

Calvert Aquatics Club Swim Meet Policies and Procedures

A swim meet is the opportunity for our swimmers to see the results of their hard work in practice and have a lot of fun with their friends. It is also the chance for the kids to be part of the team with relay participation, team cheers, and encouraging their teammates during races.

The coaching staff is dedicated to having every meet be successful for each swimmer in the Calvert Aquatics Club family. To help with this, we have the following meet policies:

Meet Entries:

- Parent must declare the intention to participate at the meet **before** the CAC deadline.
- All requests to be entered into a meet after the CAC Deadline must be submitted to the coach in writing using his/her CAC provided email address. The participation will not be guaranteed.
- Coaches select the races/relays that swimmers will swim within 48 hour after the deadline. A notification email will be sent via TU. Parents can also see events in the TU meet selection after logging in.
- Swimmers/Parent must notify the coach of any changes within 24 hours the email has been sent (3 days after the CAC deadline).
- Parent should use the note box if they have special request. Example: swimming only one day at the meet (be specific).
- No change will be made 6 days before the meet notice Deadline.
- Meet Entry refunds will not be granted after the Meet entry submission.

Warm-ups:

All swimmers must attend the assigned CAC warm-up time for the meets. Swimmers will need to arrive early enough to have adequate time to check-in, get seated, change, and be in the water at our scheduled time. These times will be available on the CAC and the Maryland Swimming websites under the meet schedule page at least one day before the beginning of the meet.

MD State Championship Meet:

Maryland swimming requests each team to volunteer at the MD State Championship. The head coach will notify thru email of the work that has been assigned from Maryland Swimming and to verify the CAC family availability. The Head Coach will make the assignments proportional to the number of events/swimmers entered in the meet. Please make every effort to cover your assignments, however, if an assignment is going to cause your family undue hardship, please email the Head Coach as soon as you received the email or no later than 48 hours before the meet to arrange a change. For any reason you cannot cover or you would like to change your shift please contact the other families if they can cover for you. All volunteers (including timers) should be prepared to work the duration of the session including morning relays.

Team Uniform:

All CAC swimmers are required to wear a team suit (Arena brand) or a coach approved Arena brand technical suit, a CAC swim cap and a CAC t-shirt at all swim meets.

All CAC swimmers attending the Team Travel Meet (swim meet outside our LSC), Maryland State Championship or higher competition such as Speedo Sectional must wear the following: Team warm-ups (jacket and pants), CAC T-shirt, CAC cap, CAC swim suit and CAC swim BAG.

If a swimmer is at a meet without an Arena brand suit and a CAC cap, swimmer will not be permitted to swim in the meet.

Any circumstances that prevent someone from adhering to these policies must be discussed with the Head coach.