

# ***SOUTHEASTERN MEET INFORMATION***

## **OVERVIEW OF A SWIM MEET**

A swim meet is a fantastic way to show the improvements that a swimmer has made in each event and stroke. The coaches carefully choose meets they believe will be beneficial for all swimmers. The list of swim meets that Southeastern plans to attend for each season is available at season registration. On occasion, this schedule will be varied and meets will be substituted. USA Swimming meets are usually held over 2-3 days (Friday, Saturday, and Sunday). Friday evenings are most often made up of distance events while Saturday and Sunday are divided into AM and PM sessions according to age groups. Your swimmer may attend any or all days of the meet during the sessions assigned to his/her age group. Session assignments differ from meet to meet, and this information will be available to club members as soon as the meet entry is received from the host club.

Competitive meets have two formats. One is called a timed finals format. In this type of meet, the swimmer swims his/her events only one time and that swim determines his/her final placing in the meet. Most meets are run on a timed finals basis. The other format is prelims and finals. The preliminary swims are during either the AM or PM session with the objective being to qualify for an evening finals session. Depending upon the meet, either the fastest 8 (in an 8-lane pool) or the fastest 16 swimmers return to swim in the evening finals competition. If the fastest 16 swimmers return, the preliminary swimmers in places 9 through 16 will compete in the consolation finals ("consols") while the preliminary swimmers in places 1 through 8 will compete in the championship heat. If a swimmer does not wish to return for the evening session, he/she may "scratch" the event and not be penalized if the scratch is made within one-half hour of the posting of the preliminary results.

## **PHILOSOPHY OF COMPETITION**

The season's meet schedule is chosen by the coaches and distributed at registration. It has been designed to give each swimmer the opportunity to measure his/her progress at a logical time. Participation in meets is completely voluntary. However, all members are encouraged to participate in at least two meets per season as part of their development.

We are a competitive swim team, and therefore, it is pertinent that we do compete in meets.

On an average, most team members should compete in one or two meets per month. The meet schedule is designed with this idea in mind. In some cases, meets are scheduled as close as two weeks apart or as far as one month apart. This happens when the meets available to us offer no other alternative.

The coaching staff reserves the right to make the final decision concerning which meets Southeastern swimmers may attend. The coaching staff must approve any exceptions to the schedule. Southeastern Swim Club will also compete in team championship meets. It is important that all eligible swimmers attend and contribute to the total team effort. Generally, any Southeastern swimmer who has qualified for two or more events is expected to attend that championship meet.

## MEET SIGNUP

Signing up for a meet is done entirely through your team website account. Once you have logged in, you can direct your attention to the “Meets” or “Meet Sign-up” link on the homepage. You will find upcoming meets to sign up for in a table that looks something like this:

The screenshot shows a web browser window with the URL [teamunify.com/team/sscc/page/meets/#team-events/upcoming](http://teamunify.com/team/sscc/page/meets/#team-events/upcoming). The page has two tabs: "Current & Upcoming" (selected) and "Past & Archived". There is a "Subscribe" button and a search bar labeled "Search for Team Events". The main content area displays a list of events:

<b>Oct</b> <b>25</b> <b>2019</b>	<b>Halloween Super Splash</b> Oct 25, 2019 Halloween Super Splash Friday October 25 HSE Natatorium All events offered for all non-Senior/HS swimmers on the team! Warm up 5:15PM, Meet Start 6PM. Sign up by October 14.	Email E
<b>Nov</b> <b>02</b> <b>2019</b>	<b>HOTEL INFO NOW POSTED- Newburgh Sea Creatures Fall Face-off</b> Nov 2, 2019 - Nov 3, 2019 Newburgh Sea Creatures Fall Face-off Invite Saturday & Sunday only	Email E

By clicking the date/meet name, you can access specific information regarding that meet in particular like warm-up times, events offered, maps, and the sign-up deadline. Once you are armed with the details about a meet, you can choose to attend the meet by clicking *Attend this Event/Edit Commitment*.

This will bring you to a screen titled *Event Signup* that will have a link to each swimmer in your family registered with the club.

1. Click on the swimmer you want to sign up, and this will take you to a page titled *Athlete Event Signup*.
2. From here, go to the *Signup Record* and select Yes or No from the drop down choices.
3. **If you select Yes, a comment box will become available. Use the Event List provided on the meet's main page as a guide (usually it's provided as a PDF for easy printing), and simply choose your events by clicking the check box next to the event. If you wish not to select events, you can leave the check boxes blank and indicate the days you wish to compete in the COMMENT BOX. If you leave the Comment Box empty and choose not select events, you will be signed up for the maximum number of days available for that particular meet.** The coaching staff will give final approval to all event selections and will always pick events best for the swimmer's long term development.
4. **Please remember to click *Submit/Save Changes* when you are done to save your choices- failure to do this will result in no record of sign up.**

Shortly after you have signed up for the meet, and also after the sign-up deadline has expired, your coaches will start the entry process for each swimmer. A red check mark or "Approved" will be directly to the right of all events your swimmer's coach has determined he or she will race. If the event does not have the red check or the "Approved" status next to the event, your swimmer will not compete in that event.

## **MEET ENTRY FEES**

The host team for a meet will assess a charge for each event in which your swimmer is entered ranging from **\$3.00 to \$7.00 per event**. When SSC travels out of state for a competition, the charges may vary from this range. If your swimmer is signed up to participate in the meet, the coach will choose the events, and the swimmer will be charged for those events. The team sends one large check for the entire amount of the SSC entry fees. The Operations Manager then receives a list of individual charges, and those charges will appear on your monthly invoice.

SSC must pay the fees for all entered swimmers regardless of whether they actually swim in the meet or not. Therefore, if you signed up for a meet on the club website, you are responsible for your meet fees even if your swimmer doesn't end up swimming in that meet. This includes non-participation due to injury or non-participation caused by being scratched from Friday night events if the host club chooses to limit those events.

## **RELAY SELECTION AND PAYMENT**

Relays are included in some meets and provide a source of excitement for the team. Many times athletes perform better on a relay than in an individual event. Relays score

double the point value of individual events in a meet. All swimmers must check with the coaching staff at the meet to find out if they are scheduled to compete for SSC on a relay. The coaches will enter all the relays.

The building of a relay team is the sole responsibility of the coaching staff. There are many variables to be considered including the swimmer's fastest time, how well the swimmer has performed at the particular meet in question, how much rest the swimmer has gotten since his/her previous event, the swimmer's ability to perform under pressure, and the general attitude and practice attendance of the swimmer. With many factors to consider, it is difficult to predict which four swimmers will perform the best in an upcoming event. Your support of the coaching staff in making relay selections is appreciated.

The meet entry fee for a relay team is equally divided among the four swimmers selected for the relay. If any relay swimmer would choose to leave the meet early, thereby prohibiting the relay team from competing, that swimmer will be billed for the entire entry fee for the relay.

### **CLASSIFICATION AND TYPES OF MEETS**

#### ***Classified Age Group Program*** –

There are seven age groups in USA Swimming. The Senior age group includes any USA Swimming registered swimmer who has achieved the prescribed qualifying time for the event regardless of age. Age on the first day of a meet determines the swimmer's age for the entire meet.

<b><u>Age Groups</u></b>
8 and Under
10 and Under
11-12
13-14
15-16, 17-18, or
15 and Over,
Senior

- 
- **Super Splash Meets** – These meets, held approximately one time a month, are intra-squad meets. These meets are only open to certain swimmers depending upon the time of year that the meet is held. Super Splashes are run by SSC parents and are a great learning experience for both swimmers and parents. Generally, the last Super Splash of the season is open to all swimmers regardless of their times.

- **Dual Meets** – Occasionally Southeastern will compete with one other team in a dual meet. These meets help promote team unity, but usually limit the number of events a swimmer may enter.
  
- **Invitational Meets** – SSC will be invited to participate in invitational swim meets at least once a month. These meets are usually held in central Indiana, but are sometimes held outside of the Indianapolis area or even out of the state. In order to compete in these meets, a child must be cleared by their coach which would mean that they are legal in all 4 strokes and that their coach feels that they are ready for outside competition. Invitational meets are usually held from Friday night through Sunday night and participation is strictly optional; swimmers may chose to go to the entire meet or just a part of the meet.
  
- **Championship Meets**
  - ▶ At the end of each short course (winter) and long course (summer) season, a meet recognized as the Indiana State Championships is held. It provides an exciting climax to the season for qualified age groupers and seniors. To qualify for participation in a state championship meet, a swimmer must have achieved a state cut in his/her age group as listed on the “Motivational Time Standards” chart. The winter state meets are held in March, and the summer state meets are in July. Both are three-day meets with preliminaries and finals. Additionally, SSC swimmers may be selected as members of a state relay team. The coach will notify you as soon as relays have been selected.
  
  - ▶ Divisionals. This meet is for swimmers who have times for any event between the “slow to fast” times listed on the Divisional short course yard time standards. The Divisional Championships are held in the winter only.
  
  - ▶ Zone meets are for swimmers who have achieved a “AAA” time in an event. Those swimmers compete as members of Team Indiana at the Zone Meet held in August. **USA Swimming Sectionals and Futures Meets** are considered at this general AAA to AAAA level.
  
- **USA Swimming Junior Nationals** – One of the highest levels of achievements that Southeastern swimmers strive for is participation in the Junior National Championships. Swimmers who meet qualifying time standards for this meet travel to compete against the best young (under 18 years old) swimmers in the nation.

Please be aware that some swimmers can enter all of the championship meets. Also, a time obtained at one meet could qualify a swimmer for the next level meet.

Please keep in mind that the time standards can change each swim season: These are available on the web site.

- **USA Swimming Championships** – Other than the Olympic Trials and World Championship Trials, the highest level of competition in the United States for senior swimmers is the USS National Championships. As with the Junior Nationals, swimmers meeting the national time standards travel to compete against America's best swimmers. By their performance in these meets, swimmers often qualify for United States teams that engage in international competition.

**“EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT A SWIM MEET, BUT WERE AFRAID TO ASK”**

Swim meets are a great family experience! They’re a place where the whole family can spend time together. Listed below are some very in-depth guidelines geared to help you through your first few swim meets. It may seem a little overwhelming, but we tried to be as specific and as detailed as we possible could.

**Before the Meet Starts:**

1. Parents, download the Meet Mobile app to your phone! This app is approximately \$7.00 per year (as of 2019), however it is an invaluable tool to track your swimmers results post-swims and also provides a tool to track all your swimmer’s results. There are duplicate results tracking features in our own website as well as via the USA Swimming Deck Pass Plus app, however the Meet Mobile app is the most popular.
2. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed in the meet information and will be posted on the SSC website
3. Upon arrival, find a place to put your swimmer’s blankets, swim bags and/or sleeping bags. SSC team members try to sit together in one place; so look for familiar faces.
4. Find the check-in location, and either you or your swimmer will need to check themselves in. **This should be the first thing you do when you get to the pool.**
  - a. This is usually near the entrance to the pool. Look for signs or ask a meet worker.
  - b. Check for special posted instructions at the sign-in area. Usually you will check in by highlighting your name and events on the sign-in sheets. If this is not done, the swimmer will be scratched from the meet and not be allowed to swim that day. Sign-in sheets typically are taken down one half hour prior to the start of the meet.
  - c. The sign-in is done so that people running the meet know exactly who has shown up to swim that day.
5. Once “checked in,” write each event number on your swimmer’s hand in ink. This helps him remember what events he is swimming and what event numbers to listen for.
6. Your swimmer now gets his cap and goggles and reports to the pool and/or coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. Swimmer’s bodies are just like cars on a cold day – they need to get the engines going and warmed-up before they can go all out.
7. After warm-ups, your swimmer will go back to the area where his towels are and sit there until his first event is called. This is a good time to make sure he goes to the bathroom if necessary, gets a drink, or just gets settled in.
8. The meet will usually start about 10 to 15 minutes after the warm-ups are over.
9. According to USA Swimming rules (because of insurance requirements), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of the meet

should be referred to the coaching staff. They, in turn, will pursue the matter through the proper channels.

10. Psych Sheets. A psych sheet is usually available for sale in the lobby or concession area of the pool. It lists all the swimmers in each event in order of “seed time.” When the team entry is sent in, each swimmer and his previous best time in that event are listed. If the swimmer is swimming an event for the first time, he will be entered as a “no-time” or “NT.” A “no-time” swimmer will most likely swim in one of the first heats of the event.

### ***The Meet Starts***

1. It is important for any swimmer to know what event numbers he is swimming (again, why they should have the numbers on their hand). He may swim right after warm-up or may have to wait awhile.
2. A swimmer’s event number will be called, usually over a loudspeaker, and he will be asked to report to either the “clerk of course” or to his designated lane assignment. At the IU Natatorium, the lane assignments are posted on the windows of the east control room, at all meets they will be posted somewhere, and swimmers are to check there to see what heat and lane they swim in. In this case, the swimmer reports directly behind the blocks in his lane by giving his name to the timers in his lane. The swimmer should report with his cap and goggles. Generally, girls’ events are odd-numbered, and boys’ events are even-numbered. EX: “First call; Event #26, 10 and Under Boys, 50 Freestyle.”
3. If there is a “clerk of course,”
  - a. The people running the “clerk of course” may give a card to each of the swimmers swimming the event. The card will tell each swimmer his heat and lane number.
  - b. Sometimes the clerk will line up all swimmers and take them to the pool in the correct order.
  - c. Depending on the meet, either the people at the clerk will give the card to the timers at the end of each lane, or the people at the clerk will instruct the swimmers to hand their cards to the timers when it is their turn to swim. These cards are important because they tell the people running the meet who actually swam each event.
  - d. You can usually expect at least 4-8 heats of each event.
4. The swimmer swims his race.
5. After each swim:
  - a. He is to ask the timers behind his lane for his time.
  - b. He should then go immediately to his coach. The coach will ask him his time and discuss the swim with each swimmer.
  - c. Generally, the coach follows these guidelines when discussing swims:
    - i. Positive comments or praise
    - ii. Suggestions for improvement
6. Things you, as a parent can do after each swim:
  - a. Tell him how great he did! The coaching staff will be sure to discuss stroke technique with him. You need to tell him how proud you are and what a great job he did.

- b. Take him back to the towel area to relax (only if that area is not on the deck).
  - c. This is another good time to check out the bathrooms, get a drink or something light to eat.
7. When a swimmer has completed all of his events, he is free to go home. Make sure, however, that one of you checks with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay for which your swimmer is expected to be a member, and he is not there. If you leave before swimming an assigned relay, you will be responsible for the entire entry fee for that relay.

**What Happens if Your Child has a Disappointing Swim?**

If your child has a poor race and comes out of it feeling bad, talk about the good things the child did. You never talk about the negative things. If your child comes up to you and says, "That was a bad race; don't tell me it wasn't," remember there is nothing wrong with a swimmer negatively evaluating a race. The important thing is that the child doesn't dwell on it. You should move the swimmer on to something good. "All right, you have had a bad race. How do you think you can do better the next time?" Immediately start talking about the positive things.

**What to Take to the Meet:**

1. Most important: team swim suit and team swim cap – and goggles.
2. Baby or talcum powder to "dust" the inside of the swim cap. This helps preserve the cap and makes it easier to put on.
3. Towels – Realize that your swimmer will be there a while; so pack at least two.
4. Something to sit on. Example: sleeping bag, old blanket, etc. The swimmer will be spending a lot of time on it between events.
5. Sweat Suits: Bring at least one. It may get soggy and wet.
6. T-shirts: two or three because they also may get wet and soggy.
7. Games: travel games, coloring books, books, anything to pass the time.
8. Food: Each swimmer is usually allowed to bring a small cooler. It is better to bring your own snacks even though there usually are snack bars at the meet. Suggestions:  
Drinks: Water, Fruit Juice, Gatorade  
Snacks: Granola Bars, Fruits, yogurt, cereal, sandwiches

Once you have attended one or two meets, this all will become very routine. Please do not hesitate to ask any parent on our team for help or information. These meets are a lot of fun for the swimmer! They get to visit with friends, play games, and meet kids from other teams. They also get to "race" and see how much he has improved from all the hard work he has put in at practice.

**Special Parent's Note:** The pool area is usually VERY warm. Therefore, you need to make sure that you dress appropriately. Nothing is worse than being hot at a swim meet as it makes the time pass slowly. At some meets, the parents can sit with the swimmers in the "camping" area. If you don't think that a gym floor will be comfortable bring folding chairs to sit on. In addition, please take into account that there may be considerable "down-time" for your swimmer and especially for younger

siblings. Plan to bring games, snacks, decks-of-cards, and other items to help pass the time between swims.

## **BASIC SWIMMING RULES**

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer.

Trained officials observe the swimmers during each event to ensure compliance with these technical rules. If a swimmer commits an infraction of the rules, a disqualification (DQ) will result. This means that the swimmer will not receive an official time and will not be eligible for an award in that event. Disqualifications may result from actions such as not getting to the starting blocks on time, false starting, advancing themselves by walking or pushing off the bottom of the pool, pulling on the lane lines, or unsportsmanlike conduct.

DQs are also a result of technical rules violations. They include but are not limited to:

**Freestyle** – Walking on the bottom; pulling on the lane rope; not touching the wall on a turn; or not completing the distance.

**Backstroke** – Pulling or kicking into the wall once a swimmer has turned past the vertical onto the breast; turning onto the breast before touching the wall with the hand at the finish of the race

**Breaststroke** – An illegal kick such as flutter, dolphin, or scissor; shoulders not level; alternating movements of the arms; taking two arm strokes or two leg kicks while the head is under water; touching with only one hand at the turns or finish.

**Butterfly** – Alternating movements of the arms or legs; pushing the arms forward under instead of over the water surface (underwater recovery); a breaststroke style of kick; touching with only one hand at the turns or finish.

\*For specific language on any technical rules, consult the *United States Swimming Rules and Regulations* book.

**MEET OFFICIALS**

Officials are present at all competitions to enforce the technical rules of swimming so that the competition is fair and equitable. Officials attend clinics, pass a written test, and work meets before being certified. All parents are encouraged to get involved with some form of officiating.

1. Timers (you do not have to be an official to be a timer) – Operate timing devices (watches or automatic timing systems) and record the time for the swimmer in their lane.
2. Turn Judges – Observe the swimmers from each end of the pool and ensure that the turns and finishes comply with the rules applicable to each stroke.
3. Stroke Judges – Observe the swimmers from both sides of the pool, walking abreast of the swimmers, to ensure that the rules relating to each stroke are being followed. The positions of Stroke Judge and Turn Judge may be combined into one position called the Stroke and Turn Judge.
4. Relay Takeoff Judges – Stand beside the starting blocks to observe the relay exchanges, ensuring that the feet of the departing swimmer have not lost contact with the block before the incoming swimmer touches the end of the pool.
5. Clerk of Course – Arranges the swimmers in their proper heats and lanes.
6. Starter – Assumes control of the swimmers from the Referee, directs them to “take your mark,” and sees that no swimmer is in motion prior to giving the start signal.
7. Referee – Has overall authority and control of the competition, ensuring that all the rules are followed; assigns and instructs all officials, and decides all questions relating to the conduct of the meet.

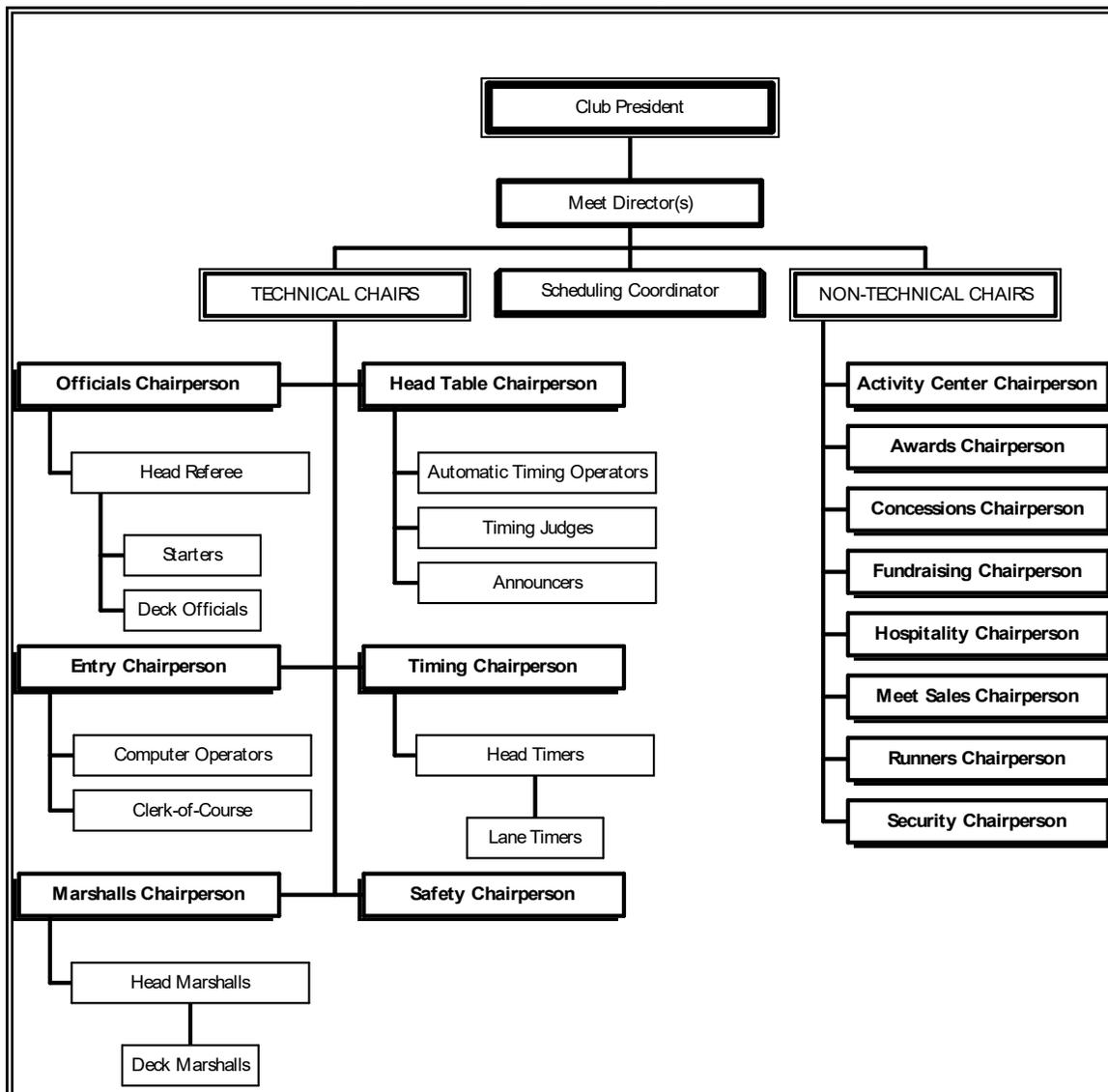
Violations of the rules are reported to the Referee, and the rules require that every reasonable effort be made to notify the swimmer or his coach of the reason for the disqualification. If your child is disqualified in an event, be supportive rather than critical. For beginning swimmers, a disqualification should be treated as a learning experience, not as a punishment. A disqualification alerts the swimmer and coach to what portions of the swimmer’s stroke need to be corrected. They should be considered in the same light as an incorrect answer in schoolwork – they point out areas that need further practice. Disqualifications are necessary to keep the competition fair and equitable for all competitors. A supportive attitude on the part of the official, coach, and parent can make a positive situation out of the disqualification.

## **HOSTING MEETS**

Each year, Southeastern Swim Club typically will host 2-3 swim meets at the IU Natatorium, HSE HS Natatorium, or Fishers HS Natatorium. Because these meets are the main fund raising source for the club, every member family is expected to work at the meets. Also, due to the size of our club, 100% participation by members is necessary to ensure a quality meet.

## **SSC MEET ORGANIZATIONAL CHART**

A steering committee of Southeastern parents plays the major role in planning and carrying out the meets hosted by SSC. Please be generous in either donating your time to be a part of this steering committee or being willing to do your part at the meet when contacted by one of its members. The committee is organized as follows with the club president, meet director, scheduling coordinator, and chairperson of each area under technical and non-technical positions being a steering committee member.



**PARENT OBLIGATIONS**

The hosting of swim meets is the only fundraising requirement of Southeastern Swim Club families. Each Southeastern Swim Club family must provide workers to volunteer a minimum number of meet sessions as determined by the SSC Board of Directors. You may work these shifts at whichever of the hosted meets best fits your schedule. **Volunteer workers must be above the age of a high school student or incoming high school student for the family to receive volunteer credit.** Some positions may require a volunteer to work at every meet session. If your family cannot fulfill the requirements, it is your responsibility to find a qualified volunteer to take your place. There are many older swimmers who may be interested in substituting for you – please contact the volunteer coordinator or SSC Director of Operations for a list of these people. Volunteer signup is accessed on our website.

Any Southeastern Swim Club family not fulfilling the minimum work requirement for the year will be assessed a fine as determined by the SSC Board of Directors. The intention is to use the money collected from the fines to acquire needed meet workers and/or to purchase food for the hospitality room.

Each family is also charged \$20.00 hospitality fee for each hosted meet; \$25.00 at Age Group State. Alternatively, a small number of items are available to donate to the hospitality room. This list of available items is posted to the team website. You sign up for these much the same way you sign up your swimmer for a meet. The hospitality room is open to all coaches, officials, and volunteers during the shifts they are working. Unfortunately, we are not able to accommodate swimmers and/or a volunteer's family members in the hospitality room at any time. If you neglect to sign up for this hospitality item, you will be automatically charged the fee.

Since teams throughout the state judge SSC by the quality of the meets we sponsor, it is imperative that all members contribute. Thank you for your understanding and support of the meet guidelines.

**BECOMING AN OFFICIAL**

Several times each the season, Southeastern Swim Club will conduct officials training classes. We encourage as many parents as possible to consider becoming officials so that we can continue to host quality swim meets. Becoming an official requires taking the course, completing a written test, and serving as an apprentice at three sessions of a meet. You will be notified of upcoming officials classes through the newsletter, email, or the club website.