

Things to consider at swim meets:

Swim meets are a fun event and a time for your kids to know other swimmers, challenge themselves, and have fun. This can also be a bit of a stressful time for parents. So, we have put together this document to help!

Before the meet:

- **Review entry report.** Entries are always sent out for parents to review the events their swimmers will be swimming. Any questions regarding the entries can be sent to your swimmers' coach.
- **Review the meet package.** This document will contain the pool address, warm up times, and the schedule of events. This will help familiarize yourself with how swim meets are run and will make navigating them easier.
- **Snacks on deck.** Healthy snacks and water are an important item to send your swimmer with to the pool. Meets can be long and we need to make sure our athletes stay well fed and hydrated. Keep sugary snacks and drinks to a minimum. Here is a list of ideas:
 - Water
 - Fruit and vegetables
 - Power bars (Vector, cliff, etc.)
 - Nuts
- **Pack team attire.** Swimmers are expected to wear their team gear at swim meets to show our team spirit. We do a team picture at every meet to send to the media.
- **Plan to arrive early.** The coach will send out a time that swimmers need to be on deck. It's always a good idea to arrive early in order to find a parking spot and set up your spot for the day. As a group, the team will do activation to get their minds and body ready for competition, so allow time for your swimmer to get changed and be on deck on time.
- **Bring extras.** It's always a good idea to bring extra goggles, team caps, towels, and team gear. Swimmers need to get dry between swims in order to stay warm.
- **Warm clothes.** Swimmers are expected to stay warm between races. Hoodies, pants, socks, and shoes will keep your swimmer warm and help them swim their best.
- **Entertainment.** We discourage the swimmers having phones or tablets while on deck as we want our swimmers to play and be engaged with other swimmers.
- **Bring change.** The heat and lane assignments for each event will be posted on heat sheets. These can be purchased at the meet for about \$5 or you can use the app Meet Mobile. You can ask other parents to help navigate heat sheets.
- **WhatsApp.** Before every out of town swim meet, we create a WhatsApp group. Please ensure you are part of the group and read all messages. If there are any changes to warmups or start times will be posted here.

During the meet:

- **Let the coaches focus on the swimmers during meets.** Coaches are extremely busy during a swim meet and need to focus on the athletes. Try to avoid long conversations with coaches during the meet, especially during races. If you have any questions about the meet, ask other parents first. They were all new parents at one time too!
- **Pay attention to events.** Meets can feel very long but sometimes races come quickly. If you have your swimmer visiting you, make sure you are aware of when they are swimming.
- Swimmers are to talk to their coaches before and after their races. This is a very important coach-athlete conversation and you should try to not be part of it.
- **Marshalling.** Your swimmer is to check into marshalling before their race. Listen for announcements or watch the Marshalling area for a sign of what event and heat is being marshalled.
- **Scoreboard results are not final results.** The official results are posted after all swimmers in the event have competed.

- **Swimming should be fun.** It is important your swimmer has a fun and positive experience. They will be nervous, and no extra pressure is needed. It doesn't matter if they place first or last in their heat, the important part is they are trying something new and challenging themselves.
- **Relays.** If your swimmer has been put on a relay, please stay for the relay. Relays are a lot of fun and if one swimmer leaves, three others don't get to swim. Please let the coaches know well in advance if your swimmer is not able to do the relay.
- **Cheer on your swimmer!** We like to encourage our swimmers to focus on their own best times no matter where they finish in a race. We also encourage your child to watch and cheer on other swimmers and team mates. Some things to say:
 - Good streamline
 - Your turns were quick
 - Nice dive
 - Nice strong kick
 - Way to go strong to the end
 - Wow, that was such a long race and you made it look easy

After the meet:

- **Congratulate your swimmer.** Resist the urge to critique your child's performance. The coaches will give the swimmer feedback.
- **If your child gets a DQ.** A disqualification from a race means they made an error in their race. Coaches are notified why the swimmer was DQ'd and they will speak to the child about it. Encourage your child to look at it as a learning experience.