

## REGULAR SEASON SWIM MEETS:

Coaches will determine which meets that swimmers in their group should attend. These meets are for the benefit and the individual swimmer, and are important to maintain team unity and spirit, which enhances the competition skills of each swimmer. The best way for a swimmer to evaluate themselves and their progress is through meet participation. If signed up for a meet, the swimmer must pay a fee for each event he/she wants to swim, or a flat fee, depending on the event. Costs are detailed in the meet information, which is linked from the event page on our website. Once an entry is confirmed and the deadline has passed, **fees are not refundable.**

## MEET GUIDELINES:

Just like practice, swimmers are expected to be on deck and ready to swim at least 10 minutes prior to the start of the scheduled warm-up period. Warm-up periods and session timelines will be posted on the team website in advance of the meet. Not only does timeliness result in a proper warm-up, the coaches need to take attendance, submit relay cards and account for all swimmers. Timeliness is very important for a successful meet. Swimmers may be removed from relays due to tardiness.

Swimmers must talk to their coach before and after each race. This is one of the most important ways a swimmer will learn to compete and rely on the professional expertise of the coach. The check-in with the coach also ensures that the swimmer does not miss a race. Parents are asked to help in reminding swimmers about checking in with the coach. With the size of the Rochester Swim Team, it is impractical for coaches to be responsible for swimmers getting to the coach and blocks on time. All team members are encouraged to cheer for every member of the team. Athletes are also encouraged to sit with the team during the meet, not in the stands with parents. Cheering helps everyone enjoy the meet and teaches swimmers the importance of team spirit and comradeship. This is an important life lesson about supporting others.

Regardless of weather or indoor structure, swimmers should wear warm clothing, shoes and bring plenty of spare towels and dry clothing. Every swimmer should have some type of swim bag with a routine stowage of proper gear. Routines are important to avoid forgetting items. Swimmers will be in contact with many different environments during a meet – warm clothing will help protect them from the ill effects of moving between the pool and non-pool spaces. Shoes (or quality sandals with non-skid soles) are important to avoid falls. Proper nutrition and hydration are also key components to support the swimmer. Many good tips about nutrition can be found on the team website under the Parents/Athletes tab.