



NEW SWIMMERS How to attend a Meet 101

Notification of meets will be listed on the team website: www.hutchhightides.com under the EVENTS heading. The notification will include:

- Date/Time of the meet
- Location of pool
- Information about the meet such as cost per race and deadline to sign-up.

Registration for the meet will be done via the team website. (Follow the instructions from your email notification.) The coaches will decide what races your swimmer is ready to swim in and the meet entries will be posted at the pool prior to the meet. If we have enough swimmers in that age group, your swimmer may be entered into relay events. Accordingly, you will be billed for your child to swim in that event as well.

Keep a copy of the Sign-Up information (pool address, warm up times) and when posted keep a copy of the events entered (relays will be decided prior to the meet but may not be listed on the meet information page...check with the coach to see if your swimmer has been entered into a relay).

Seating is not always available in the pool areas. Gather your troops and scope out the perfect location for your family. Some teams offer “camping” areas in hallways or gymnasium areas of the school, others do not. Once your “homestead” has been staked out, buy your program (usually \$10 fee) which can usually be found near the concession area and get your swimmer ready for warm-ups.

Using your highlighter, go through the program and locate the events in which your swimmer is participating. Each event is separated by gender, age and heat. If this is the first time for a specific race, you will usually find your swimmer in Heat 1 with a NT (No Time). Heats are run slowest to fastest. Within a heat, the middle lanes are the fastest times.

Mark your swimmer with a listing of events for that day. Yes, literally write on their arm or leg. A Sharpie works great. Most people make a chart with headers denoting E (Event); H (Heat), L (Lane) and S (Stroke). For example, Joey is swimming in four races.

E	H	L	S
10	1	5	50 Free
16	2	3	100 Back
22	1	6	50 Fly
32	1	7	100 Breast

Follow the program and listen to the announcer. Some meets will announce what events should be on-deck, and others do not. Be sure to have your swimmer on the pool deck (with the coach) several heats before s/he is due to swim. This allows the coach to give your swimmer instructions for the race. Keep in mind, that it is the swimmer’s responsibility to be in the water at the right time – and in the right lane – not the coaches—not the officials. So the best word of advice, follow the program, check the scoreboard for Events and Heats and get your swimmer down by the team at least 15 minutes before they race. (Take into account a quick bathroom run

too.) Teach them to double check with the timers. Everything is written on their body – they can just point and ask if they are in the right lane.

Parents are NOT allowed behind the starting blocks! Areas along the side of the pool are reserved for Officials (referees) and Coaches. Stay out of any other areas that are roped or cordoned off. USA Swimming rules, insurance carriers and common sense keep parents distanced from the pool. Scope out the races throughout the day, you will spot the area that is best for watching (cheering).

Arrive at the pool at least 5 minutes before the scheduled warm-up time begins. This time will be listed on the meet sign-up page of our website. Report to the pool and/or coach for warm-up instructions. Your swimmer should have all his/her gear in tow (cap, goggles, towels) Swimmers should wear team suits, caps, and sweats (if available) at all meets. It is very important for all swimmers to warm-up with the team. A swimmer's body is just like a car on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.

After warm-up, your swimmer will go back to the area where his/her team is sitting and wait there until his/her first event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just gets settled in. The meet will usually start about 10-15 minutes after warm-ups are over.

As with any sport, Official (referees) will be studying the swimmers. If a swimmer does not legally perform a stroke, start or turn, they will receive what is called a DQ (disqualification). The swimmer will receive a No Time for this event. Generally, your child will learn this from the coach shortly after their event. Officials will not talk to individual swimmers; instead, the coach will receive a DQ slip and s/he will talk to the swimmer to explain what occurred. I don't know of a swimmer that hasn't received a DQ slip at some time or other. Don't let your child get discouraged. There are a lot of little rules that they need to learn. Keep the atmosphere around DQ slips low-key, learn from them; but, don't let them get discouraged.

Each event will be posted indicating the results of that race. The results are typically taped to a wall outside the seating area – look around the walls or hallways. For most meets, the awards should be picked up by the individual swimmer (or their parent) before leaving the meet. If the awards are not picked up the individual, another team representative will try to pick them up and give the awards to the swimmers at a later time.

There are four race types in swimming and one hybrid thrown in for good measure. They vary in length: Freestyle, Backstroke, Breaststroke, Butterfly and Individual Medley (IM – all four strokes, in set order, in one race).

After each event we ask your swimmer to come talk to the coaches first. It is best when we have their race fresh in our minds to go over a quick review with them. Then they can come and visit with you. Please give them positive feedback!!! You are their biggest cheerleaders and they need to hear from you how great they did! Invite grandparents, and remember the pool is very hot! Dress for the heat!

HAVE FUN AND THE BEST OF LUCK!



EQUIPMENT LIST:

Trunk: Lawn Chairs

Pillow

Blanket

Swim Bag:

Swimsuit (1 or 2)

Towel

Swim Cap

Goggles (1 or 2)

Deck Clothing (examples: sweatshirt, t-shirt, "comfy" pants, sandals)

Highlighter

Sharpie

Pen

Pocket cash for Program (usually \$10) and Concession Stand

Kleenex

Water bottle

Entertainment for Parents!

Fill in with the extras needed for a good day at meet.

Be sure to read the meet information carefully. Unless the facility does not allow outside food to be brought in, feel free to pack a small cooler or goodie bag with healthy snacks.