



SPA Speedo All-American Fall Meet

September 18–20, 2020

North Shore Pool, 901 North Shore Drive NE, St. Petersburg, FL 33701

SWIMMERS

Swimmers are required to wear face masks when they are not swimming and to follow social distancing requirements from the facility at all times.

The pool deck will be limited to only those swimmers in the current event and the following event. Swimmers can enter and exit the facility by the front gate, following the existing traffic patterns.

The back deck of the pool can be used for team seating but it may get crowded so we are not necessarily recommending that our swimmers sit there. We want to keep everyone as safe as possible and to limit possible exposure so we ask that our swimmers avoid being in situations where they may have close contact with larger groups. Swimmers must follow the "one square, one chair" social distancing protocol if they sit in this area. Host team meet marshals will be patrolling to enforce the social distancing rules.

Swimmers need to make sure they have all of their gear:

- Team cap and swimsuit
- Goggles (a spare pair is always a good idea!)
- A couple of towels
- At least one full water bottle (it is going to be HOT and potentially rainy!)
- Sunscreen
- Snacks should be light

PARENTS

After each session's orientation session, spectators may come into the facility via the front gate on an event-by-event basis to watch their swimmer. Spectators must wear face masks at all times and must be six feet apart in the bleachers (55 spots) or in the standing-room-only area (20 spectators). Spectators must rotate in and out and off the bleachers to make space for other parents and families.

Parents can tent outside of the pool on the grassy areas (see map included) but should continue to practice social distancing.

For parents new to meets, see the Swim Meet Tips for some pointers!

Go GSC! Swim fast and have fun (but be safe)!



Adam



Casey



Robert

TEAM SCHEDULE

Friday evening session

Coaches attending: Adam

Coach attire: White

Athlete t-shirt color: Any GSC shirt

Arrive by: 3:40 pm

Team stretch: 3:45 pm

Warm-up: 4:00 pm (lanes 9 and 10, bayside course)

Session begins: 5:00 pm

Saturday morning session (11&over girls)

Coaches attending: Adam, Casey

Coach attire: Blue

Athlete t-shirt color: Any GSC shirt

Arrive by: 6:10 am

Team stretch: 6:15 am

Warm-up: 6:30 am (lanes 8 and 9, locker room course)

Session begins: 7:30 am

Saturday morning session (11&over boys)

Coaches attending: Adam, Casey

Coach attire: Blue

Athlete t-shirt color: Any GSC shirt

Arrive by: 9:10 am

Team stretch: 9:15 am

Warm-up: 9:30 am (lanes 9 and 10, locker room course)

Session begins: 10:30 am

Saturday afternoon session (10 & unders)

Coaches attending: Casey

Coach attire: Blue

Athlete t-shirt color: Any GSC shirt

Arrive by: 11:40 am

Team stretch: 11:45 am

Warm-up: 12:00 pm (lane 4, locker room course)

Session begins: 12:45 pm

Sunday morning session (11&over girls)

Coaches attending: Robert, Casey
Coach attire: Gray
Athlete t-shirt color: Any GSC shirt

Arrive by: 6:10 am
Team stretch: 6:15 am
Warm-up: 6:30 am (lanes 8 and 9, locker room course)
Session begins: 7:30 am

Saturday morning session (11&over boys)

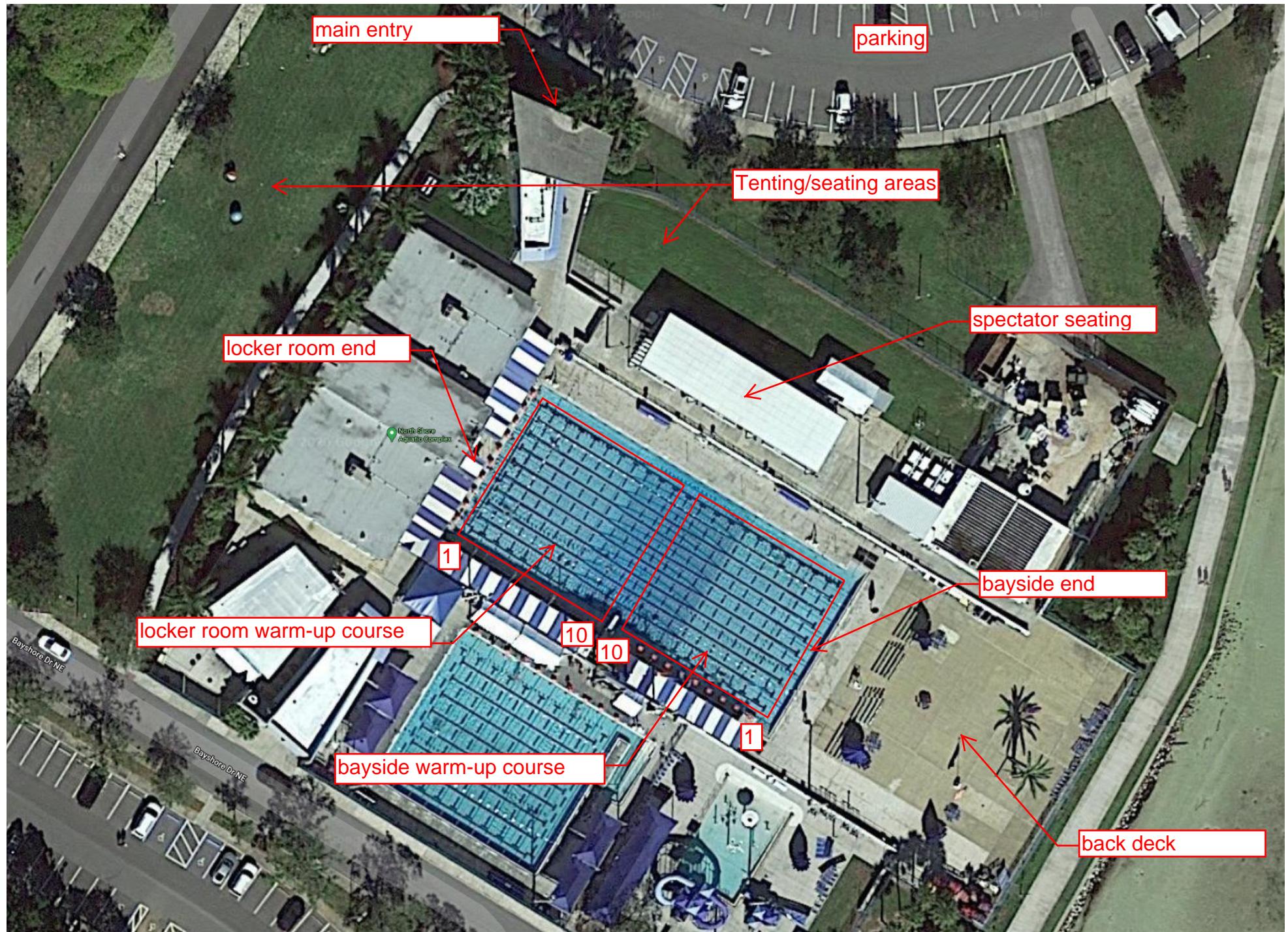
Coaches attending: Robert, Casey
Coach attire: Gray
Athlete t-shirt color: Any GSC shirt

Arrive by: 9:10 am
Team stretch: 9:15 am
Warm-up: 9:30 am (lanes 9 and 10, locker room course)
Session begins: 10:30 am

Sunday afternoon session (10 & unders)

Coaches attending: Casey
Coach attire: Gray
Athlete t-shirt color: Any GSC shirt

Arrive by: 11:40 am
Team stretch: 11:45 am
Warm-up: 12:00 pm (lane 4, locker room course)
Session begins: 12:45 pm





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!

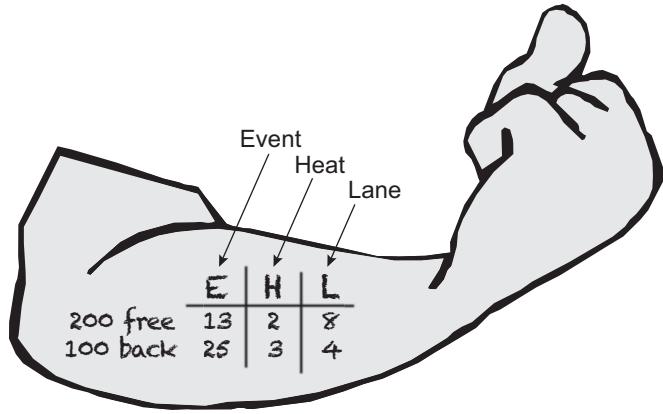
At the Meet

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!