

## WHAT TO PACK

### Swimmers

2 towels

2 pair of goggles

Team suit

Team cap ( this makes it easier for coaches to locate swimmers)

Flip-flop or croc type shoes to wear on deck

t-shirt/sweat shirt to wear between events

Water or Gatorade - drinks high in sugar are not recommended (juice, soda etc)

Snacks ( bagels, raisins etc. Avoid foods high in sugar)

Lock for locker ( **Bags Can be brought on deck** however if you want to leave jackets etc in the locker room, you will need a lock)

Parents Dress light, it is generally very warm at meets

Highlighter (to mark your child's events in the meet program)

Sharpie ( to write your child's event numbers on his/her hand)

Pen ( to write down times, splits etc)

## SIGNING IN

The *VERY FIRST THING YOU NEED TO DO WHEN YOU ARRIVE* is to sign in your child, and eventually this should become your child's responsibility. You must sign in EACH DAY of the meet.

There will be signs and/or people directing you to the SIGN IN AREA. It generally consists of several papers hanging on the wall with highlighters hanging with them. Names are listed, generally alphabetically or by teams, with BOYS and GIRLS separated.

**HIGHLIGHT your child's NAME and ALL OF THEIR EVENTS**

This is how the swimmers are seeded for events. If a name is not highlighted, it is assumed that the child is not at the meet, so they will not be seeded (assigned a heat and lane) which means they **WILL NOT BE ABLE TO SWIM IN ANY EVENTS FOR THAT DAY.**

Sign in **CLOSES 15 MINUTES AFTER WARM UP STARTS** . The papers are removed at this time and you can no longer sign in - **NO EXCEPTIONS**

It is a good idea to write your child's event numbers on their hand - especially the younger ones.

\*\*\*\*\*It is strongly recommended that you arrive at least 15 minutes **BEFORE** warm ups start to allow time for signing in, finding locker room, writing event numbers on your child etc.

\*\*\*\*\*If you are on your way but running late and *know for sure* that you will be at the meet, you can have someone else sign your child in. It is a good idea to have several phone numbers of other parents programmed into your phone in case you need them to sign you in.

## AFTER YOU SIGN IN.....

Your child will go to the locker room. Depending on the facility, the parent may or may not be able to go in to the locker room. Once the swimmer is dressed , he/she can take their bag and go onto the deck.

Swimmers should IMMEDIATELY find the team and check in with the coach, so the coach knows they are there.

Swimmers should STAY ON THE DECK during the meet. IF they need to use the bathroom, or leave the deck for any reason, they must notify the coach. Coaches do not have time to run around looking for swimmers.

Try to minimize the number of times your child 'visits' you in the stand. It makes it harder for the coaches to keep track of the swimmers, and when the kids are wet and come to the stands, it can get very slippery. Also, you will find that the stands are generally very crowded with parents and spectators so there is little room for swimmers!!

### **NO PARENTS ARE ALLOWED ON THE DECK NO MATTER WHAT**

(Except for a medical emergency, and a crying child does not qualify :-)

This is a USA SWIMMING rule that is strictly enforced for multiple safety reasons as well as practical ones. The deck is very busy, with swimmers, coaches, officials and volunteers from the host team that are working at the meet. The LAKERS can be fined if a parent is on deck , and the person who is cited will be responsible for paying the fine.

\*\*Please be assured.....the coaches have all been doing this for many years, and are more than capable of taking care of your child while they are on the deck. While it may seem chaotic, the coaches will direct your child to where they need to be. Swimmers will learn the process quickly and become more independent in keeping track of when their events are.

Parents generally sit together as a team - this encourages team spirit and provides an opportunity for you to meet other parents, and to learn from other parents who have been to MANY meets!!

### **FLASH PHOTOGRAPHY IS STRICTLY PROHIBITED AT THE START OF A RACE-**

The TIMING system uses a strobe - like flash as well as a buzzer at the start of a race. Flashes can throw off the timers as well as distract the swimmers. OFFICIALS will talk to you if they see you use a flash.

## **EVENTS**

The meets generally start on time, or very close to on time. Once they do, you will find that they move very quickly. There are many swimmers and many events, and there is a 4 Hour time limit on the meet, so a well run meet will be very efficient.

The events will run in numerical order.

Swimmers are seeded slowest to fastest

There will be 'fly-over' starts ( swimmers stay in the water until the next heat has started, except in backstroke events-this keeps things moving quicker)

There are multiple heats for the same event. Just because you see a child finish first in their heat, does not mean they came

in first overall, as there may be faster swimmers swimming in a different heat.

Awards are given out based on which level the swimmer is in "A" "B" or "C"

### **Swimmer Information**

-\_Make sure you know what event numbers you are in.

-Keep track of the event numbers on the scoreboard, so you know when your event is getting close.

-Line up behind the starting block several events before yours and check in with the timer

*-Immediately after your race, go talk to the coach.* This is the best time to get feedback on your swim.

**HAVE FUN!!!!** Meets are a time to have fun with your teammates, and to cheer each other on. It is also where you will see how your hard work is paying off. Don't be discouraged if things don't go perfectly the first meet. You may not swim your best because of nerves, your goggles or cap may come off or you may even get disqualified....but those things happen to everyone, and you learn from it and move on!!

# GO LAKERS!!!!!!

### **Miscellaneous**

When signing up for meets, you **MUST** specify in the "notes" section which days of the meet you want your child to swim. It is **VERY** time consuming for the coaches to have to call all of the parents who don't do this to clarify which days.

### **CHECK THE SCHEDULE FREQUENTLY**

Coach Bryce waits as long as possible to put out the following months schedule. This is done intentionally to minimize the number of changes during the month. Though he tries to keep practice times as consistent as possible, we are at the mercy of the HS's that we rent pool time from so there are times when schedule changes are unavoidable. So.....check the schedule frequently - daily if possible.