**West Volusia Killer Whales**

**Meet Information Sheet**

**PARENT INFORMATION**

1.   USA Swimming meets are usually several day events and travel is sometimes required. It is important to communicate with the coaches and meet coordinator the days you plan to participate.

 2.   When attending meets that require overnight stays, we will provide accommodation information. One of the best parts of the team experience is traveling together as a group. It is better for the team to stay in the same location. It provides the opportunity for the team to socialize and have some fun with friends before competing.

3.   Come prepared. Recommended supplies include: cash, snacks, water, towels, sunscreen, hats, chairs, umbrella, change of clothes, and entertainment for the younger children.

**MEET SCHEDULE**

Confirmed meets will be on the monthly calendar on the WVKW website; [www.wvkwswimclub.com](http://www.wvkwswimclub.com). Additionally, a tentative meet schedule for the year will be posted on the website.

**SIGNING UP FOR A SWIM MEET**

1. Swim meets will be signed up for online thru the team website. You will receive and email inviting you to attend or decline. Please let us know your intentions. If you are attending, there is a list of events for you to choose from. Please make sure and read the meet announcement letter and coordinate your events with the days attending. If you are only attending a certain day, please write this in the note section in the meet sign up. Coaches will approve or change meet events and they make final decisions what swimmers swim in meets.

2.   After the registration deadline has passed you can access the assigned events from your account or on your ondeck parent app.

3.   Families will be billed for the meet events they register for, **even if they do not attend**. The team has to pay for swimmers once they have been entered.

4.   It is preferred that all swimmers participate in scheduled meets with the team.***If there is a meet that you would like to attend that is not on the schedule, it is important to talk to the coach first, then we can enter you.***

**MEET PROCEDURES FOR SWIMMERS**

1. EQUIPMENT RECOMMENDED:  suit, towel(s), goggles, caps, sweats, socks, water bottle, food, blanket or sleeping bag.
2. DIET BEFORE MEET:  The coach recommends that parents do not abruptly change the swimmer’s diet.  *At all times keep a balanced diet.*  Keep the junk food to a minimum.  At the meet a swimmer should eat enough food to stay fueled and remember to drink lots of water or sports drinks to stay hydrated.
3. Check in with coach upon arrival to the meet.
4. Swimmers are expected to arrive at the meet on time.  The warm-up and starting time will be listed on the information sheet that you kept when you filled out the meet entry form, as well as on the website on the “meet information” page under “meet details.”
5. Swimmers MUST check in with the coach **before and after** each event that they swim.
6. Swimmers should sit in the team area and be accessible to the coach at all times.
7. Swimmers are responsible for getting themselves to the starting area when their event is called.  For swimmers eight-years-old and younger there is usually a “bull pen.”  This is a specific area designated for the younger swimmers to go when their event is announced in order to help them get to the proper lane.
8. **Swimmers must check with the coaching staff before leaving a meet!**

**TEAM ATTIRE**

The team suit for meets is an all black suit or the team suit. If the swimmer wears a cap, team caps are required at all competitions.   We do have an affiliate account with swimoutlet.com. If you order through this link: [**http://www.swimoutlet.com/wvkw**](http://www.swimoutlet.com/wvkw) the team gets 10% of the purchase price. We also have t-shirts available for purchase.

**UNDERSTANDING TIME STANDARDS**

For many meets, a certain time must be achieved in order to qualify for that particular meet.  In competition, a swimmer is a “C” level swimmer in each event until an “A” or “B” time is attained in a given event at a meet.  “A” and “B” time standards are posted on the team website and on Florida Swimming ([**www.Floridaswimming.org**](http://www.Floridaswimming.org/)). As your swimmer improves, he/she can also find Sectional, Zone, Junior National, US Open, and National time standards on the Florida Swimming website and the USA Swimming website.  Please ask one of our coaches if you have further questions about time standards.