

To The Marlins Swimmers and Parents- Swim Meet Information

What to Bring...

- **Suit, Goggles, and Swim Cap (if you wear one)**
- **At least two towels** – if not more! They get wet quickly as you get in and out of pool
- **Sweat shirt, sweat pants, Flip flops or shoes, even a ski hat** – It gets cold getting in and out of the water even if it might be a hot place for your parents
- **Water Bottle or Gatorade**
- **Snack** – like peanuts, crackers, bagels, string cheese, fruit – something healthy. You spend some time sitting around, and it is always good to have something to snack on – Something healthy!!
- **Sharpie Pen** – for your parents to write your events on your hand.
- **Highlighter** – if your parents like to follow the meet, they can bring a highlighter to highlight all your events in the program.
- **Chair and or Blanket for your Parents** – there is never enough seating and this will guarantee your parents have a comfy place to sit.
- **Great Attitude**

Meet Information for the Swimmer

- **Warm ups** – Be at the pool at least 15 minutes before warmups start. Please be on time or early for warm ups! We will warm up before all of our meets. This can be a little bit of a crazy time with so many swimmers in the pool, but critical. We will loosen our muscles by swimming, practice our strokes, our starts and turns and finishes.
- **See your Coach** - Please come and see your coach **before** every event and **after** every event. This is very important. It is hard to help you improve and have good swims if you don't talk with your coach before and after every race.
- **To The Blocks** - It is your responsibility to find your way to your block before every race. Coaches will try to help you, especially at your first couple of meets.
- **Events on Arm** - Before the meet starts, have your parent write on your arm, your event #, event name, heat and lane. This will help you keep track of your events. An example of this follows.

E	H	L	
6	4	4	50 Fr
12	3	5	50BK
16	4	8	100FLY

- **Sit with Coaches** - You are more than welcome to come and sit near your coaches during the meet. We enjoy this and this is a great opportunity to get to know your teammates. This might help you also keep track of your events. If you do sit with your parents, we can not go and track you down for your events. Please come and see us before and after each race.
- **We don't always keep track** - We know that it might be important to you what place you come in. We don't care and don't keep track of that. We care that you try your best, try something new, work on lowering your times, support and cheer on your team mates and HAVE FUN!!
- **Disqualification (DQed)** – Swimming is a precise sport. The officials are strict and will disqualify you if you swim a stroke incorrectly. Being disqualified is a part of the sport. It is okay to be disqualified! Even the best swimmers in the world get disqualified – Ian Thorpe got DQed in the Olympic Trials this past year! Let's learn from our mistakes and try to correct them. It is better than you try and get DQed instead of not trying at all!
- **We need timers** - Let your parents know that they can help and be a timer. Timers are always needed and no experience is required.
- **Respect your officials, teammates, and swimmers** from other teams. Please always use good sportsmanship. No making fun of the slower swimmers, swimmers who get DQed or any other swimmers. If you can't say something nice, don't say anything at all. We all start somewhere and you wouldn't want people to treat you that way. You represent the Marlins.

Meet Information for Parents

What to know for your first swim meet:

Before going to the meet, there are several documents you will want to look at and print out to bring with you.

- **Please read this article.** [What Parents Should Say as Their Kids Perform](#)
- **Verify Warmup Schedule:** Click on the link to the meet on the home page of our website. On that page, there will be a link to the meet information. Now look for information about warmup times for the Marlins. Warmups typically happen at least an hour prior to the start time of the meet. It's important to be on deck and ready to be in the water 15 minutes before the start of warmups. Swimmers should check in with coaches during this time.

- **Print Heat Sheets:** Most meets publish the heat sheets for the meet before the start of the meet. Click on the link to the meet on the home page of our website. On that page, there will be a link to the “Heat Sheets” (usually published 3-4 days before the meet). Click Heat Sheets. This will give a detailed schedule of events for every swimmer entered in the meet. Find your swimmer’s name and write down the Event #, the Heat #, and the Lane # they are in. You will need to write this information on your swimmer’s arm prior to the start of the meet. (see above for format.)
- **Meet Mobile:** You can download the Meet Mobile App to your device. It used to be free but there is now a subscription cost to it. You can watch your swimmers as they progress through the meet and see live results.
- **Tip: Western Slope League (westernslopeleague.org)** has lots of great information about meets on the Western Slope.

What to Know at the meet:

- **In addition to the list above,** bring a book, Suduko puzzle, magazines, Ipad, camera, binoculars, chargers, lunch, waterbottle and a positive, patient attitude. Bring things to make you comfortable and to help pass the time. Swim meets can be long and being comfortable with things to do makes for happier parents!
- **Be your child’s cheerleader! Leave the coaching to the coaches. Refer to [What Parents Should Say as Their Kids Perform](#).** Swim meets offer an opportunity for your child to learn independence. They have the opportunity to learn how to prepare and warm up to swim their best. They can learn how to listen to their coach and try to put those tips into action. They can learn how to get to the blocks for their race. They can then find their coach after their race to get some feedback. They have the option to form friendships with teammates and swimmers from other teams. It is hard as a parent to step back and let you child do all these things for themselves, but it is a wonderful opportunity in a safe environment to develop some great independent skills.
- **DQ:** Please do not be frustrated if your child get’s DQ’d, or disqualified. Even Olympic swimmers get DQ’d occasionally. Typically officials will pull your child aside and tell them why they got DQ’d if it should happen. Every swimmer has gotten DQ’d at least once, and it is part of the process of learning the strokes.
- **Be a timer and think about being an official.**