

# **Platinum**

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# **Aquatics**

## **FAQ's Regarding Swim Meets**

The following is a list of FAQs (Frequently Asked Questions) about swim meets. If you have any questions that are not answered below, please contact your coach and they will gladly answer any questions. If you have suggestions that you would like to add to this, please email Coach Spano [platcoachspano@gmail.com](mailto:platcoachspano@gmail.com)

### **Why do the swimmers attend swim meets?**

**Meets are fun!** It's a chance to be with teammates, friends and family. It teaches many different things such as, time management, handling pressure or nervousness. It gives them an opportunity to measure progress and to see how the work at practice contributes to success. It is a great opportunity for the swimmers to realize that their coaches, teammates, friends and family serve as their very own "network" of people who support them in many different ways to help contribute to their success!

### **How do we sign up for a swim meet?**

Swim Meets are listed under the Events section on the front page of the web site. To view specific information about each meet listed, click on the meet title there you will find specific meet information that is updated as it becomes available to the coaches and being posted. This information is continuously being updated leading up to the first day of the meet. **To sign up your swimmer(s) for a swim meet,** Click on the pink button titled "Attend/Decline". You will see a menu to click yes or no. There is also a "Notes" box where you can write the coaches a note about your swimmers availability. (ex. can attend one day or both or...). Scroll to the bottom and click save changes.

### **Which swim meet do I sign up my swimmer for?**

Each meet will have meet information and in most cases a meet announcement link will be posted at the bottom of the meet information page. Within this meet information you will see "Eligible Swimmers:" There you will see what ages and or which practice groups or time standard eligibility for the meet. If you have questions and are not sure if you should sign up your swimmer for a meet, email your swimmers coach. Even if you sign up your swimmer and he/she is not eligible the PLAT coaching staff will let you know.

### **What events do I enter my swimmer in?**

The PLAT coaching staff will pick your swimmers events for each meet he/she is signed up for. If the coach would like input from the swimmer, the swimmers coach will ask for their input.

### **When are the entries final and how do we know what the swimmer is swimming?**

Final entries dates will be posted in the information section of each meet. There you will see registration deadlines. (Please note: these dates will be different from the entry deadline that you see in the meet announcements.) As your swimmers is opted in for meets the PLAT coaching staff will check the web site periodically leading up to the meet and enter them in events accordingly. Swimmers are encouraged to view those preliminary entries before they become final by the registration deadline. If the swimmers schedule changes due to lack of availability, you will need to email your swimmers coach to inform them of any changes

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BEFORE the registration deadline. Once the deadline passes, all entries are final, swimmers and families will be responsible for those entries.

## **What happens if I miss the entry deadline for the meet?**

Late Entries/"On Deck Entries" must be done at the meet at the "Clerk of Course table. If you look at the meet information in the meet announcement, you will see if late entries will be accepted. Normally there is a late entry fee for each event entered. These fees are typically twice the amount of the team entry fee. You will have to pay that as well. Please arrive at the meet at least 15 minutes before the first warm-up session begins. If you need help, the coaches will help as long as you are early to the meet. Please understand that their job is ensuring that the team is ready for the team warm up session. You will need to email your swimmers coach two days before the first day of the meet to ask what events he/she will need to be entered in. If your swimmer has previous times for those events, you will need to have that with you when entering on deck

The clerk of course will help normally, but have something set up before you go, namely, the events that they are going to swim, USA card, times for each event printed from USS swim website and a check or cash. You must get your child's times from either the team top times of the USA Swimming data base. It is always a good idea to have plenty of cash and go ahead and register your swimmer for the second day of the meet as you are entering on the second day of a meet at the same time. This will save you and your swimmer from needing to arrive early the next day. Which means MORE SLEEP!

## **Do you have our child's times?**

Yes, once a swimmer has swum in a USA Swimming sanctioned meet, your swimmer now has times in the USAS SWIMS data base. If a child gets a disqualification, then that time is not valid and he/she will not receive credit for that swim in the data base. Times from summer leagues do not transfer into the USA SWIMS data base unless that meet was an approved sanctioned time. This includes high school meets. Typically, high school regional and or state swim meets may be allowed.

## **How do I get directions?**

Meet directions/locations are always listed in the meet announcement and or the meet information page for that meet on the web site. We would suggest using google maps.

## **What do we bring to the meet?**

Homework and or books to read	Cash (heat sheet, on deck entries, concessions)
Extra Towels	Healthy snack food
Extra suit	
Plenty of water	Extra goggles
Chairs	dark pair for outdoor pool
Pop up tents	clear pair for indoor pool
Extra Shirts	Parka or sweatshirt
Bug repellent	Sunscreen
Sharpie Marker	Notebook

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## **What does my swimmer need to wear to the meet?**

PLAT Team apparel ONLY. PLAT Team Suit, Team Caps, (Navy Cap=Fall & Winter / Lt. Blue Cap Summer) Assigned Team T-shirt for each day. Ex. each day will be a different team t-shirt. All PLAT swimmers are expected to wear the team suits and team cap for every event. PLAT swimmers are also expected to wear the correct assigned team t-shirt for each day. PLEASE DO NOT ALLOW YOUR SWIMMER TO WEAR ANY OTHER TEAM APPAREL AT ANY TEAM MEET OR FUNCTION! They will be asked to remove that item or turn that item inside out. Your swimmer is a member of Platinum Aquatics. We are a team and we conduct ourselves accordingly.

## **Does my swimmer need to bring practice equipment to a swim meet?**

NO. Practice equipment such as kick board, fins etc. is not used at meets

## **When to be at the pool?**

The coaches will always want you to be at the pool 15 to 20 minutes before our team assigned warm up time. Warm-Up times for each session are in the meet information page by Thursday the week of the meet. This information can also be found on the Gulf Swimming web site [www.gulfswimming.org](http://www.gulfswimming.org) under the meet section.

## **What do we do when we arrive at the meet.**

Find out where other PLAT families may be sitting and set up a comfortable seating area. (Please note: many of the facilities will not allow for set up areas to be in the bleachers.) Weather permitting, set up areas can be outside and or in gymnasium area. This information will be posted in the meet announcement. Make sure your swimmer checks in with the PLAT coaches. Get familiar with the facility. (Ex. Bleachers bathrooms, locker rooms (for swimmers only), Clerk of Course, and concessions.)

## **How do we check in?**

Some meets may require "circle in" (signing or checking in). The coaches will inform the swimmers and their families of any type of "circle in" meets. This will also be listed in the meet information and meet announcement.

"Positive Check In"

"Positive Check In" for distances of 400IM, 400M Free, 500Y Free, 800M Free, 1000Y Free, 1500M Free and 1650Y Free will need to be checked in at the Clerk of Course table or a "Positive Check In table or designated area 15 mins. prior to the start of the meet. This includes Prelim and Finals Meets.

## **What do I do as a parent?**

Parents need to support their swimmers and the rest of the team. Sit together with other Platinum Aquatics Families. Offer to help with watching someone else's child or swimmer while they are fulfilling their timing assignment or volunteer responsibilities. Make sure that you fulfill YOUR timing assignment and volunteer assignments. DO NOT COACH YOUR SWIMMER, this is the coaches job. Make sure your swimmer is ready for each of their events. Remind them to see their coach before and after each of their events.

## **What does my swimmer do before and during the meet?**

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Before the meet: make sure your swimmer knows what events he/she are swimming each day of the meet. It suggested that swimmers mark their arms or legs with a Sharpie Marker or on a sheet of paper with their events showing heat and lane assignments. Positive check in for events that are of distances of 400Y/M or more. Be behind the starting blocks of the designated lanes that PLAT will be assigned for warm ups 5 mins before the start of the teams warm up assignment. After warm ups, swimmers will be informed of a team meeting with the coaches that they will need to attend.

During the meet: swimmers need to make sure they warm up before their race and after their race. This will vary by age and group. Older swimmers need more and younger swimmers don't need as much. Swimmers need to ask their coaches. Swimmers need to see the PLAT coaches **before and after** each of their events. Eat light when hungry, stay hydrated with **water** and or sports drink. NO COKES/carbonated beverages. (NO SODAS) No junk food. Eat healthy. Fruit, vegetables, protein bars etc. Questions about snacks talk with the coaching staff. Work on homework or read a book. **Most importantly cheer for other teammates** when not swimming.

## **What happens if my swimmer qualifies for finals at a Prelim/Finals (P/F) Meet**

If a PLAT swimmer qualifies for finals at a Prelims/Finals (P/F) Meet, he/she is expected to swim in the finals session. Your swimmer will need to discuss with his/her coach when to return for warm ups for the finals session. As the team grows and more PLAT swimmers qualify for finals at a P/F meet this will vary. As for now this is determined on a case by case basis. Make sure that your swimmer(s) communicates with the PLAT coaching staff before leaving a Prelims session.

## **What does my swimmer need to do once they are finished with their events each day.**

All swimmers need to swim a long warm down distance after their last event each day. We realize many families are anxious to leave the meet. However, the swimmers are **REQUIRED** to warm down after their last event of each day and or session. These distances will vary by age and group. Swimmers need to ask the coaches how much warm down they should do before leaving. Swimmers must check with their coaches before leaving the meet. There may be important information that the coaches need to share with your swimmer before they leave.

## **Why do they need to swim a long warm down after a day of racing?**

Recovery is a very important part of an athlete's preparation for the next day of racing or practice. This helps the body to recover faster, relax and rest. If you have specific questions about recovery, please email or speak with your swimmers coach. There is a wealth of information on the USA Swimming web site about the importance of recovery.