

Mixer Meet Report

On April 26th and 27th Montana Swimming held the first ever “Mixer Meet” from a recommendation for LSC’s that have a population of less than 2500 to get more interest in the sport. The first one was a BIG hit!

Basic Format of the Event

We had 59 participating swimmers for the weekend. We had 34 girls attend and 25 boys. Cost was \$20 to participate. Swimmers engaged in 2.5 hours of water time in 2 sessions on Saturday. They also participated in 3 separate dryland/gym sessions focused on team building, games, and some dryland skills for a total of about 3.5 hours. There was also lunch and dinner provided at the Griz Cafeteria (Food Zoo) for swimmers to spend time together.

Attending Coaches Comments

We had 4 MAC coaches, 2 BOZ coaches and 1 HLST coach attend. Coaches mixed up as well and coached ½ the swimmers in the morning swim and dryland sessions, then switched for the afternoon sessions in order to interact with all swimmers present. Coaches had a great time interacting with all kids and learned new skills from each other as well. They would love to see more participation from other teams as this was a great way to get to know each other. Saturday’s event ran from 8:00am (check-in) to 6:00pm pick-up. Sunday’s meet ran from about 8:30am (warm-ups) to about noon and included pizza/wings and salad lunch at the end. The only suggestion from Coaches was for a future event have 11 and over swimmers do the all day Saturday portion, but 10 and unders would join the group just after lunch time, as 8am-6pm was a VERY long day for younger kids, but they really enjoyed it. Having younger ones from lunch to dinner would give them plenty of time to interact with other new swimmers without being totally exhausted. Coaches appreciated the older swimmers and their desire to fill leadership roles. Many opportunities were given for older swimmers to fill leadership roles and that was an exciting thing for coaches to see kids develop these skills. Coaches also thank Curt and Lanni Jacobson for arranging the facilities and cool participation prizes to make this first event a success!

Participant Survey Results

Survey’s were collected from 28 participants after the event to try to help us plan for a future Mixer Meet. Below are the results of that survey. 28 Survey’s were received.

All surveys collected said they would return to a future Mixer Event. 53% said “no matter where it was held,” and 39% said “as long as it was within a 3 hour drive.” 2 “other” comments were collected, 1 saying they would drive up to 5 hours and the other said they would drive up to 3 hours, but not attend “at any location.”

From the Survey Swimmers/parents ranked from 1-7 what was the best part about the mixer meet. Here are the results:

	Average Ranking
1. Meeting other Montana Swimmers/Building new Friendships	6.04
2. Working with new Coaches	5.25
3. Learning new swimming skills	4.71
4. Gaining Leadership experience	4.11
5. Competing in relays (non-conventional relays)	2.96
6. Interactive dryland games/relays	2.96
7. Competing for official times	1.96

Comment's section:

- Great meet. All the kids had a blast! Try to make relays a little more even if possible (I realize that is difficult) it makes them more fun when they are more evenly matched
- Was wonderful ... Please do it again
- They needed some more down time during the day if possible. Felt it was a great time for all swimmers and hope that more coaches decide to participate next year. We also appreciate so much all of the coaches that spent their weekend participating in this event, because without you it would not of been possible. Thank you coaches!!
- Thank you for organizing this event -- my swimmers ha a great time
- had an awesome time,
- This was great!! I made lots of new friends, and it was great to be a team with swimmers from other cities. The only thing that I would like to do next time is to get to know people who were on the other team.
- Great fun! Daughter had a blast and loves the duffle and water bottle!
- This was a fantastic meet and our swimmers had a wonderful time. It would be great if part of the Saturday time could be a short session on nutrition/stretching/dryland exercises. Overall, thank you so much this was really wonderful!!
- Loved it. All the kids I talked to said it was one of the best meets! They had fun. They especially liked meeting new kids and coaches and thought the relays were super fun. Thank you so much for hosting! Thank you to mt swimming and the awesome coaches for giving their time . We will be back
- It was a great weekend!! Very organized and so awesome to watch the kids interact. Maybe have them swim 1 or 2 more individual events. Thanks to all involved!!
- Thank you to all the coaches who attended! I had a blast, and I really appreciate you taking a weekend to run this event!
- I had a blast and I think that is mixer meet did what it was suppose to and bring all swimmers together to become one team Montana. Butterfly Swag # for life
- It was fun and such a positive experience. Laughed a lot and my child made a best time!
- Lots of fun!! Thanks
- My swimmer had a fantastic time! It was so great to interact with other swimmers his own age!! Thanks for doing this.
- I would like to do it again. It would be more fun with more swimmers.

We hope to continue this event for Montana Swimming in the future and hope that we can get more support from other coaches, and even more swimmer participation!

Submitted by Coach Jade and Coach Shelly Sobek