

HOW TO FOR SWIM MEETS

1. SIGN UP: Log on to your account @ www.woodstockdolphins.com / Find the list of upcoming meets on the home page or on the Events Section. Click on the Blue EVENT NAME (i.e. Mustang Classic.)

Upcoming Events



Click on the Blue File under the Forms/Documents section to view the **MEET PACKET**. The meet packet has details for the meet. List of Events, Starting Times, Warm-Up Times, **POSITIVE CHECK-IN TIMES**, sometimes directions, area information, facility information. Generally, ISI meets are held over a weekend and scheduled by session. Sessions are broken down by age group. Your swimmer may swim just mornings or just evenings. Every meet will be a little different, read the meet packet. **Pay particular attention to the Registration Deadline. NO entries will be accepted after that date.** Some meets have entry fees (particularly ISI meets). Usually \$2-\$3 per event and will be invoiced to your account. This info will be included in the meet packet.

Events

Register Here

DEAD LINE

Event List

Entry Info

Click here to commit

List of Events

DEAD LINE

Meet Packet

Click on the ~Attend this Event~ button and then, Click on your swimmers name, Select yes to commit to the meet. (if you cannot attend, please select NO – we still want to hear from all swimmers) After you have committed, you will see a red checkmark.

You can view the event list by clicking on the Blue **MEET NAME (Woodstock Splashtastic 2010)** and you get get information about event limitations by clicking ~VIEW~.

Check back one to two weeks prior to the meet for your swimmer's events. Some kids write their events on the back of their hands. Some meets may allow you to select your own events, you will be prompted during the registration process. (excluding relays) Coach creates all relay teams. Your swimmer should always check with coach at the meet to see if they are swimming any relays.

2. Meet Day:

- Arrive at the pool 15 minutes prior to the start of warm-ups (or positive check-in) whichever is earlier. DO NOT arrive at the time noted as `meet starts`. You will have missed **mandatory positive check** in and will NOT be swimming that day or maybe the entire meet.
- **Admission:** Most meets charge admission. (generally, \$3-\$5) (swimmers excluded)
- **Positive check in:** There is a separate positive check in for each session. Make sure that you check in before the deadline. Usually, there will be a table with lists of swimmers. Find the Dolphin list and highlight your name. Lists could be taped to a wall instead of on a table. Ask about positive check-in at the admission table.
- Swimmers should **check in with coach** to let them know they have arrived after they have signed in. If there is NO positive check-in, your swimmer will still be required to check in with coach.
- If they can't readily locate coach, please have your swimmer locate other Dolphin swimmers. They will be able to help your swimmer find the coach.
- **Warm ups** usually last about 45 minutes with a slight break before the meet begins. Coach will have a team meeting during this break with the swimmers. Your swimmer should watch and listen to make sure they do NOT miss warm-ups and the team meeting. The meet is usually kicked off with the National Anthem.
- Most pools have 6 or 8 lanes. Each event may have multiple heats and each heat will have 6-8 swimmers with the exception of maybe the first heat.
- Your swimmer is responsible to be behind the block for their events. Some meets will have a **bull-pen** for the younger swimmers. The bull-pen is "holding" place to get swimmers in the right lane for the right heat. If there is NO bull-pen, or you have an older swimmer, you can get the heat and lane information from **Heat sheets** posted on deck or in some other area after positive check in closes. Ask around.
- You may sometimes purchase a **psyche sheet** at admissions. The psyche sheet will give you an overview of the competition and timing, but not the heat and lane assignments for your swimmer. Some meets will have **heat sheets** available for purchase or provided as part of the admission fee. They will not be available until the lanes are assigned after positive check in closes. Again, ask at admission.
- There is a lot for your swimmer to keep track of: Event #, Heat#, Lane #, Stroke, and length. Most meets make some kind of announcements or track the events on a white-board. Ask questions, look around..... Many swimmers write their event info on the back of their hands.
- After each swim, your swimmer should check in with their coach immediately.
- Parents should always be supportive and provide encouragement after every swim. Let the coaches do the coaching.

GENERAL MEET INFORMATION:

- **Seating:** Swimmers usually sit together in one location. (Note: The coaches may ask/require swimmers to sit in one location.) Parents also often sit together in the stands. During inside meets, sometimes a gym will be used for swimmers. Or for swimmers and parents between events. Sometimes swimmers may sit in the stands and sometimes swimmers will sit on deck. Swimmers should ask coach when they check in to find out where they should sit. (It is a good idea to have chairs – just in case parents sit in the gym or there is room to set up a chair)
- Plan to commit the morning or afternoon to your swimmer. Most meet sessions last 3-4 hours. **DO NOT** leave without having your swimmer ask the coach if they are in a relay. These are not listed with the “events” listed on the website. If you leave and your swimmer was to swim in a relay, the other 3 swimmers have lost the opportunity to swim.
- Sometimes, meets can feel stressful. Things are new and different. Keep in mind that each meet will run a little differently and each facility is different. Be Flexible.

What to Bring:

- Team Suit/Cap/Goggles
- NO JEWELRY
- Sleeping Bag or blankets for swimmers to sit on
- Extra Towels
- Sweat Suit and/or hooded jacket. Indoor Gyms AND outdoor summer evenings can be cool.
- Cards/games etc to pass the time between events
- Chairs:
- Healthy Snacks (for the kids!!) Most meets will have a concession stand as well.
- T-Shirts for the parents... indoor pool areas are WARM!! You may wish to wear shorts!!
- Portable pop-up tents (in summer for shade)

Swim Team Rules

1. Good sportsmanship is expected of every swimmer. The following are expected of all swimmers and parents:

- Respect for officials, judges, coaches and timers
- Be courteous to guests at home meets and a polite guest at away meets
- Congratulating opponents on a good race or meet
- Proper conduct in locker room and pool areas

2. Behavioral problems will be dealt with at the discretion of the coaches. Serious violations shall be brought to the attention of the head coach and Board. Discipline will be handled in the following manner:

- 1st offense will result in a warning (parent notified).
- 2nd offense will result in suspension (length will be determined by the head coach based on severity)
- 3rd offense will result in dismissal from the team.

3. Swimmers are not allowed to question or call out to an official, nor be on the deck questioning an official's decision. Protests or disagreements should be brought to the coach's attention to be acted upon at the coach's discretion.
4. Swimmers should attend as many practices as possible. Be sure your swimmer(s) check in with the coaches at practice.
5. If a swimmer cannot swim in a meet, he/she is responsible for notifying the coach prior to 5:00 pm the day BEFORE the meet. Failure to comply with this rule will result in the swimmer being scratched from the next meet.
6. In case of emergency, please contact the head coach via email or cell phone AND leave a message on the Hotline (815-334-7696).
7. The team suit is the Dolphin uniform. It demonstrates pride and team spirit and must be worn at swim meets per the apparel guidelines on the website. Wearing the team suit for practice is not advised as they may wear out. Any one-piece suit for girls and non-baggy trunks for boys shall be worn for practices.
8. Invitational meets are voluntary but recommended for the experience.
9. Swimmers with long hair must wear a swim cap. The coach has final decision on caps for boys.
10. Swimmers that miss pre-meet warm-ups may be scratched from their next individual event at the coach's discretion.
11. Swimmers who miss an event may, at the head coaches' discretion, be disqualified from the rest of the meet.
12. At swim meets, swimmers are expected to remain in the designated team area. Running around and horseplay will not be tolerated.
13. No food, candy, or gum is allowed on the pool deck at any time. Swimmers should eat a light meal before practice or meets. HEALTHY snacks during the meet are encouraged. After practice or meets, swimmers should eat a well-balanced meal.
14. Any swimmer using alcoholic beverages, cigarettes or drugs at any team function will be automatically dismissed from the team.
15. A good Dolphin is dedicated, shows pride, team spirit, friendliness and compassion to teammates as well as competitors, listens, follows instructions, has a positive attitude, and follows team rules.