any race they are physically capable of completing. As they get older, we want them to swim every event at least once during the season. At most meets we will enter swimmers in some races they are better at, and other races that are aren't as good at or that might be more challenging. This goes

along with our philosophies and what we are trying to teach. Swimmers won't learn and grow (or improve as much) if they only compete in 'easy races' they are good at.

If they are entered in an event, even if they don't want to swim that event, we still expect them to do their best. Unless they are injured, they don't have the option of missing that event. This is similar to other sports... a child that *likes* to be a third baseman is *still expected* to play right field to the best of their ability if called upon to do so.

How do I know which events my swimmer was entered in for a meet?

Once the deadline for the meet has passed and we have completed the meet entries, swimmers can check with their coach at the pool to see what events they were entered in for the meet. If you login to your account and go back to the edit commitment page you will also be able to see the events your swimmer is entered in. Finally, you can also check the events your swimmer is entered in, if you have the Ondeck Parent App on your smartphone. From your account in the App, can click on your swimmer which gives you access to their best times, all prior meets they attended, and the future meets they are signed up for.

To get the Ondeck Parent App – go to the app store on your smartphone and search for “OnDeck Parent”. Once you have it downloaded the app, to login your username and password are the same login you use for the website and the Team Alias is **azprp**.

What do USA meets cost and how do we pay?

The price for USA swim meets varies. Most of our local meets this fall will cost \$15 to enter, and then \$3 per race your swimmer is in (even if they didn't want to be in that race). The \$15 includes a \$8 surcharge to Arizona Swimming, and a \$7 surcharge to our team. If your swimmer is entered in a relay, we do not charge you anything for the relay entry. Once the deadline to sign up for the meet passes, you are still required to pay even if you do not swim. Generally, the state level meets or prelim/final meets will cost more to attend.

All swimmers registered for the meet will be invoiced and your on-demand payment method will be charged on the first day of the meet through Teamunify. We encourage all families to have an on-demand payment method on file

What should I bring to a swim meet?

- Swim suit (older swimmers often bring multiple suits)
- Swim cap (also a good idea to have a spare). Note that swimmers may only compete in official team caps. We give each swimmer a team cap at their first meet.
- 2 pairs of Goggles
- Towels
- Appropriate clothing for the weather. Warm clothes are a must as the weather gets colder. Bring a parka, comfortable pants, sweatshirt, socks, and shoes or boots. We do not want to see swimmers in flip flops when the weather is cold.
- A chair
- Sunscreen
- Drinks. Water and sports drinks are good. Soda and energy drinks (monster, red bull, etc) are bad and swimmers may be asked to dump them out.
- Healthy Food: Fresh fruit, nuts, bagels, energy bars, etc. Swimmers should avoid candy.
- Something to do... you may have hours between races. Bring a book, Ipad, Gameboy, homework, something to draw on/with, etc.
- Pen, highlighter, and sharpie
- Cash. Meet programs usually cost \$3 to \$5. Most snack bars don't take cards.
- A positive mind set: Racing fast is 90% mental which means a positive attitude is a MUST