



## **Information for Parents and Swimmers**

Updated December 2019

**The following information is provided for newer swimmers and parents as information only. We encourage swimmers to attend all practices and meets they are eligible to attend and there is sometimes anxiety about the expectations around these events. If you have any questions about the below, please reach out to any Board member, coach, or experienced parent to help your swimmer navigate this great sport! A great resource for parents to help understand the culture of the sport is [www.swimswam.com](http://www.swimswam.com)**

### **Practice etiquette**

#### **For swimmers**

- Swimmers should arrive for practices 15 minutes before start of practice and be on deck with their equipment and ready to swim when the practice starts.
- Age Group and Senior are responsible for setup/takedown of lane ropes and backstroke flags. Gold group is responsible for backstroke flags when they are on deck.
- Cell phone use is not permitted in the change room or on deck.
- Swimmers should be attentive to the coach and supportive of their teammates. Name calling and horseplay are not permitted.
- Swimmers should not leave the pool during practice except in emergencies.
- Swimmers who will be late or absent from practice or need to leave early should inform their coach with as much notice as possible.
- Swimmers should rapidly clear the pool deck and change rooms at the end of practice.

#### **For parents**

- Parents are permitted to use the spectator benches during practice.
- Parents must observe all pool regulations during practice (stay 6 feet away from pool at all times, no food on deck, etc).
- Parents should not try to attract their swimmer's attention during practice.
- Loud conversations and phone calls shall be taken off the pool deck in order not to disrupt the practice.
- If you wish to speak to your swimmer's coach, please reach out using their contact information on the website to request a time to meet.
- Parents should not give their swimmer tips or coach their swimmer at practice (well, anytime, actually!)

## **Meet etiquette**

### **For Swimmers**

- Swimmers should arrive to the meet 15 minutes before warm up and be on deck when warm up starts ready to swim.
- Swimmers should wear team gear (shirt, cap, etc) to meets and sit with their teammates.
- Swimmers need to check in with their coach when they arrive at the meet.
- Swimmers are not permitted in the pool at a meet if a Stingrays coach is not present.
- Swimmers should have sufficient water and snacks to ensure their energy remains high during the course of the meet.
- Swimmers should know their own events and heats and be prepared to check in when their swim is coming up. After each event, the swimmer should go directly to their coach to receive feedback.
- Swimmers can leave the pool deck during a session to visit the washroom or family, but should alert the coach of their whereabouts. It is the swimmer's responsibility to be prepared for their event.
- Swimmers should cheer on their teammates and friends when they are in the pool-have fun!
- Swimmers at meets that have heats and finals shall attend finals warmup and check in with their coach for instructions.

### **For Parents**

- Swim meets can be very stressful for your athlete! Younger swimmers sometimes do not wish to participate in swim meets or go to certain pools- this is ok! However, just like hockey or any other sport, it doesn't make sense to go to all those practices just to skip the game. Our coaches curate the meets and events so that your swimmer is never asked to do more than the coaches think they can do-one of the benefits of the sport is the feeling of accomplishment when the athlete completes a swim/achieves a time that even they thought they couldn't do! Our job as parents is to help the swimmer feel confident in their ability to swim at a meet. This means that their equipment and gear is prepared the night before, a schedule put in place to get to the meet on time, and there is lots of body fuel for the swimmer during the meet.
- There should be no reward or punishment for attendance or performance at a meet. Every swimmer's abilities develop at different rates. The best thing to tell your swimmer is "I love to watch you swim".
- Here are a few additional tips for parents attending swim meets:
  - Warm up and session times often change a few days before the meet. Check with your coach or on the host team's website for changes before you make your plans.
  - Plan to arrive at the venue with at least 15 minutes to spare. Your swimmer will be expected to be in gear on deck at warmup start. This will give them time to find the pool, change, etc.
  - Heat sheets (list of events, heats, and swimmers) are often available for \$2-3. They are well worth the purchase. Some clubs have moved away from these. For clubs with electronic timing, you can follow along on an app called Meet Mobile- a small annual fee allows you to follow along with the meet as it unfolds.
  - Wear cool clothing and bring water. It's often very hot on the pool deck!
  - Do not try to catch your swimmer's attention on the way to the blocks. They are concentrating. They will have time to visit you later.
  - Please do cheer for your swimmer and their teammates! It's part of the fun!
  - Please don't coach your swimmer. They will work with their coach on a race plan. If you do have specific questions about your swimmer, please talk to the coach after the meet.
  - Have fun with your swimmer and their friends!