

All you need to know about Meets

- Meet Sign Up:** On the Team Website under the **Home** Page you will see the **events**. You can also access events from the **Meets** Tab at the top. Click the Attend/Decline. Click swimmers name. Choose a declaration in the drop down box. In the notes you can write anything specific you want coach to see. You do not need to pick your swimmers events. If you leave it blank after declaring your child to attend the coach will choose their events. You may suggest your swimmers events by choosing them at the bottom if you see them (picture on right). If you don't see them listed, you will, just keep checking by hitting Attend/Decline. Note the max entries. Make sure to save on bottom of that screen. Suggesting your swimmers events is just that, a suggestion. Coach will ultimately choose and may make changes to best suit your swimmer.



Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Quality Time
1:15:30	<input type="checkbox"/>	<input type="checkbox"/>		1	G	11 & Over 800 Free	
1:15:30	<input type="checkbox"/>	<input type="checkbox"/>		3	G	11 & Over 100 Free	
1:22:15	<input type="checkbox"/>	<input type="checkbox"/>		5	G	11 & Over 400 Medley	
1:40:45	<input type="checkbox"/>	<input type="checkbox"/>		7	G	11 & Over 200 Free	
1:57:00	<input type="checkbox"/>	<input type="checkbox"/>		9	G	11 & Over 200 Fly	
2:07:00	<input type="checkbox"/>	<input type="checkbox"/>		11	G	11 & Over 200 Back	
2:17:00	<input type="checkbox"/>	<input type="checkbox"/>		13	G	11 & Over 200 Breast	
2:43:15	<input type="checkbox"/>	<input type="checkbox"/>		15	G	11 & Over 400 Free	
2:43:15	<input type="checkbox"/>	<input type="checkbox"/>		17	G	11 & Over 1500 Free	

- Sign Up Deadline:** every Meet has a deadline for sign up. Please check these early. Best effort is given to post deadlines on the FB page as well. Click the Meet title (in blue) and it will take you to another page where you can see the deadline and a Meet Sheet (Flyer). Always refer to the Meet Sheet.



GNST Kearney May Short Course Invite
 May 19, 2018 (07:30 AM) - May 19, 2018 (03:00 PM)
 Registration Deadline: May 9, 2018

Description
 Greater Metropolitan Swim Team - Kearney May Short Course
 Kearney High School
 All Sign - Registration closed
 R11

Forms/Documents:
 Meet Flyer
 Event File

- Home Meets** you will note an **Edit Job Signup** tab next to Attend/Decline. Please sign up to volunteer. The Parent Manual does encourage parents to bring a concession item AND sign up to volunteer. We understand when your kids are new and you want to be by them and make sure they have it all figured out. Eventually letting them sit with the team is great for them to get to know their teammates. Set up/tear down is always super helpful and can be done by new parents who want to help but still be with their swimmers during the Meet. Plus, you get first dibs on seats in the empty pool before everyone else arrives! You only have to volunteer at home meets. Many of the away meets will ask for volunteers for timing. Don't feel pressured but know that they really do appreciate the help and sometimes require it for sanctioned meets. State Meets and larger Meets, such as Midwestern's, will always have volunteer sign up for timing. Spots are few but are always needed and, again, super appreciated. The best part about timing is that you don't have to lug around a chair and you are right up front with all the action.
- MULTIPLE DAY MEETS:** You do not have to attend both/all days. Refer to the Meet Sheet on Team Unify and look at the events per day on the last pages. You and your swimmer can decide what works best. Note in the "notes" section of the sign up so their Coach is aware if you will only be going one day. You won't want to sign up and forget the notes as your swimmer may get put in events for multiple days.

- **Meet Fees:** you will receive an email listing Meet fees. Meet Fees are also listed on each Meet Sheet so you know in advance what will be due. YMCA Meets are usually free. Please pay attention to the fees and try to save \$\$ accordingly. **Non-payment of fees in excess may result in your swimmer being unable to attend meets until you are paid in full.**
- **BE EARLY** to meets. If a meet starts at 8AM try to get there by 715. Spots fill up quickly. Some pools have more deck space, some less.
- **Pack** chairs, bleacher seats, coolers, snacks, extra suit, extra cap, extra goggles, sharpies, highlighters.
- **Take cash.** You will need a Heat Sheet which range from \$2 and up. Heat Sheets lists your swimmers events. Almost all Meets have concessions. It's always nice to support the host team concession stands and they always have cold drinks. Read/Print your meet sheets from Team Unify (Team Website). There may be information regarding vendors selling shirts and such. A few meets offer personalization for hoodies and tees. Some meets have full out swim vendors with suits, goggles, tees, caps, bags, stickers, etc.
- **Concessions:** Many parents wonder what exactly our concession money goes toward. In a nutshell, it all goes toward the team in countless ways. Concessions are our main source of income for our team.
- **Heat Sheet:** On here you'll highlight events and get your swimmer sharpie marked. Mark your swimmers arm, thigh, or wherever they will see best with EHLS: Event, Heat, Lane, Stroke. Similar to:

E (Event #)	H (Heat)	L (Lane)	S (Stroke)
1	2	6	50 Free
3	3	4	100 IM

The IM order is Fly, Back, Breast, Free. If it's a Medley Relay it's Back, Breast, Fly, Free. If they are in a Medley Relay you might write the stroke they swim next to IM, like Medley Relay: Fly.

- **Heat win** is different than winning the entire event. If your swimmer wins their heat, awesome!! This may not automatically equal a ribbon. There may be 5 heats of the same event, 6-8 swimmers per heat, and they must place in ribbon rankings. Either way, heat wins deserve lots of praise.
- **DQ's:** DQ's happen...to every swimmer. Please prepare your kids for a DQ and let them know that a DQ just gives them an opportunity to learn how to correctly swim their stroke. A DQ will result in no time for them on the results sheet. Even experienced swimmers DQ. The Officials raise their hands when they see a DQ but it's hard to know which swimmer they are looking at so never assume until the results are out.

All you need to know about swim gear

- **Practice Gear:** Beginners need a suit, cap, and goggles. You'll see swimmers with snorkels, nose pieces, and fins. The coach will make it known if you need to purchase these items. One piece suits are recommended due to all of the movement and starts. Swim Bags are not required but might be needed if your swimmer plans to stay long term. All available on Swim Outlet.
- **Meet Gear:** You have the option of purchasing a team suit. Black suits are recommended if not purchasing a team suit. Team caps are available (during open orders or ask me) or silver caps in the meantime.
- **Team clothing:** We will put in orders periodically for team gear.
- **Swim Outlet** gives a portion of the sales to the team if you go from the Team Unify App to log in (Example above). You can buy Goggles at The YMCA front desk, Dicks, and Hibbets, if you need them in a hurry.
- **Elsmore Swim Shop** is usually who we have our team caps and suits through. You can also buy gear from them.

All of these are easily accessible from the team website.

Everything else you need to know...for now



- **Team Website:** search **YMCA Quicksilver Swim Team** and choose the Team Unify site. Please save and refer to this website OFTEN. There's also a section on here called **Quicksilver Shout Outs** where recognition and news are posted.
- **Midwestern Swimming:** access from Team Unify. This is a great place to learn about time standards and all other sorts of things. The Team Website also has information about our own team records and Midwestern time standards plus a bunch of other stuff added this year. Click on the tabs and check it out! The standards are what a swimmer follows if they have a goal of making a Midwestern or other Championship Meet.
- **FACEBOOK:** Search Grand Island YMCA Quicksilver Swim Team. **Please like this page.** Cancellations will always be posted here first if short notice. Email may not be sent for short notice cancellations.
- **Email:** When you register **please use an email that you regularly check.** The team does not send a lot of emails, only important ones that you would likely want to read.
- **Mobile Apps:** Meet Mobile is a great app to download. Check it out. There is an option to pay; it's about \$5 per year. On Deck is another app.
- **SWIM BULLETIN BOARD:** Keep an eye on the board for the swim meet calendar, and other information. We may put **PICTURES OF YOUR SWIMMER on the board, the Quicksilver Facebook page, and/or the Team Website.** If you do not want your swimmer to be on any of these please let me (Liza) know.

YMCA Support: Melanie H. is the Aquatics Director for the YMCA. The Y supports the Swim team in many ways including support of our coaching staff, expenses for coaching staff, our pool and all of its expenses (lifeguards, locker rooms, etc.), support for coaches to attend Meets, background checks for coaches, adherence to Safe Sport Guidelines, and ensuring the YMCA values of CARING, RESPECT, HONESTY, AND RESPONSIBILITY are at the forefront.

Parent Committee: We do have a committee of a handful of parents who meet 3 to 4 times per year (during practice) to make decisions for the team and discuss team needs. These parents also have defined roles that support our team. The time commitment is decent and seldom goes beyond the time you spend at the pool. We would love to have more members on our committee. If you are interested, you may text Liza 308-380-8396 or Ashley 308-249-6085. Keep these numbers handy, we are always willing to help you or guide you in the right direction if we can't answer your questions.

Lastly...most importantly.... **HAVE FUN!!!** Let your swimmers enjoy the sport. *Let their Coach be their Coach* so you can enjoy watching them do what they love. 😊

