Welcome to swimming! Here are a FAQ to get you started on your swimming journey.

**What is an event?** An event is what the swimmer is racing. (ex: # 3 25 free)

**What is a heat**? --A heat is when a group of swimmers, with close times, race each other in a event. Heats for an event will usually run from slowest to fastest. Your child’s heat will tell him/her what number swimmer they are for the lane they are racing in for the event. (Ex: Heat 4 means that your child is the 4th swimmer to go in the lane for the event)

**What is a stroke?-** Strokes are what we call freestyle,backstroke,breaststroke, and free.

**What is a heat sheet? How can it help ?** A heat sheet is what swim families, swimmers, and coaches use to track what heat and lane your child is swimming in. Heat sheets are listed in order by event number/event. For a developmental meet you will be emailed a copy to print and bring to the meet. For USA meets, hosting teams usually sell heat sheets for roughly $10-20.00 a meet.

**How do I help my swimmer know what he/she is swimming for the meet?** To help your swimmer know what event, heat, and lane it is best to come to the meet with a graph made on your child’s arm with the following information in sharpie. You can fill in the heat and lane at the meet or when you get the heat sheet. You will get a list of your child’s events before the meet.

On arm or leg in a sharpie using the heat sheet that will be emailed out Wednesday for the meet.

Event # Event Heat Lane (example:))

2 25 free 3 4

**What are ways I can help my swimmer at a meet?**  Swimmers need to stay with their teammates on the pool deck. You can best help by being a cheer leader from the sidelines and reinforcing that your swimmer stay with his/her group so that volunteers can help make sure they get to the correct event/heat/lane. Swimmers need to stay with their teams so that they do not miss events, as well as see coaches for feedback after races.

**What is a bull pen?** A bull pen is where swimmers go to line up in their heats and lanes near the blocks before swimming his/her race.

**What should my child bring to the meet?**

 Swimmers must sit in team area.

PARENTS WILL NOT BE ALLOWED IN TEAM AREA

* Towel to sit on
* Towel to dry off
* Googles, caps, swim suit
* Team shirt
* Water bottle or clear gatoraid/poweraid
* Healthy snacks packed in lunch box/zip lock bags…
* Arm labeled with event #, event, heat number, and lane for each event with sharpie

**How can I volunteer?** We use Developmental meets to help train parents on jobs we need throughout the year. One of the biggest jobs we need help with is timing. We use 2 timers per lane. We are looking to place seasoned timers with new timers to help with training. It’s a great way to be on deck, learn more, and help the team. We also need help with 3 place judges to give out ribbons each heat, and bull pen leaders to help swimmers line up in heats and lanes for each event. Don’t worry! We will help you learn in a low key, appreciative atmosphere! ☺