



'Providing a positive environment for all swimmers to develop their full potential athletically and personally'

USS versus WHALE Meet -- What can you expect?

The goals of a USS swim meet are the same as the summer league meets: have fun, be part of a team, and for your child to see the results of his / her hard work at practice. To help you successfully navigate your first meet with Katy Aquatics, we've put together the following information highlighting some of the key differences that you can expect.

Meets / Entries:

- Your first meet will be a Junior or 8&U meet. The first time you swim an event at a meet, you're entered with no time (NT); this means your child will be in the first few heats.
- If you want to attend a meet, you must logon to the Katy Aquatics website and say you're attending. You can select what day(s) you want to attend. Coaches will select the events and over the course of the season, your child will swim all the races. The specific races in which your child is swimming can be seen early in the week of the meet by selecting the meet on the website. Bring the event numbers with you to the meet.
- On Wednesday or Thursday before the meet, check our website. The time of warm-up, lanes we'll be warming up in and directions to the pools will be there. You can also print an "Entries by Event" report from the 2009-2010 Swim Meets page on the website to see what your Katy Aquatics team mates are swimming.

Meet Day: Morning of:

- Wear your team suit, team t-shirt, and bring your team cap and be on time for warm-up. Bring towels, food, drinks, and "stuff-to-do". (Yes, all this is just like summer league meets), Go find your coach (there are no Team Moms) and look for your team mates upon arrival. There will be a lot of kids and teams at these meets!! Allow 10 – 15 minutes for this.
- Your child must "circle-in" for each event (literally, circle your name on a sheet of paper on a wall) on race morning to swim. If this isn't done, your child does not swim. Just ask people where to do this. Mom or Dad can do this during warm-up, but it must be 45 minutes before the first event!
- Warm-ups will be much longer than in summer league meets ~ everyone on Katy warms-up together and finishes with a team cheer.

Races:

- About 10 - 20 minutes before your race, the heat and lane assignments are posted. Write them down, tell your child (and maybe even write on his/her arm!). Make sure your child "checks in" with his / her coach and tells them the heat and lane.
- Your child is responsible for being ready when their heat begins ~ normally parents are not allowed near the starting blocks. So depending on the age of your child, you may need to help from afar. You or your child can also ask an experienced KA swimmer for help. And yes, the kids use starting blocks.
- After the race, your child must speak to his / her coach to get feedback on their swim. Your child will be asked to warm down.
- Ribbons are not given for every heat. Overall results will be posted and if your child finishes in the top 8, please pick up the ribbon.

Other:

- Remember to sign up to time at our "away meets". These help you earn your volunteer hours.
- When it is your "time slot" to time, please be on time! We will post the timing assignments at the meet in case you forget your time slot.
- When you leave the meet, please pick up all your trash and leave the area as you found it. .