



Silver Fins Swim Meet Information



Programs should always stress satisfaction and enjoyment, never records and awards. Swimmers who are pressured to break records (team, national, etc.) will not get full pleasure and enjoyment from his or her achievement. Instead, he or she will feel the mental stress of being pressured. This is an easy way for a swimmer to lose interest at an early age. For younger swimmers, emphasis should be placed on proper stroke mechanics. It is much easier to learn how to swim correctly at a young age that it is to correct bad habits years later. Competition should not be pressured and self-improvement should be stressed. Parents need to be very supportive of their child and the coach. Try not to second guess the coach, but work on maintaining an open dialogue between you and the coach to learn more about what your child is doing and how you can help. Finally, always remember that they are a child first, last and foremost. Every child should leave each meet with a smile on their face wanting to come back to the next meet for more enjoyment.

Meet Selection

Meet Types

- **Age Group Open (NTS):** These meets do not have qualification time standards. Typically, these meets offer each one of the competitive strokes in the two distances offered by each group. Some events may be open to multiple age groups. Each swimmer is allowed to enter 3-5 events per day.
- **Time Standard Meets:** All swimmers who have reached the qualifying time standards listed for these meets may compete.

Meets are scheduled for 1 to 4 days depending on the meet. Each day is broken into 1 to 3 sessions. Each session is about 4 hours or less in length. On days with multiple sessions, the younger swimmers (10 & under) usually swim in one session and the older kids swim in the other session. Please note that each meet is different and reviewing the **Meet Sheet** (official meet document from the host club) is very important!



Clicking on the meet description will display more information about the meet, including a link to the Meet Sheet



Meet Sheet information includes: Meet dates, location, time standard requirements, meet schedule (warm-up and start time for each session), awards, scoring information, entry fees, and list of events.

Meet Sign-up

All meet sign-ups are done through the website. Be sure to note the team entry deadline in the meet description. Entries will not be accepted after the deadline has passed. To commit your swimmer to the meet, click the **Attend/Decline** button. You will then see your swimmer(s) name. Click the name to commit each swimmer to attend the meet. There is also a Comments section (for example your athlete can only attend a session or must leave early on a particular

day). Once committed, the Attend/Decline button will turn red, and you will be able to edit your commitment up until the team entry deadline.



Meet Events

Your group coach will select all events and submit the entry for your athlete. There is a lot that goes into choosing what the kids will swim at a meet. Sometimes events are chosen to obtain official times, sometimes events are chosen because they are spaced apart well at the meet, sometimes events are chosen after a discussion between the coach and swimmer to help with future goals. No matter the reasons, please permit the coaches to make these decisions. The parent's job is to support the swimmers and be there to cheer them on! If you are entered into a given meet and for whatever reason are unable to attend, you will still be held responsible for your entry fees. This is due to the fact that YWSF will still be charged for your swimmers entry fees by the host club. Your family's entry fees will be billed to your card on file within 10 business days of the meet. About a week before the meet, links to individual entries and meet fees will be posted on website's meet page. A Psyche Sheet may also be posted. This sheet lists all swimmers in each event in order of "seed time".

Team Swimwear Policy

All team members are required to wear a YWSF team swim cap and a regular solid black suit of any brand and style or other coach-approved suit, at all swim meets. A team parka is also recommended during the winter months. Order forms for team apparel and caps are on the website under **Parent Resources / Team Apparel**

The following is the team uniform for a two, three & four day swim meet:

Two (2) Day Swim Meet:

- Saturday: Black Silver Fins T-Shirt, Solid Black Swim Suit
- Sunday: Gray Silver Fins T- Shirt, Solid Black Swim Suit

Three (3) Day Swim Meet:

- Friday: Black Silver Fins T-Shirt, Solid Black Swim Suit
- Saturday: White Fins T-Shirt, Solid Black Swim Suit
- Sunday: Gray Silver Fins T- Shirt, Solid Black Swim Suit

Four (4) Day Swim Meet:

- Thursday: Choice of Any Silver Fins T-Shirt, Solid Black Swim Suit
- Friday: Black Silver Fins T-Shirt, Solid Black Swim Suit
- Saturday: White Silver Fins T-Shirt, Solid Black Swim Suit
- Sunday: Gray Silver Fins T- Shirt, Solid Black Swim Suit

What to Bring to a Meet

- Cooler of water and snacks
- Sunscreen
- Shoes and/or sandals
- YWSF team apparel (see Swimwear policy)
- Folding lawn chairs
- Extra suit, cap, and pair of goggles
- Extra towel (bring 3 extra towels for rainy/cold meets)
- Parka and warm clothes for rainy/cold meets
- Sharpie & Highlighter
- \$15 in ones and fives

When packing for the meet, be sure your swimmer includes team swimsuit, extra suit in case of an emergency, 2 team caps, 2 pair of goggles, towels, dry clothes for after the meet, and a water bottle. Other items might include books, games, cards, radio/headset, blanket or sleeping bag, shampoo, and soap. Healthy snacks of fruit and grains will help maintain energy levels throughout the session. Parents, too, need to plan ahead. Some things you will appreciate having include book, pen/pencil, lawn chairs. Most USS meets have concessions that serve anything from doughnuts and coffee to nacho chips, pizza, hot dogs, sandwiches and salads.

Arriving At Swim Meets

Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed in the meet information (Meet Sheet) on the website. Upon arrival, find a place to put your swimmer's swim bag and chair. The team usually sits in one place together, so look for the Black YWSF Pop-ups. Make sure your swimmer checks in with his or her coach! About 5 minutes before the posted warm-up time, the swimmer needs to get his/her cap and goggles and report to the pool and/or coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. A swimmer's body is just like a car on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.

During warm-up, parents will generally highlight their swimmers events on a **Heat Sheet**. At the average swim meet there can be 50 or more other swimmers in the same event. Events are listed in order usually alternating girls and boys events. Since everyone cannot possibly swim at the same time, the event will be swum in heats. Heats are usually swum from slowest seed time to fastest. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event. **Heat sheets** (program) are available to purchase from the host club and are usually sold at the concessions stand. The price will vary depending upon how much is included, but they usually cost \$3 to \$5. It is a good idea to buy one so you can see what events your swimmer is in, where he is seeded in his event, and help you to keep track of what's happening.

After warm-up, your swimmer will go back to the area where his/her team is sitting. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, and gets "Marked Up". With the Sharpie, write (or have the swimmer write) the events on your swimmer. Usually the swimmers have their event information on their hand or arm. Make a grid showing the Event Number, the Heat Number and the Lane Number for each event. The Sharpie will come off with rubbing alcohol or nail polish remover. This helps him/her remember what events he/she is swimming and what event number to listen or watch for. Tip – put sunscreen on BEFORE writing to prevent smearing!

#7 Girls 8 & Under 100 Yard IM

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
2	Sydney Boyer	6	BVCC	NT
3	Maddie Williams	7	BVCC	NT
4	Laura Stroud	7	WWST	NT
Heat 2 of 2 Finals				
2	Bree Sullivan	8	WWST	NT
3	Ruth McGee	8	WWST	2:19.99
4	Delaney Byrne	8	WWST	NT
5	Elena Williamson	7	WWST	NT

#19 Girls 7-8 25 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
2	Natalie Potter	8	BVCC	NT
3	Maddie Williams	7	BVCC	NT
4	Maeve English	7	WWST	NT
Heat 2 of 3 Finals				
2	Andie Smiley	8	BVCC	NT
3	Ava Griffin	7	BVCC	NT
4	Skyeler Jackson	8	BVCC	NT
5	Meredith Setser	7	WWST	NT
Heat 3 of 3 Finals				
1	Elena Williamson	7	WWST	NT
2	Noelle de Vente	7	WWST	NT
3	Ruth McGee	8	WWST	21.72
4	Jeannie Ridley	7	WWST	40.28
5	Alexandra Johnson	7	BVCC	NT

Heat 3 (#31 Girls 7-8 25 Yard Backstroke)

1	Hayley Ferrell	7	WWST	NT
2	Claire Crane	7	BVCC	NT
3	Sarh McGee	8	WWST	29.78
4	Delaney Byrne	8	WWST	35.94
5	Ruth McGee	8	WWST	NT

#61 Mixed 8 & Under 100 Yard Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
2	WWST	B	NT
	Jeannie Ridley W7	Laura Stroud W7	
	Luke Leong M8	Cayman Choate M8	
3	BVCC	A	NT
	Maddie Williams W7	Sydney Boyer W6	
	Cameron Taylor M8	Ethan Boyer M8	
4	WWST	A	NT
	Ruth McGee W8	Colin Kruse M8	
	Jenna Rupp W8	Bree Sullivan W8	



Once the Meet Begins

What Swimmers Should Do:

- Talk to your coach one event earlier than your event. The coach will review what you are about to swim and talk about the areas that you should focus on for the event.
- Go to the area behind the starting block, but leave room for other swimmers that are racing before you.
- When your heat is next, wait near the timers in that lane.
- When you hear 3 whistles from the official, stand behind the block.
- When you hear 1 whistle from the official, step up onto the block (or to the edge of the pool if you have not practiced diving off of the block). For backstroke, jump feet first into the water.
- When the official says "Swimmers take your mark..." get into your starting position.
- When the buzzer goes off, start swimming!
- As a sign of respect for your competition you should stay in the water till every athlete has completed the race, whether you finish first or last. In addition, most AZSI sanctioned meets use "Fly Over" starts for all events except backstroke. This simply means that the swimmers stay in the water until swimmers in the following heat dive over them and are in the water.
- When the race is over, see your coach for positive comments and specific points that should be worked on at practice to prepare for the next meet.
- Between races, you should always wear team apparel with shoes or sandals always on your feet.
- Following your final race in the session, ask your coach if you should swim a cool down.

What Parents Should Do:

- Please let the coaches be the coaches!
- Help your children watch for their events. At the age of 10 the coaching staff wants your athlete to start to take more responsibility for their swimming. One way of doing this is to teach your swimmer how to read a program and allow them to go up to the blocks for their race by themselves.
- Remind the swimmers to use the bathroom at least three events before they are due to swim.
- Please cheer for all of the YWSF kids.
- After the race, permit your swimmer to first speak with their coach. Once they have reviewed the event, then tell your swimmer how great they did! The coaching staff will be sure to discuss stroke technique with them. You just need to tell your swimmer how proud you are of their effort.
- You do not need to stay for the entire meet if your swimmer's events are over. However, please make sure that your swimmers check in with their coach before heading home. Sometimes the relay teams are not determined until later in the meet. You don't want to leave early if your swimmer is in a relay that will disqualify three other swimmers.
- Ask for help! If during the meet you feel lost or confused, be sure to ask other parents for help! We have all had our "first meets" and know it can be overwhelming.

When Your Child Is Disqualified

Coaches work with their swimmers every day and know each individual's difficulties with technique and tendency for mistakes. Coaches continually work with their athletes helping them to improve technique and correct mistakes but the results are rarely instantaneous. Swimmers take time to improve technique and eliminate mistakes. Coaches will enter a swimmer in an event even though the swimmer is only marginally capable of performing legal strokes and turns so that the swimmer gains experience. If the swimmer is disqualified, the coach uses it as a learning situation for the athlete.