

SHIPPENSBURG AQUATIC CLUB

Team Handbook





Introduction

The purpose of this handbook is to explain what the Shippensburg Aquatic Club (SAC) is and to outline club policies that affect all swimmers. It should be read by all families so that they may become familiar with the mission, goals and values of the club.

Why swim?

Shippensburg Aquatic Club offers instructional and competitive swimming opportunities for swimmers ages 18 months and up. Competitive swimming builds a strong foundation for a lifetime of good health, by teaching healthy fitness habits.

Physical Development

Swimming is considered the ideal activity for developing muscular and skeletal growth by many physicians and pediatricians.

Why do doctors like it so much?

- Swimming develops high quality aerobic endurance, the most important key to physical fitness. In other sports an hour of practice may yield as little as 10 minutes of meaningful exercise. Age group swim teams use every precious minute of practice time developing fitness and teaching skills.
- No other sport does a better job in proportional muscular development by using all the body's major muscle groups as well as swimming.
- Swimming enhances children's natural flexibility (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion.
- Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement.
- Swimming is the most injury-free of all children's sports.
- Swimming is a sport that will bring kids fitness and enjoyment for life. Participants in Master's Swimming programs are still training and racing well into their 80's.

What is Shippensburg Aquatic Club?

Shippensburg Aquatic Club (SHIP-MA) is a non-profit organization with an all volunteer elected Board of Directors. Our club is governed by the United States Swimming, Inc. (USA-S) and Middle Atlantic Swimming



(MA) organizations. SAC has been serving Shippensburg and surrounding communities for over forty years, providing a year round program for athletes.

Mission and Goals

The mission of the coaching staff is to: Empower the members of the Shippensburg Aquatic Club to develop the physical skills and character values necessary to become successful athletes and citizens.

The general goals of the coaching staff designed to realize this mission include, but are not limited to:

- To develop proper stroke mechanics at an early age.
- To teach and emphasize good sportsmanship.
- To increase self esteem and motivation, to encourage hard work, goal setting, and goal achievement
- To instill the values of dedication, self-discipline, commitment, and team loyalty
- To encourage swimmers to strive for excellence throughout their participation in our program.
- To provide a structured and challenging teaching and training environment for our swimmers to reach their maximum potential.

Athlete Development

The SAC swimming program has been structured on the premise that there are five phases of athlete development in age group swimming. At each level of the program, the SAC Coaching Staff continually evaluates and adapts to a variety of factors, both scientific and sociological, that impact the growth and development of young athletes. Our experience has taught us that the perfect age group program is a moving target whose needs change as the population we serve changes, and as we learn and experience more about the development of young people.

SAC's History

SAC was established in 1972 by a group of parents and coaches interested in promoting competitive swimming in the Shippensburg area. The club is a self-supporting organization with substantial administrative responsibilities.

SAC parents/guardians & coaching staff are extremely proud of the accomplishments of their athletes over the years. Numerous SAC swimmers have claimed local individual and relay championships. Many have competed at prestigious regional competitions, continue into college and university programs, and even return to teach and coach within the club.



SAC's Comprehensive Future

SAC has created a swim program that serves swimmers of all levels.

SAC Swim-School Program: The SAC Swim Lesson Program offers private and group swim lessons for individuals of all ages. Trained and certified instructors provide beginning instruction for the non-swimmer, as well as advanced stroke training for experienced swimmers.

SAC Competitive Program: The SAC competitive swim program is a year-round team with members ages 5-18, and returning college swimmers train with the club over breaks. Swim meets are offered at the local, regional, and national level to meet the needs of athletes of all ability levels.

SAC Adult Water Fitness: Based on community needs, adult water fitness classes offer individuals ages 18 and over a low-impact aerobic workout that uses the water resistance to improve range of motion, strength, and flexibility through exercises that are easy on the joints.

Board of Directors

Shippensburg Aquatic Club has an elected board comprised of seven members. The President and Treasurer are elected to 24 month terms in even years. The Vice-President and Secretary are elected to 24 month terms in odd years. Three age group representatives (8 & under, 9-12, 13 & over) are elected each year. Terms begin August 1. The Board of Directors meets on a monthly basis to discuss topics related to our organization as a whole.

The Board of Directors manage SAC's business planning and fiscal responsibilities. Election of Board members is held each year in April following a recruitment and vetting period that begins in January.

Board meetings are held the second Tuesday of each month at 7:00 pm. All members of SAC are welcome and encouraged to attend.

Responsibilities of the Board

One of SAC's goals is to create an environment of team cohesiveness. By providing regular social, team-building opportunities, the Board hopes to nurture the team and to instill a sense of team pride. Parents/guardians and swimmers will be more motivated to be a part of SAC when they feel valued and enjoy themselves.

The SAC Board will maintain vital relationships with the Shippensburg Area School District, Shippensburg University Foundation, and the Borough of Shippensburg.

The Board will develop and manage the operating budget of the team. Budgets are developed and discussed throughout the year, with annual budget proposals presented at the June Board meeting and voted on at the July meeting. The fiscal year runs September 1 - August 31. The team will build relationships within the community



and seek business sponsorships to establish a strong financial base for future growth. SAC will also submit grant applications under its 501(c)(3) non-profit status.

The SAC Board plans to make our team more visible to the community through the use of various avenues:

Media: Articles that highlight the accomplishments of our swimmers at swim meets will be submitted monthly to the News-Chronicle and other local news media.

Community Events: Participation in local Shippensburg events will make our team more recognizable and serve as a recruitment opportunity.

Team Website: SAC's website will showcase our team and provide a valuable recruitment tool. The website will also provide a sponsorship tool for the team and an opportunity for interested businesses.

Recruitment Visits: New team members are asked to visit the facility for skill assessments and registration directions. Members of the coaching staff may attend schools, day care centers, etc. to talk with students about the advantages of swimming and to circulate recruitment materials.

Coaches

All SAC coaches must meet high criteria set forth by our local and national affiliations. Each coach holds a current First Aid and CPR Training for the Professional Rescuer certification. SAC coaches have also passed background checks prior to their employment.

SAC coaches' main responsibility is to mold all of our swimmers into the best swimmers that they can be. In addition, coaches mentor swimmers in life skills and positive values.

Coaches shall build relationships with team families, to achieve mutually-set goals for each swimmer.

Coaches also help the team to build relationships with other aquatic organizations.

Parent/Guardian

As the Parent/Guardian of a competitive swimmer, your main responsibility is to provide a caring, supporting environment. This support will encourage your child to feel good about his or her interest in competitive swimming. Show your support by ensuring your swimmer's attendance at practices and swim meets.

Parents/guardians are not participants on their child's team but contribute to the success experienced by the swimmer and his or her team. Parents/guardians serve as role models, and children frequently emulate their



attitudes. Strive to be a positive role model. Most importantly, show good sportsmanship at all times toward coaches, officials and other teams.

Parent Code of Conduct

As a parent/guardian of the Shippensburg Aquatic Club (SHIP-MA), I will abide by the following code of conduct:

1. Practice teamwork with all parents, swimmers & coaches by supporting the values of discipline, loyalty, commitment & hard work.
2. As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck. Any communication with the coaching staff will occur either prior to the start of a coach's shift or after the conclusion of his/her coaching day.
3. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials & the coaches at meets as well as practices.
4. Maintain self-control at all times & know my role.
 - Swimmers - swim
 - Coaches - coach
 - Officials - officiate
 - Parents - parent
5. Enjoy involvement with the SAC Swim Team by supporting the swimmers, coaches & other parents with positive communications & actions.
6. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff only.
7. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated.

I understand and agree to the above terms and condition of the Shippensburg Aquatic Club in exchange for the privilege of my child, registered with this agreement, to participate in the activities and swimming program of the Shippensburg Aquatic Club.

Should I conduct myself in such a way that brings discredit or discord to SAC, or USA Swimming I voluntarily subject myself to disciplinary action.

SAC maintains the right to terminate any membership with/without cause in the interest of its vision, mission and objectives.



Swimmer

Swimmer Code of Conduct

As a swimmer & member of the Shippensburg Aquatic Club (SHIP-MA), I will abide by the following code of conduct:

1. I will conduct myself with dignity and respect for others and for the property of others.
2. I will be on time for practice, training sessions, and meets.
3. I will comply with all team rules.
4. As a matter of team pride & courtesy to meet hosts, pool facility operators, & janitorial staff member, swimmers I will leave the SAC team area in a neat & clean condition at the conclusion of each practice session. I understand this also applies to pool locker/rest rooms, bleacher areas, pool decks, etc.
5. I will practice and teach good sportsmanship.
6. I will promote positive team spirit and morale.
7. I will offer congratulations and encouragement to his/her opponents.
8. I will support my teammates at practice and at competition. Working together as a unit will benefit each team member and is an important part of SAC spirit.
9. I will follow verbal directions of the coaching staff. At no time will disrespectful attitudes by any swimmer be tolerated.
10. I will respect the rights and space requirements of other groups using the swimming facility.
11. I will follow the Code of Conduct at home, at away events and at any event where SAC is represented.

Prohibited Behavior:

I understand that at no times will the following be accepted:

1. Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
2. Destructive behavior.
3. Inappropriate or unruly behavior, including fighting or striking another athlete.
4. Inappropriate language (swearing or derogatory comments) or lying.
5. Stealing and vandalism.



6. Bullying or isolating another swimmer.
7. Interference with the progress of another swimmer during practice or at any other time.

Consequences for Violation of the Code of Conduct:

This code shall be in force for all SAC swimmers during practice, during swim meets, and at events sponsored by, or in which, SAC is represented. Disciplinary actions can range from, but are not limited to; reprimands, repetitions of a drill, push-ups, etc., being sent home from practice or meets at the parent's expense, expulsion from the team, being barred from competition, or receiving any other disciplinary action that the Board deems necessary if a member fails to adhere to the Code in part or in whole.

Suspension: Coaches may suspend a swimmer from practice for disciplinary reasons. Coaches may also recommend to the board that a swimmer be expelled from the club if in his/her judgment, the swimmer is unable to conform to the disciplinary guidelines established for swim practice and club participation.

Practice Group Descriptions

SAC's practice group guidelines have been developed by its coaching team to maximize the growth and development of swim techniques for its swimmers of all levels. Swimmers of similar age and abilities will be grouped together to reach the goals set for each level.

Practice Group Assignments

The assignment of the swimmer(s) to a group shall be the decision of the coaching staff. Practice group changes will be made at the completion of long course and short course season. In rare instances, an assignment may be modified during the swim year if the coaching staff believes a different group would be more appropriate for the swimmer.

Safety and Behavior

The Shippensburg Aquatic Club Board of Directors reserves the right to terminate the membership of any individual whose behavior places the SAC in an unfavorable light or jeopardizes our participation in any pool use or sporting event. All swimmers are expected to demonstrate good sportsmanship and act as appropriate ambassadors for the club. They should act as role models for other swimmers at all times.



Release of Liability

The release of Liability can be found on the registration site and must be signed by all families joining SAC. It reads as follows:

Parent/Guardian hereby releases SAC, its employees, officers, directors and volunteers and any facility used by SAC from any liability arising out of any injury to the Swimmer(s) which may occur while the Swimmer(s) is/are participating in the SAC swim program, including, but not limited to, practices, meets, travel trips, and other team activities, or while the Swimmer(s) is/are using facilities leased or used by SAC.

Equipment-Team Attire

Equipment: Check with your coach (not all items are required for all groups):

- Practice Suit (must be specifically designed for competition and training)
- Goggles
- Cap
- Kickboards
- Paddles (hand)
- Pull Buoy

Team Attire:

- SAC team suit or other pre-approved suits required for all swimmers at meets. Tech suits must be FINA approved suits. Tech suits are discouraged at regular age group meets. They should be worn only at championship meets or when a swimmer is trying to qualify for a championship meet.
- SAC Team Cap (required for all swimmers at meets)

Practice equipment and team suits may be purchased online.

One team cap will be provided to all new swimmers. Additional caps and team suits, along with t-shirts, can be purchased on deck as available at the Shippensburg High School pool during annual suit fittings.

New team suits are chosen every few years. When a new team suit is adopted swimmers will be asked to purchase the new design. Allowance will be made for a time for swimmers to wear their previous season's suit.



T-shirts, sweatshirts and other items, marked with the team name and/or logo are available for purchase. Team attire is strongly suggested to be worn at all meets. Sweats and shoes are highly recommended items to keep swimmers comfortable after workouts, between events at meets and during inclement weather.

Lost & Found

You are strongly encouraged to label all of your swimmers equipment. Labeled equipment found at practice can easily be returned to the swimmer. Lost and found items will be kept for 30 days and then, if not claimed, donated to the school district aquatics program or possibly disposed of. Swimmers should keep all personal belongings on the pool deck if they do not have a lock to use in the locker room during practice sessions. The locker rooms can be used by others groups. Locks must be removed after every practice and meet. **The club is not responsible for lost or stolen items.**

Dues & Association Memberships

Payment terms

In consideration of the participation of the swimmer(s) in SAC's competitive swim program, the Parent/Guardian agrees to pay the dues for the swimmer's practice level that is set forth. Monthly payment of dues shall be due and payable on the first day of each month as specified in the online registration process. Monthly payments are a convenience for families, and do not alleviate the responsibility to fulfill the agreement signed at registration of the total balance.

If the swimmer is transferred to a different group by the coaching staff, the fees for the new group level will be invoiced in the next billing cycle. (If advance payments have been made the difference will be invoiced to the swimmers account.) If the monthly dues payment is not received in full by the 5th of the month, a non-refundable late fee of \$5 per month will be assessed to the family's dues account.

Payments may be given to the Treasurer,
placed in the pool drop box, paid online, or may be mailed to:

Shippensburg Aquatic Club
PO Box 255
Shippensburg PA 17257

Registration Fee

All families are responsible for pre-determined team registration fee upon each registration submission per season. Registration for all members must be paid at the time of enrollment. Past season balances must be brought current before you are permitted to register for the next season.



USA Swimming/Middle Atlantic Swimming Membership

All swimmers ages 9 and over are registered with Middle Atlantic Swimming (MA), our local USA Swimming organization. This annual membership fee of \$70 per swimmer is built into membership registration fees each year. The MA membership is an annual membership starting in September of the current season and is good for one year.

Non-Payment Suspension

If the monthly dues payment is not received in full by the last day of the month, a notice of delinquency will be e-mailed. If Parent/Guardian fails to pay any delinquent dues or assessment, including late fees, within 30 days from the date of such notice of delinquency, the swimmer shall be suspended from further participation in all SAC activities, including, but not limited to, practices and meets.

If Parent/Guardian becomes delinquent in payment of dues or assessments because of financial hardship, he/she may apply to the board for a waiver of late fees and suspension. A waiver may be granted if satisfactory arrangements are made for payment of the delinquent amounts.

Fundraising

SAC is a non-profit organization where about 80% of our annual revenue is generated through membership dues. The other 20% is generated through sponsorships, donations, grants, and fundraising.

We have two required fundraisers, and offer the optional buyout ability for those families that wish to not participate in fundraising.

SAC also offers families the opportunity to participate in Scrip rewards, a program where families can fundraise to directly benefit their family account and gain credits to be used as payment for the club membership. If you are interested in more information, please speak with the SAC Ways and Means Committee Chair.

All other fundraising offerings are optional, with 90% of the profit raised by a swimmer being credited to their family account. Other fundraising opportunities include the AmazonSmile program, concession stand, invitational and championship meet hosting, meet program advertising, and others as developed by the SAC Ways and Means committee.

Volunteering

As a 100% volunteer club, membership with Shippensburg Aquatic Club (SAC), asks that each family assists the team with running meets and other activities for our swimmers.



Swim Meets

The time required of each family depends upon the size and duration of the meet. Meet volunteer positions will be posted by the Meet Operations committee and may include: timer, official, seeder, computer operator, timing console operator, runner, ribbons, concession stand, set-up, tear-down, and others as needed.

Other Helpful Assistance

In order to make a more organized and enjoyable meet experience for all swim meet participants, SAC requests that parents/guardians participate in various volunteer opportunities. SAC encourages its families to help orient new swimmers to swim meet protocol at their first swim meet. We ask that you mentor a new family at one meet during the year.

The swimmers enjoy partaking of the snack table during the meet, so we hope that families will donate to our concession stands during the year. Please consider our athletes' well-being and bring healthy snacks.

Annual Break

All practice groups receive a training break in March/April and at the end of the summer competition season in late July or early August (depending on their final championship meet) until the first practice of the next season.

Trial Memberships

Trial Memberships are available to new members only. The purpose of trial membership is to give families an opportunity to try the sport of competitive swimming prior to making a substantial financial commitment. Trial memberships last for the first two consecutive swim weeks and may only be used once per swimmer.

Club Website

Website

The website includes calendars, news and events, and job sign-up tabs. The site is updated regularly. Please check for new and updated information. You may also access your swimmer's best times on this web site. Go to MY MEET RESULTS.



Club Communication

SAC's primary methods of communication are email and the team website, www.swimship.org. Be sure to check both often. Also by adding your mobile contact information, you can receive last minute changes on your phone.

E-mail

E-mails will be sent to inform parents/guardians and swimmers of upcoming events, such as swim meets, team social events, fundraising opportunities, volunteer events, etc. Be sure to keep your email address current on the website. If you need help updating your information you may visit our website to send an email to the coaches or the appropriate group representative for assistance.

Text Messaging

Use the communication editor located in your account on the website to add or remove email addresses and text messaging devices. Text messaging is used for coach sensitive messages, such as pool closures, cancellations, etc.

- Use the 'Add' buttons to add an address/number Double-click on an item in the list to edit it Click on the red 'X' button to delete an item. NOTE: The first account email address is your login ID. Changing it will change your login username

Occasionally coaches need to communicate with their swimmers about urgent matters. Click on the swimmer's name in the 'Members Under This Account' and you'll be presented with an interface to add a mobile number and/or email address.

Group Representative

Three group representatives serve on the board and work as a conduit between the board and the parents/guardians. These individuals are able to answer basic questions that you may have or refer you to someone who can help. He or she also helps to coordinate various activities for the team.

Bulletin Board

The bulletin board at the high school pool is updated with information related to team events. Be sure to check this out periodically for new information.

Annual Orientation Meeting

The annual orientation meeting will include a presentation by the Head Coach and members of the Board of Directors, and a brief question and answer session. This is designed to acclimate all new members with the structure and organization of the club and usually takes place at the beginning of each season, to be determined by coaching staff.



Concerns

As in any large organization involving significant numbers of families, SAC cannot always be all things to all people. Although conflicts in our club are few, they occasionally arise, and we have a protocol for dealing with them.

If you have a concern about "wet side" administration (practices, meets, races, skills, etc.) please contact the Head Coach. Concerns about the "dry side" of the club administration, finances, other swimmers' behavior, other parents'/guardians' behavior, or other related matters, please contact your Group Representative. Unresolved concerns will be taken to the following board meeting and mediated in private.

Swim Meets

By its very name, the purpose of the swimming team is to compete and that means attending swim meets. Swimmers should be willing to accept the responsibility of membership and participate in meets. For many new swimmers, taking the first step and going to their first meet is a big undertaking. Our coaches understand this and are happy to share information about each meet and what meets may be good for beginners.

Short & Long Course Seasons

USA Swimming recognizes two seasons within each calendar year. The season beginning around Labor Day and ending in February/March is referred to as the short course season. During the short course season meets are recognized as "yard" events. There is also a long course swim season that begins in April and ends in early August. Meets during long course season are recognized as "meter" events.

Local Swim League Affiliation

SAC is affiliated with the Capital Area Swim League (CASL) in the summer season. This local league offers dual meets and championships for our members to build competitive experience. As swimmer's skills improve, their competitive focus shifts to USA Swimming meets.

Short Course Meet Schedule

The "Events" tab and calendar on the website lists our swim meet schedule for the year. Meets labeled "USA" are for all swimmers ages 9 and over. Meets labeled "OPEN" are invitational and for all swimmers to attend. Meets



labeled "CASL" are our local league affiliated meets. Some USA Swimming do have time standards and will be communicated in the meet information page. All swimmers will be eligible to compete in a local league championship and either an invitational championship or USA championship meet. If you have questions as to the eligibility of your swimmer to participate in a meet, please ask their coach.

Swim Meet Procedures

As a swim team, we encourage all of our swimmers to attend swim meets and compete in events recommended by their coaches. Swim meets provide an opportunity for the swimmers to measure the progress of their training and practice. They are also a social time, which enables the swimmers to build friendships with fellow teammates.

Swimmer Events

Your swimmer's coach will select the events that they will participate in.

The coaching plan, swimmer ability, coach-swimmer goals, and other factors will be considered as the events are being selected. Swimmers and parents/guardians are able to request events during the signup process, but the coaches make the final decision.

Newer swimmers will initially be placed in events that they will succeed in. As their skills build, they will be placed in more challenging events as determined by their coach.

Meet Fees

A meet entry fee and event fees are required for entry in a USA or invitational swim meet. Meet fees for swim meets are the responsibility of the parent. The Treasurer will invoice the swimmer's account and payments may be made along with the following month's dues. Fees are determined by the meet host. Delinquent meet fees will result in a suspension in meet privileges until the swimmer's account becomes current.

Upon passage of the meet sign up deadline, SAC submits all entries and meet fees to MA. Meet fees are non-refundable to SAC once they have been submitted to MA. If a swimmer is unable to attend the meet (for any reason) after the submission of the entries and payment, the swimmer will still be responsible for payment of the meet fees.

There are no meet fees for local league dual meets and championships. These league membership dues are built into your registration fees.



Signing Up for a Swim Meet

Not all groups attend the same meets throughout the season, so please check the Meet Schedule to determine if a swim meet is appropriate for your swimmer's level before you commit. Please pay particular attention to the deadline and commit your swimmer through your www.swimship.org account as early as possible!

Via E-mail from Team

Each family will receive an email from SAC approximately 4 weeks before each swim meet. The email will contain a link to the SAC website. Click on the link to go to the EVENT SIGN UP page of the SAC website.

Via Home Page Access

If signing up through the home page of the SAC website (instead of directly through the email link), find the swim meet you would like to enter under EVENTS. It should be listed as a red heading. Click on the rectangular box beneath the heading "Attend this event." "Attend this event" will also take you to the EVENT SIGN UP page of the SAC website.

Commit to this Event

The EVENT SIGN UP page will bring up a chart with the swimmer(s)' name(s) from your family. Click on the swimmer's name in the left column. A commit to the event heading will appear for that swimmer. When accessing the pull down bar, there will be a choice of "yes, please sign (name) up for this event" or "no, thanks (name) will not attend this event." Please mark NO if you do not plan on attending, so that the coach knows that you have considered your attendance at the meet. If you mark YES, you will have a choice of session to attend. If the meet is held on Saturday and Sunday, you may select one or both days to attend. Make sure to select the rectangular box on the bottom right corner that states "save changes" or your request will not be processed. The screen will change to show the athlete's name, a box with a check mark, and "committed." You must repeat this process for each of the swimmers in your family.

Notes to the Coach

On the EVENT SIGNUP page, there is a rectangular box for notes. Although the coaches will select the events that your swimmer will participate in, you may place a request or suggestion to the coach in the notes section. Please note that your swimmer may not be able to participate in various events due to a minimum or maximum time requirement. The coach will ultimately determine if the event is appropriate for the swimmer.



Confirming your Events

SAC recommends that you return to the EVENT SIGN UP page to see which events your coach has selected for your swimmer. Do this as soon as possible after the meet closing date, which can be found on the meet form. If you find an error, please contact your coach immediately.

Important Swim Meet Information

Meet Packet

Each swim meet will have a meet packet that will provide information such as location, date, time, directions, events, cost of events, etc. Please consult this meet sheet prior to signing up. It can be accessed through the SAC website, Events tab. This will take you to the Event page where you can select the meet and see a brief description. The meet sheet may be found under the Forms/Documents heading, as a .pdf document listed in red. Click on the .pdf heading and the meet sheet will open.

Timeline for the Swim Meet

Some swim teams provide a timeline for the swim meet. The timeline will show the estimated time for each event, which will allow you to better plan your weekend. You may visit the same Forms/Document heading as for the meet sheet above, to see if a timeline is available. Do not use this timeline to determine your arrival time at the meet. Your swimmer's coach will tell them when to arrive for warm-up.

Remember:

The most important thing that you must know is that you will not be alone. Other families will be there to give you an orientation and help you to navigate through your first meet experience. There will be many veteran parents/guardians to serve as resources at the meet. Please feel comfortable asking for help as necessary.



And most importantly HAVE FUN!