



YMCA OF SOUTH FLORIDA YSF BARRACUDAS SWIM TEAM



Swim Meet “Things to Know”

Swim meets are a great family experience. They're a place where the whole family can spend time together. Listed below are some in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and as detailed as we possibly could. If you have any questions, please ask your coach or the front office.

BEFORE THE COMPETITION

1. Swimmers that are signed up for a meet must be present at the facility one hour and ten minutes prior to the start of the competition. Why?
 - a. One hour and ten minutes, this 10 minutes will be used to stretch before getting in the pool to start the warm up.
 - b. A swimmer does not need to sleep in if he/she goes to bed at 9:00 pm the latest. Going to bed at 9:00 pm will result in 9 hours of sleep if the swimmer wakes up at 6:00am in the morning. Sleeping in is not recommendable, since the body needs one hour to wake up to perform well at swim meet. The muscles are not working properly if your kid is sleeping in the car on the way to the swim meet, went to bed late or slept in at home.
 - c. If your swimmer gets to the pool late, the coaches will already be working with the swimmers that are competing. Therefore, the swimmer that is late will not receive the proper warm up to perform at his/her maximum capacity.
 - d. If your kid swims at 11:30am and the meet starts at 8:00am. Your kid will get to the pool to do the warm up at the same time as everybody, in the meantime while waiting for his/her event he/she will be able to rest/concentrate/share or cheer for his/her teammates.
2. Upon arrival, find a place to put your swimmer's blankets, swim bags and/or sleeping bags. The team usually sits in one place together, so look for some familiar places or for the sea of Barracudas swim caps. We also hang our banner, or the tent will have our team's name.



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3. Find the check-in place. Usually, parents are not allowed on deck so this may be a responsibility for your swimmer or your swimmer's coach. Make sure your swimmer checks in with his or her coach! Check for special posted instructions in the check-in area. Don't forget to purchase a program (heat sheet) that will tell you heat and lane assignments for your swimmer.
4. Once "checked-in", write or have the swimmer write each event-number on his or her hand or arm in marker. This helps him/her remember what events he/she is swimming and what event number to watch or listen for.
5. Your swimmer now gets his/her cap and goggles and reports 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 like a car on a cold day and they need to get the engine going and warmed up before they go all out. **– Swimmers warm-up together and as team, this way they develop the partnership required to compete and win with the team --**
6. After warm-up, your swimmer will go back to the area where his/her team is sitting and wait there until their first event is called. This is a good time to make sure he/she goes to the bathroom is necessary, gets a drink, etc.
7. The meet will usually start 10-15 minutes after warm-ups are over.
8. Per USA Swimming rules, parents are not allowed on deck unless they are serving in as a volunteer, or as an official. Similarly, all questions concerning meet results, an officiating call, or the conduct of the meet should be referred to a coach. He or she in turn will pursue the matter through the proper channels if they think it is a legitimate concern.
9. Psych Sheet or Heat Sheets: a psyche sheet is usually available for sale in the lobby or concession area of the pool. It lists all swimmers in each event in order of seed time. When the team entry is sent in, each swimmer and his/her best time in that event is listed. If the swimmer is swimming in 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. A heat sheet may be available close to the start of the meet that lists the actual heat and lane a swimmer will be competing in.



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DURING THE COMPETITION

1. It is important for all swimmers to know what even numbers he/she is swimming. He/she may swim right away after warm-ups or they may have to wait a while.
2. Most meets are computerized. There are generally two ways a swimmer gets to his/her lane.
 - a. A swimmer usually reports directly to his/her lane for competition several heats before he/she swims. Check with your coach for specific instructions.
 - b. In some novice meets, a swimmer's event number will be called, usually over the loud speaker, and he/she will be asked to report to the "Clerk of Course" or "bull pen". Swimmers should report with her
3. The swimmer swims his/her race. Please remember: FLASH photography is not permitted at the start of races.
4. After each swim:
 - a. He/she is to ask the timers (people behind the blocks at each lane) his/her time.
 - b. Depending on the coach instructions, the swimmer may be asked to do some recovery swimming if a "warm down" pool or lanes are available.
 - c. The swimmer should then go immediately to his or her coach. The coach will discuss the swim with each swimmer. Some coaches may wish to talk with the swimmer before her recovery swim.
5. The swimmer now waits until his next event is called and starts the procedure again. When a swimmer has completed all his/her events, it's time to go home. Make sure that check with the coach before leaving to make sure your swimmer is not included in a relay event.
6. Results are usually posted somewhere in the facility. Awards are often gathered for a team and given to the coach at the end of the meet. The coach will give the awards to the swimmers later.



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COMPETITION 101

RULES

The technical rules of swimmer are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer.

COURSE

Competition pools may be short course (25 yards or 25 meters) or long course (50 meters). The international standard (as used in the Olympics) is 50 meters. World records are accomplished in 25 and 50 meter pools. USA Swimming maintains records for 25 yard, 25 meter and 50 meter pools.

COMPETITION

Participants compete in different age groups and meets depending on their achievement level and how old they are on the first day of the meet. Traditionally recognized age groups are 10 & Under, 11-12, 13-14, 15-16, 17-18. Many local meets feature 8 & under, single age groups or senior events. Team practice groups are usually determined by age and/or ability. Our swim team is part of the Florida Gold Coast swimming league. Swimmer's goal is to accomplish the cut times to make to the Junior Olympics (14 and under) and the Senior Olympics (15 and over).

OFFICIALS

Officials are present at all competitions to enforce the technical rules of swimming so the competition is fair and equitable. Officials attend clinics, pass a written test and work meets before being certified. All parents are encouraged to get involved with some form of officiating.