



2020 Speedo Holiday Classic

December 5–6, 2020

Newton A. Perry Aquatic Center, 3001 SW College Rd, Ocala, FL 34474

SWIMMERS

Please arrive on time for your sessions! There will not be an opportunity to warm up separately from the team.

Swimmers are required to wear face masks at all times when they are on the pool deck and not swimming, and to follow social distancing requirements from the facility. Swimmers can wear masks to the starting block area, leaving them on the benches behind the blocks while racing (let's try not to put them on the ground directly though!).

Locker rooms will be available but swimmers are strongly encouraged to arrive in their suits and only use the locker rooms for restrooms. We do not want our swimmers to be congregating and lingering in close quarters indoors in the locker rooms.

Swimmers can bring tents/chairs and stay on the pool deck between events, following social distancing guidance, or they can be outside the pool fence with parents and come in for their events. Events will be announced but swimmers also need to pay attention to the flow of the meet. Swimmers will enter through the North Gate and exit through the South Gate.

Coaches will all be stationed in one location on the pool deck (see map). Communication with coaches is important for all athletes during the meet. Swimmers should see a coach before and after each race for encouragement and feedback!

If swimming the 500 free or 1650 free, swimmers should make sure to ask a teammate ahead of time to be their lap counter. If you need help finding someone to count for you, ask a coach to assist you.

Swimmers should make sure they have all their gear, including the following:

- Team cap and swimsuit
- Goggles (an extra pair is always a good idea!)
- A couple of towels
- Water bottle to stay hydrated
- Warm clothes to put on between events, including something to keep feet warm
- Snacks should be light, healthy food—no junk food!

The weather is going to be cool, and possibly rainy on Saturday. Please make sure you have warm clothes to put on between events!

Awards will be given to swimmers age 12 and under (medals to places 1–3, ribbons to places 4–6), to be distributed at practice. We will also have high-point winners (boy and girl in each age group: 10 and under, 11–12, 13–14, and 15+) and Speedo Hot Heats in which the heat winner gets a prize from Speedo.

PARENTS

Parents will not be allowed on the pool deck before, during, or after the meet, unless they are volunteering or using the restrooms. Parents may tent on the grounds outside the pool and watch events through the fence as long as social distancing guidance is followed. Photos or videos from behind the starting blocks are not allowed per USA Swimming rules.

Parents will also want to be prepared for the cool and possibly wet weather!

Masks are not required outside the pool area by the facility but are HIGHLY recommended for parents, especially if watching swims through the fence. Please do not cluster near the gates as swimmers need to be able to enter and exit without having to pass through crowds.

If parents need to use the restrooms during the meet, please enter and exit through the North gate closest to the building. When inside the pool fence, face masks must be worn.

Heat sheets have been sent to you by e-mail with this itinerary, and it is helpful to write your child's event information (event, event number, heat, lane) on their arm or leg or on a piece of paper to give them a reminder to refer to throughout the session. Heat sheets will not be available for purchase at the meet so be sure to bring what you need. Results will be posted on the MeetMobile app.

When your swimmer is finished competing, you can leave the meet unless you are volunteering in which case you must stay until the end of your session.

Go GSC!

Swim fast and have fun (but be safe)!

Team Schedule

Saturday morning (Session 1: 13 & over)

Coaches attending: Robert, Jen, Stacey, Adam
Coach attire: Gray GSC polo
Athlete t-shirt color: Any GSC shirt

Blue, Orange, Silver, Gold groups:

Arrive by: 6:30 am
Team stretch: 6:35 am
Warm-up: 6:45–7:15 am
Meet begins: 8:00 am

Saturday midday (Session 2: 12 & under)

Coaches attending: Robert, Jen, Stacey
Coach attire: Gray GSC polo
Athlete t-shirt color: Any GSC shirt

Arrive by: 10:30 am
Team stretch: 10:45 am
Warm-up: 11:00 am
Meet begins: 11:45 am

Senior, Sectional, National groups:

Arrive by: 6:45 am
Team stretch: 7:00 am
Warm-up: 7:15–7:45 am
Meet begins: 8:00 am

Saturday afternoon (Session 3: 13 & over)

Coaches attending: Robert, Jen, Adam
Coach attire: Gray GSC polo
Athlete t-shirt color: Any GSC shirt

Blue, Orange, Silver, Gold groups:

Arrive by: 1:30 pm
Team stretch: 1:35 pm
Warm-up: 1:45–2:15 pm
Meet begins: 3:00 pm

Senior, Sectional, National groups:

Arrive by: 2:00 pm
Team stretch: 2:05 pm
Warm-up: 2:15–2:55 pm
Meet begins: 3:00 pm

Sunday morning (Session 4: 13 & over)

Coaches attending: Robert, Adam, Chris
Coach attire: Blue GSC polo
Athlete t-shirt color: Any GSC shirt

Blue, Orange, Silver, Gold groups:

Arrive by: 6:30 am
Team stretch: 6:35 am
Warm-up: 6:45–7:15 am
Meet begins: 8:00 am

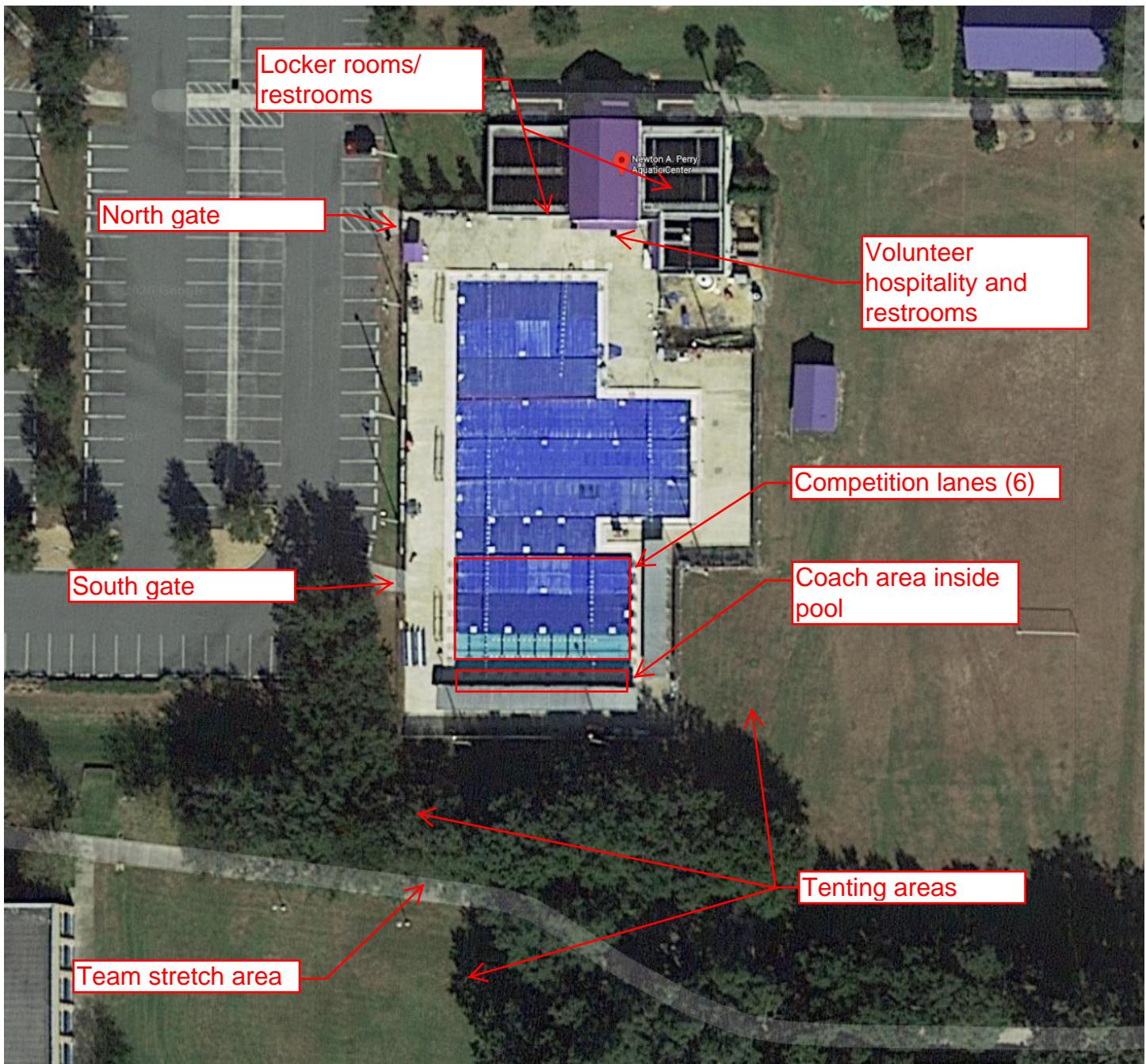
Sunday midday (Session 5: 12 & under)

Coaches attending: Robert, Jen
Coach attire: Blue GSC polo
Athlete t-shirt color: Any GSC shirt

Arrive by: 10:30 am
Team stretch: 10:45 am
Warm-up: 11:00 am
Meet begins: 11:45 am

Senior, Sectional, National groups:

Arrive by: 6:45 am
Team stretch: 7:00 am
Warm-up: 7:15–7:45 am
Meet begins: 8:00 am





Swim Meet Tips

New to swim meets? Here is some basic information and tips for preparing for and attending meets with your swimmer.

Attending meets is an important part of the sport of swimming. Meet competition allows swimmers and parents to see the results of the time and effort put into going to practice! As professionals in the sport, our coaches know that statistically speaking your children are more likely to stay with competitive swimming if they attend meets because meets are part of the reward system that drives them to continue to train and improve over time. Meets are also great opportunities for swimmers and swim parents to socialize and build friendships.

Each season's meet schedule is posted to the team's website (www.gatorswimclub.com). Each meet listed on our website has a "meet information" file available to provide lots of details including meet location, events, and fees. Coaches will send out important information including a meet itinerary (where to be and when) and coaching requests.

Please watch your e-mail for notifications about commitment deadlines for the meets. We are not able to accommodate late entries, and once your swimmer is entered in a meet any fees will be charged even if plans change and you don't attend; this is because we have by that time committed attendance to the host team and have to pay our fees to them regardless of how many of our swimmers actually attend and compete.

Some meets may have qualifying standards, meaning swimmers must have achieved specific time cuts to be eligible to swim events at those meets; time standards are posted to the GSC website and the meet schedule indicates when these standards apply.

Before the Meet

In preparing for a meet, you will want to pack the things your swimmer needs, including the following:

- Team cap and swimsuit
- Goggles (an extra pair is always a good idea!)
- A couple of towels
- Sunscreen for outdoor meets
- Water bottle to stay hydrated
- Warm clothes to put on between events, including shoes, especially for cold-weather meets
- Snacks should be light, healthy food—no junk food!

You will also want to prepare the things you need at the meet. Suggested items include the following:

- Foldable outdoor chairs
- Pop-up tents/canopies for shade/shelter from rain
- Highlighters for heat sheets and sharpies for event-marking swimmers
- Snacks and water bottles
- Sunscreen and bug repellent for outdoor meets

Be sure your swimmer gets enough rest in the days before the meet!

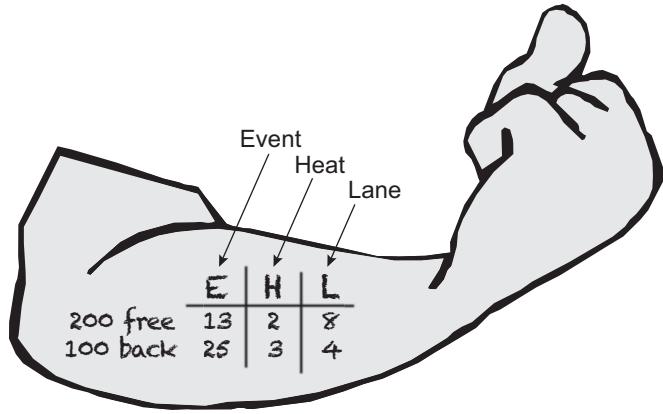
At the Meet

The GSC coaches will be stationed in one location within the designated coach's area on the pool deck. Your child's group coach may or may not be attending a meet, but there will be familiar faces there!

Before each meet starts, team members gather with the coaches for stretching and a team cheer. Throughout the course of the meet, all swimmers need to check in with a coach before and after each race for instructions, last minute reminders, calming of nerves, feedback, and encouragement.

Heat sheets that list each event, heat, swimmer, and lane may be available for purchase at meets. A useful app that also can be used to follow events at meets is MeetMobile; some meets provide live updates to the app as events are completed.

It is helpful to write your child's event information on their arm or leg to give them a reminder of which events they are swimming as well as which lane they are in. This is best done with a sharpie, and should be done on dry skin, before applying sunscreen. Even if you only know events and not heats or lanes, it helps to start the marking and coaches can fill in the rest. Here is a sample:



Handling Disqualifications

Disqualifications are a part of swimming, but can be upsetting to our athletes. It is important for swimmers and parents to know that disqualifications are quite common, especially with younger swimmers and those new to competitive swimming, but they happen even at the highest levels of the sport. It's very important to understand that getting "deeqed" or DQ'd simply means a mistake was made during the swim that violated a rule of competition. Some rules are broad (everyone must touch the wall during a turn) while others are more specific (butterfly and breaststroke require a 2-hand touch at all turns and at the finish). A DQ doesn't negate how your child swam, did a perfect turn, or had a great start, and the takeaway should be "OK, we will do more work on that piece in practice." Coaches will talk to the swimmer about the DQ and provide support and reassurance, but you can really help by reinforcing to your swimmer that all swimmers get DQ'd over the course of their careers, including the top athletes in the world and even at international events like the Olympics!