

Meet Guide

Welcome to the CAST meet guide! Meets are the culmination of the practice time and work that our swimmers put into the pool. But, they are also a lot of fun! Here is a brief primer on competitions:

What to Bring

- Snacks (fruit, yogurt, bagels, jerky)
- Camp Chairs/blanket/sleeping bag
- Extra towels and goggles
- Sharpie for marking down your swimmer's event, heat, and lane numbers
- Warm clothes (sweatshirts, parka, etc.)
- CAST Cap (will be available at the coaches table; the first cap after you join the team is free, after that they are \$12 for a silicone cap and \$6 for a latex one)

What to do when you arrive

Arrive at the facility early enough to find parking, stake out a spot, and get your swimmer into their suit. Plan on being on deck ready to get in for warmups 10 minutes before the scheduled start time.

There will be heat sheets available for you to purchase; they will also be posted up on the wall of the pool. Heat sheets show all the events, heats, and lanes for the competition; make sure you look at one to find out when your swimmer will race. Once the pool opens, the swimmers will do a meet warmup, supervised by their coaches. At the conclusion of warmups (usually 30 to 45 minutes) coaches will announce the day's relays.

Racing

Be sure that your swimmer talks to one of the coaches (their primary coach if possible) before and after every race. The coach will remind them of what to focus on beforehand, and offer encouragement and tips for improvement afterwards. They will also give warmup and warm down instructions.

Don't worry if your child has a disappointing swim! No swim is perfect, and mistakes will happen. The important thing is to be positive and ENCOURAGE your swimmer after every race. This is one of the reasons we want our swimmers to check in with their coach after a race; each swim is an opportunity to learn and become a better swimmer. Most of our athletes love going to meets, and it helps them to see how their time in practice is paying off. When your child is not racing, encourage them to cheer for their teammates who are!

