

Mount Pearl Marlins First Meet Basics

Welcome to your first swim meet! This guide will help answer some normal first meet questions along with the basics you and your swimmer will need to know to have a successful first swim meet.

Nutrition: Remember to eat good, nutritious food leading up to the swim meet. Packing healthy snacks in your swim bag is always a good idea for before and after your races. Moderation is key. Lean proteins and clean carbohydrates are good for successful athletic performance. See nutrition guide for more details. There is often a canteen on site but be sure to stay away from the treats intended for parents and siblings!

Packing your swim bag: Here are some important things to pack in your swim bag

- Swim suit
- Marlins swim hat (x2) and Goggles (x2)
- Indoor shoes
- Marlins clothes for on-deck- it is important to stay warm.
- Healthy Snacks and Water
- Towels (Save one for the end of the session and use one throughout the session.)

Swim Meet Schedule: Swimmers will be given an on-deck time for each session of the meet. This time will be approximately 15 minutes prior to warm-up start time to give time for a team meeting and some activation. Swimmers will then do warm-up and the session will start. We ask all swimmers to stay until the end of each session to support their team mates. Coaches will take care of making sure swimmers go up for their races as long as they are on the pool deck. Parents are not permitted onto the deck unless they are officiating.

How to know when your swimmer is racing: To make sure you don't miss your swimmers race, you need to know the race, heat number and lane number. You can find their name in the meet program which is usually available at the meet for about \$5. The heat number means the number race they are, for example heat 4 out of 5. The lane number is which lane they will be racing in. Lanes are usually 1-8. Points are awarded based on your swimmers placing after the race and the top 3 swimmers in each gender and age group will be awarded medals/ribbons. Although winning is great, we focus on going best times. Best times are when you swim the fastest time you have done in a race. This is a great accomplishment and shows your athletic progress☺ As swimmers get more experienced best times become harder to achieve. Senior swimmers may only get best times a few times a year.

Results and Times: You can find results posted around the pool. There will usually be paper versions posted near the viewing area and also on deck. You may view results online with apps like Meetmobile or Splashme. You can view all of your swimmer's times by looking online at Swim Canada (swimming.ca – search- enter your swimmers name) or swimrankings.net. It is important that you are engaged in your child's swimming, but this does not mean you need to know all of their times and the potential standards they can qualify for. Your swimmer's coach

will handle all of those aspects. Your swimmer needs you to be supportive and encouraging when a race goes poorly, they are likely going to be disappointed in themselves and will need those kind words. Understand that best times will not always happen, but we can always take positives out of each and every race.

Swim meet etiquette:

- Swimmers should talk to their coach before and after their race. Coaches talk with swimmers to get them focused. Some talks are long some are short, depending on the personality of the swimmer and the specifics of the race. Coaches are trained in how to deliver these talks.
- Swimmers should cheer for all Marlins racing.
- Swimmers should wear marlins clothing on deck to show team spirit.
- Elite racing suits are not required until instructed by a coach. Practice suits are perfect for racing. Wait until your child's coach instructs you to look at racing suits, as this is critical for athletic development.
- No parents on deck.
- Maintain a positive attitude.
- Be ready to work hard and have fun.