



TCAT

Twinsburg Competitive Aquatics Team



Meet Expectations

1. Arrive to the pool 30 minutes before the scheduled warm-up time.
2. Swimmers will have to check in or circle their name so they can stay in the meet (this closes half way after warm-ups begin).
 - a. Coaches will direct swimmers to the check in.
3. Swimmers usually eat a light breakfast followed by a bagel, granola bars, and fruit between events.
4. The event assignments will be posted after the warm-up has concluded. When they are posted, the swimmers can write their event, heat, and lane on their arm so they remember where to go.
5. Swimmers tend to stay on the pool deck with their team while the parents watch from the stands. Parents and Swimmers will be able to talk and sit together in common areas of each facility. During the meets parents will not be able to access the pool deck.
 - a. Swimmers can bring something to play games or read to keep them occupied between events. They may go an hour or longer without swimming an event depending on what the swimmer is registered for.
6. Swimmers need to report to coaches immediately following each event they swim. Coaches will provide feedback on what can be worked on for improvement for the swimmers' next race. The coaches' feedback will be one or two things that can be changed to see improvement.
7. Before swimmers leave they should check with their coach to double check they aren't in any relays or events later in the meet.