

# FFYS Meet Manual

Everything You Always Wanted to Know  
About Swim Meets ...  
But were Afraid (*or didn't know enough*) to  
Ask



Meet Manual 2014-2015

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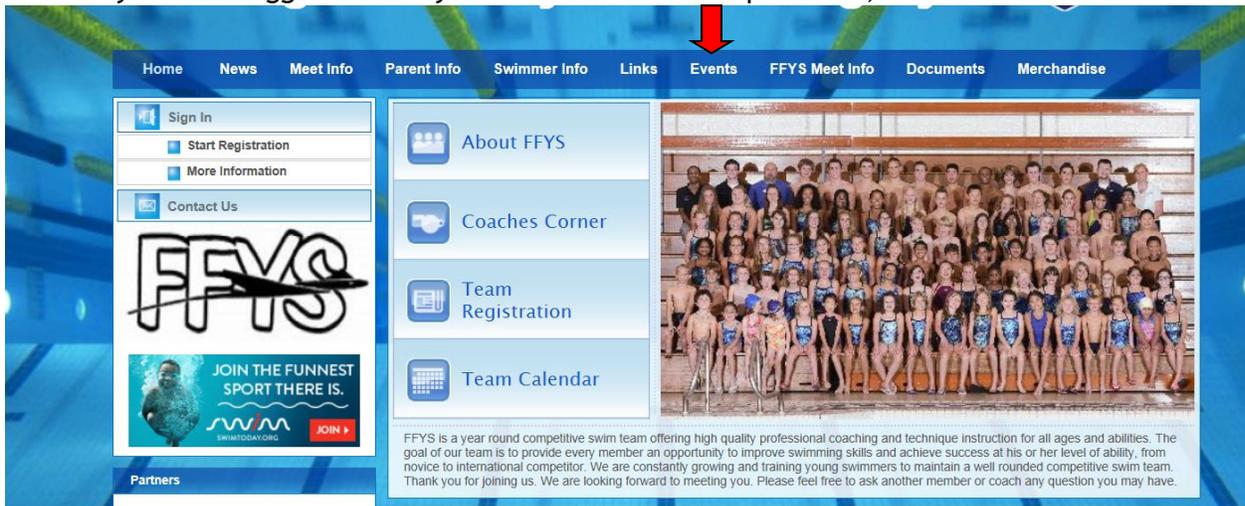


## Meet Manual 2014-2015 Registering for a Meet

**Please Note:** Before you begin your meet registration process, **please review the Meet Packet**. They are located under the Meet Info tab on our website, and attached to the meet event.

Also, before registering your child in an event, please seek out his/her coach for input. But you will make the final decision.

1. Once you have logged in with your email address and password, click on the **Events** tab:



2. Under the Events tab, find the meet you wish to enter. Then, click on the **“Edit Commitment”** button: **(You must have signed into your account before you can sign up for a swim meet).**



Team, Attached is the meet packet for the 2014 BBD Fall Festival hosted by the Birmingham "Y" Blue Dolphins (BBD). The meet packet can also be found on the Meet Calendar. This is a YMCA swim meet. Thi...

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Event Signup

Athlete Signup   Committed Athletes   Undeclared Athletes   Declined Athletes

My Account: **Ahmad, Robin** (313-930-6838) [Change Account](#) (Admin Only)  
 Event: **2014 BBD FALL FESTIVAL MEET** (Oct 25, 2014 - Oct 26, 2014)  
 Registration Deadline: **October 14, 2014**

Meet Name: **BBD Fall Festival Meet**   Location: **Lake Orion High School**   Course: **YO**   Meet Type:  
 Start Date: **10/25/14**   End Date: **10/26/14**   Age Up Date: **12/1/14**   Use Date Since: **1/1/70**

Enforce entry based on [Qualify Times]: <b>No</b>	Restrict entry [Best Time] to same [Meet Type]: <b>No</b>
Event Declaration Setting: <b>Commit by Event</b> » <a href="#">Edit</a>	Maximum Event Entry Limitations » <a href="#">View</a>
Allow Course Conversion for Relays: <b>No</b>	
If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Qualify Time]: <b>No</b>	

[View/Edit All Meet Events](#)   [Go Back to Event Home Page](#)

Click on Member Name to declare for this Event:

Member Name	Member Commitment	Coach Approved	Last Updated
<a href="#">Aliyah Ahmad</a> *Active	Not Committed		10/03/14 6:31 AM

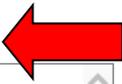
**Secured.** © Copyright 2014. TeamUnify, LLC All rights reserved.

3. Next, click on your swimmer's name:

**Note:** Those with more than one swimmer, will have to perform this task for each swimmer.

4. Next, you must declare (or commit) your swimmer to the meet by choosing the "Yes, please sign [Swimmer's Name] up for this event"

Member Athlete: **Aliyah Ahmad**  
 Event: **2014 BBD FALL FESTIVAL MEET** (Oct 25, 2014 - Oct 26, 2014)

\*Declaration: **Yes, please sign [Aliyah] up for this event** 

Notes:

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Athlete Qualifying Age: **14**   Gender: **Female**

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- On this same page at the bottom, you will choose the events in which you want your swimmer to enter. You must check the box to the far left of the event.

**Important Notes:**

- Please pick the individual events below that the Athlete wants to attend and enter [Entry Time]. Please enter **NT** if no Entry Time is available.
- Relay teams are solely determined by the coaches. If you have problem attending the relay teams, please contact coaches directly.
- You cannot make changes after the coach approved or rejected your application. Please contact admin to change your records.
- Please enter [Entry Time] in this format: **mm:ss.hh**.
- [Bonus] is not a standard option; send Entry Report to the meet host in addition to the SD3 file.
- Only **Admin** can customize [Entry Time] and set [Bonus] fields.

	Best Time	Entry Time	Bonus	Exhibition	Approval	Day	Sess	Ev#	Gen	Event	Qualify Time
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		1	2	36	G	13-14 200 Medley	
<input checked="" type="checkbox"/>	<a href="#">1:30.66Y</a>	1:28.00	<input type="checkbox"/>	<input type="checkbox"/>		1	2	42	G	13-14 100 Breast	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		1	2	48	G	13-14 200 Back	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		1	2	54	G	13-14 100 Fly	
<input checked="" type="checkbox"/>	<a href="#">1:11.05Y</a>	1:09.11	<input type="checkbox"/>	<input type="checkbox"/>		1	2	60	G	13-14 100 Free	
<input type="checkbox"/>	<a href="#">2:44.37Y</a>	2:44.37Y	<input type="checkbox"/>	<input type="checkbox"/>		2	4	118	G	13-14 200 Free	
<input type="checkbox"/>	<a href="#">3:26.97Y</a>	3:26.97Y	<input type="checkbox"/>	<input type="checkbox"/>		2	4	124	G	Open 200 Breast	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	4	128	G	13-14 100 Back	
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		2	4	134	G	Open 200 Fly	
<input checked="" type="checkbox"/>	<a href="#">30.81Y</a>	29.85 x	<input type="checkbox"/>	<input type="checkbox"/>		2	4	138	G	13-14 50 Free	

 Save Changes

- When you have completed your event selections, you must click on the **“Save Changes”** button.

- And that is all to it! You have successfully entered your swimmer into a meet!





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**Event Signup**

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[View/Edit All Meet Events](#)      [Go Back to Event Home Page](#)

Click on Member Name to declare for this Event:

Member Name	Member Commitment	Coach Approved	Last Updated
<a href="#">Aliyah Ahmad</a> *Active	<input checked="" type="checkbox"/> Committed	#42 (d1/s2): G 13-14 100 Breast (1:28.00Y) #60 (d1/s2): G 13-14 100 Free (1:09.11Y) #138 (d2/s4): G 13-14 50 Free (29.85Y)	10/07/14 10:55 AM

This area tells you what day and session you have registered for. D=Day, S= Session. This says that Aliyah Ahmad is going to swim:

1. Event # 42
2. Day 1
3. Session 2
4. Girls 13-14
5. 100 Breast



## Meet Manual 2014-2015 Getting Ready to Leave for the Meet

### Review Meet Information

1. Review all the meet information.
2. Be sure you have directions to the pool. Google map or set the address in your GPS the night before. The address of the meet is always in the meet packet.
3. Double-check the time for warm-ups for each day of the meet (it may be different each day!).
4. Make sure your swimmer knows which events he/she is scheduled to swim.

### What to Bring to the Meet

Pack swim bags well in advance of the time you will be leaving for the meet (the night before is perfect for early morning meets - you may even want to put it in the car the night before). Plan to take:

1. Team swimsuit (optional, but HIGHLY RECOMMENDED!)
2. Goggles (2 pair if you have them)
3. Swim cap (2 if you have them) **Note: The FFYS swim cap is REQUIRED for all meets!!!**
4. Towels (at least two)
  - a. One for drying off between events
  - b. One for drying off after the meet
5. Sandals to wear on the pool deck
6. Street clothes to change into after the meet (sweat suits are great)
7. Games (travel games, coloring books, stuff to pass the time- please leave valuables at home)
8. Highlighter, pen (to highlight your swimmer and FFYS team in the program)
9. Sharpie to write the events on your swimmers hand/arm (11 & Under recommended)

### What to Eat

#### The Night Before the Meet

Swimmers should always eat healthy foods (*Please see "30 Top Foods for Swimmers at the end of this document"*)

This is not mandatory, but a suggestion. The night before a meet, we eat carbohydrates, GOOD CARBS. We eat:

1. Pasta
2. Bread
3. Salad
4. Beef or Chicken

#### The Morning of the Meet

We eat the following types of foods the day of the meet:

1. Oatmeal (not too much, don't want to get too heavy)
2. Bananas
3. Orange Juice
4. Bagels
5. Eggs
6. Hot Chocolate on the really cold mornings



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### During the Meet

It is important that your swimmer stays hydrated during the meet and keep up their energy. Here are a couple of suggestions:

1. **WATER**
2. Gatorade
3. Juice
4. Granola Bars
5. Power Bars
6. Yogurt

You can bring your own food (no glass containers), but there will also be a concession stand that is run by the host team. The concession stand will have good food and junk food to choose from.

### What to Wear Swimmer

1. Wear something comfortable to the meet:
  - a. Sweat Pants
  - b. T-shirts
2. During the swim meet, the swimmer should have something to throw on while waiting for their events:
  - a. More sweat pants (not the ones you wore to the meet, remember you will be wet)
  - b. Flannel pants (pajama looking pants)
  - c. T-shirt
3. After the swim meet is over, the swimmer can put the clothes back on they wore.

### Parents

Please wear something light and comfortable!

1. T-shirt is highly recommended (FFYS T-shirt is a plus)
  2. Jeans
  3. Active apparel
- PLEASE NOTE:** No matter how cold it gets outside, it is **EXTREMELY** warm at a meet. Some parents bring shorts with them or wear them to the meet.

**Please call Coach Rich if your swimmers are unable to attend a meet for which they are entered. This enables the coaching staff to make adjustments to relay teams.**



## Meet Manual 2014-2015 Before the Meet Begins

1. The expected arrival time is always 15 minutes prior to the warm up time listed in the Meet Entry Packet.
2. Allow extra time for traffic, weather or getting lost.
3. Know the events your swimmer is scheduled to swim.
4. **Please do not be late.** Even if your swimmer's events are later in the meet, you must get there during the warm up time to check in with the coach. Relays are usually swum as the first events. Relay teams are not formed until warm ups. If you have 4 swimmers registered to swim in a meet for the same age group, there are 3 swimmers depending on you.
5. Find your Stingray teammates and/or families in the stands and join them. It's much more fun to sit together and cheer for all our Stingrays! Your swimmer may want to leave their swim bag with you in the stands or they may wish to take it with them to the pool deck (some meets have regulations about this - check the meet information packet). Most facilities have lockers, but you must bring your own lock.
6. USA meets require that the swimmers check in with the "clerk of course" or in the marshaling area. (If check-in is required and a swimmer does not check-in, they are dropped from their events and are not allowed to swim). The coach will know if it's a meet that requires check-in and should direct the swimmers to do this before they start warm-up. Remind your swimmer to check with coach about this.
7. If there is additional time before warm-ups begin, write the event numbers and the events that your swimmer is swimming on the back of their hand in ink. (Example: #16 50 free). This will help your swimmer remember what events s/he is swimming and what event number to listen for. HINT: if you are running a little behind there is usually plenty of time between warm-up and the events to write the events on your child's hand.
8. Make sure your swimmers have their caps, goggles, and towel with them as they head to the pool deck. **IMPORTANT NOTE: Due to insurance liability issues, parents are prohibited from being "on deck" (in the pool area) unless they are serving in an official capacity.**
9. Swimmers report to the pool and the coach for warm-up instructions. It is very important for all swimmers to warm up with their team. Swimmers' bodies are just like cars on a cold day - they need to get their engines going and warmed up before they can go all out. The coach stands at the end of the warm-up lane directing the swimmers through their warm-up. All Stingrays warm up in the same lane. Swimmers start by swimming a number of lengths to warm up. Then they usually do a number of one-way sprints to allow swimmers to practice their starts on the starting blocks.
10. After warm-up, swimmers stay on deck with their teammates. The meet usually starts about 10-15 minutes after warm-up is completed.
11. While your swimmers are warming up, pick up your program (or when you pay admission). Programs are usually available for purchase in the lobby or concession area of the pool. They list all the swimmers in each event in order of "seed time." Events are usually swum from slowest to fastest seed times. Many parents bring highlighters to "highlight" each of their swimmers (and their team mates) to be sure not to miss an event.



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### The Meet

1. It is important for swimmers to know which event numbers they are swimming (again, why you wrote their numbers on their hand). Some swimmers will swim right after warm-up, while others will have to wait awhile.
2. Most meets provide "marshalling" for the younger swimmers (usually 10 and under). The marshals organize the swimmers in the order that they will swim the event, which keeps events running as efficiently as possible. An announcement and/or a sign will tell swimmers when to report to the marshalling area. As a parent, you are also responsible for watching the marshalling board with your swimmers. Generally, swimmers are requested to report to the marshalling area 15-20 minutes before their event will be swum. Swimmers check in with the people in marshalling and are usually given a card (with their name, the event, the heat #, the lane #, etc.). Swimmers are then directed to sit in a specific seat. It is important for swimmers to follow directions closely and to remain in their seats as assigned. When it is time to swim their event, the marshalls will take the swimmers, in order, to the pool deck. Swimmers keep their card until they get to their starting block to swim their race. Then the timer or official verifies their name and takes the card from them.
3. In meets that do not have marshalling (usually USA meets), swimmers are responsible for getting their card for each event and reporting to the starting block for each of their races. If your swimmer has never been in a meet like this before, make sure the coaches know this. They will pay special attention to make sure your swimmer gets to each race.
4. Finally, the swimmer swims his/her race and everyone cheers loudly in the stands!
5. After each swim:
  - a. Swimmers can ask their timer what their time was (this is an unofficial time, but it gives a good indication of how well they did)
  - b. **Swimmers should go directly to their coach.** The coach will discuss the swim with each swimmer, mixing positive comments and praise with suggestions for improvement.
6. **Disqualification:** Officials can disqualify a swimmer for doing a stroke improperly. If this happens, they will stop the swimmer as s/he is getting out of the pool after the swim and explain the problem with the stroke. This can be a very disappointing (devastating!) experience for a young swimmer. Be assured that it happens to every swimmer at every level (even the Olympic trials!). Support, reassurance and encouragement are the best parental remedy for a "DQ".



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## Things you, as a Parent, can do after each Swim

1. Tell swimmers how great they did! The coaching staff will be sure to discuss stroke technique with them. You need to tell them how proud you are and what a great job they did.
2. Take them to the concession area to relax, get a snack, and/or go the bathroom.
3. Continue to look and listen for your swimmers next event. They report to marshalling (or the starting block) for each of their events.
4. When swimmers have completed all of their events, they are free to go home. **Make sure, that you, as a parent, check in with the coach before leaving to make sure your swimmer is not included on a relay team.** It is not fair to the other swimmers when a relay has to be canceled because someone went home early.
5. Be sure to check the official results before leaving the meet. Results are usually posted on a wall near the concession or award area. Write down your swimmers' times for each of their events.
6. Also check to see if your swimmer earned a ribbon or medal. Each meet is different as to how many awards are given for each event. Most meets give ribbons or medals for 1st through 6th places but some give ribbons for as many as 1st through 16th places. If you cannot stay to collect ribbons/medals, the coach will bring them home from the meet and they will be placed in your mailbox at the pool.
7. Before leaving the meet, always check swimmers' bags to make sure they have their swimsuit, goggles, cap and everything else that you came with!



## Meet Manual 2014-2015

### What Happens if Your Child Has a Disappointing Swim:

1. First, make sure that your swimmer has spoken with a coach. Any feedback you give before the coach and swimmer have had a chance to discuss a race could be confusing to the swimmer.
2. If your child has a poor race and comes out feeling bad, talk about the good things. You may say, "Hey, that isn't like you, I'm sure your next swim will be better." Then you can talk about the good things your child did.
3. Your child may come up to you and say, "That was a bad race, don't tell me it wasn't." There is nothing wrong with a swimmer negatively evaluating a race. The important thing is that the swimmer does not dwell on it. Encourage the swimmer to focus on something good. "All right, you have had a bad race. How do you think you can do better next time?" Immediately start talking about the positive things.
4. Try to acknowledge their fears, anxieties, and personal evaluations. They are in a situation that can be stressful and they need support and encouragement.
5. Honor the bond between your swimmers and their coach. It is a special bond and contributes to swimmer success as well as fun. Be a patient, understanding and supportive parent. That's what your swimmer needs most from you!



## The Top 30 Foods for Swimmers

Foods	Featured Nutrients				
	Carbohydrate	Protein	Antioxidants	Fiber	Other
1. Blueberries	✓		✓ Anthocyanins		
2. Blackberries	✓		✓ Anthocyanins		
3. Strawberries	✓		✓ Vitamin C		
4. Oranges	✓		✓ Vitamin C		Heperidin
5. Mango	✓		✓ Vitamin A, Vitamin C		
6. Broccoli			✓ Vitamin A, Vitamin C	✓	Vitamin K
7. Carrots			✓ Vitamin A, Vitamin C	✓	Vitamin K
8. Tomatoes			✓ Vitamin A, Vitamin C	✓	Lycopene
9. Sweet Potatoes	✓		✓ Vitamin A (beta-carotene), Vitamin C		Potassium, Iron, Copper, Manganese
10. Avocado				✓	Vitamin K, Folate Potassium
11. Spinach			✓ Vitamin A		Vitamin K Folate, Iron, Manganese, Magnesium
12. Mixed Greens			✓ Phytonutrients		
13. Potatoes	✓		✓ Vitamin C		Vitamin B6, Copper
14. Bananas	✓		✓ Vitamin C		Vitamin B6, Potassium
15. Almonds			✓ Vitamin E (gamma-tocopherol)		
16. Cranberries	✓				Hippuric acid
17. Oatmeal	✓	✓		✓	Manganese
18. Granola	✓	✓		✓	Manganese
19. Olive Oil			✓ Vitamin E		Oleic acid
20. Black beans	✓	✓	✓	✓	Folate
21. Yogurt	✓	✓			Calcium, Phosphorus
22. Milk	✓	✓			Calcium
23. Orange juice	✓		✓ Vitamin C	✓	
24. Whole grain bread	✓	✓		✓	Manganese
25. Whole grain pasta	✓	✓		✓	Vitamin B
26. Eggs		✓			Vitamin K, Choline, Leutin
27. Beef		✓			Iron, Zinc, Vitamin B12
28. Salmon		✓			Omega-3 fats
29. Shrimp		✓			Selenium, Vitamin D, Vitamin B12
30. Chicken		✓			Selenium, Niacin