



At the Meet FAQ for Athletes and Parents

Meets are opportunities for an athlete to measure progress, bond with teammates and have FUN! Here are some answers to typical questions we receive about meets.

Q: What should we bring to a meet?

A: Athletes should wear the team shirt identified in the meet itinerary and bring:

- RSA meet suit
- 2 caps
- 2 pairs of goggles
- 2 towels
- chair for athletes
- warm clothes for in between events
- cards or small activities
- healthy snacks and water

Spectators (Parents) should bring:

- something to read in between events
- cash for snacks, apparel, etc. (depends on the meet)
- sharpies to mark arms
- snacks and water

Q: What should we NOT bring to the meet?

A:

- ELECTRONICS
- Collegiate, TSA or other team apparel
- sports equipment, including soccer balls, tennis balls and lacrosse balls
- pets

Q: Does it matter what suit an athlete wears to the meet?

A: Yes, athletes should wear Speedo meet suits to meets.

Q: Is there a special place to sit?

A: Athletes should sit in the team area designated by the coaches. Upon arrival, athletes should find the coaches on the pool deck to locate the designated area.

Parents are not allowed on the pool deck unless volunteering in an on-deck volunteer position. Parents sit in the stands or at RSA meets, in designated areas (along the walkway and behind the retaining wall in deck chairs).

Parents may stand on deck in the viewing area during their athletes' events.

Q: What should we do when we get to the meet?

A: Drop your athlete off at the meet and remind the athlete to find the coaching staff.

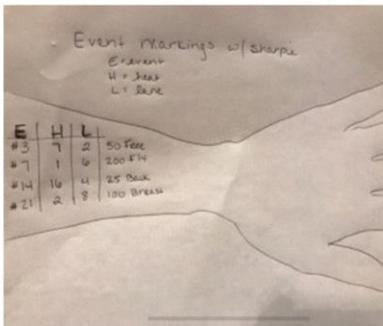
Q: If parents are not allowed on deck, how will athletes know what to do?

A: Coaches are always on deck to assist the athletes. In some circumstances, kid pushers (volunteers assisting with lineup for swimmers, typically eight years old or younger) will be utilized. This option is determined by the host team.

Kid pushers are volunteers who assist athletes (typically, eight years old and younger) at all RSA hosted meets and, when permitted, at meets hosted by other teams. The athletes need to check in with the kid pusher upon arrival at the team area and also let the kid pusher know if the athlete is leaving the team area. Kid pushers ensure the athletes are lined up at the block before their races.

Q: Is there anything I should do before the meet?

A: Mark one of the arms of younger athletes like this:



Prior to the start of the meet, it is helpful for parents/guardians to purchase a heat sheet. These are generally sold at the entrance to the meet, although at RSA meets, we post them. Parents and guardians of athletes who are ten years old and younger should write the events the athlete will be swimming on the athlete's arm:

For Example, in the above example, Mary is swimming four events: 50 Freestyle, 200 Butterfly, 25 Backstroke and 100 Breast. Mary's arm has the following information:

<u>Event #</u>	<u>Heat</u>	<u>Lane</u>	<u>Event</u>
3	7	2	50 Free
7	1	6	200 Fly
14	16	4	25 Back
21	2	8	100 Breast

Parents and guardians of athletes who are eight years old or younger should write the athlete's name on his/her back in permanent marker before the athlete goes to the pool deck for the meet. The parent/guardian should also mark the athlete's arm with his/her events as noted in the following section. Many older athletes use this system until they are comfortable reading heat sheets or Meet Mobile information.

Q: Is there anything special I should remind my athlete to do at the meet?

A:

- Pay attention to the flow of the meet, as much as possible, to ensure no missed events.
- Warm up and warm down.
- See the coach after each race.

Q: People talk about apps. What apps should I get and why?

A: Deck Pass and Meet Mobile

Deck Pass: All swimmers, from state champions to summer leaguers, can track their times with the log book and even keep track of their personal goals with Deck Pass. USA Swimming members can also look up their times and recent meets, check their IMX scores, and see all of the Deck Pass patches they've earned. Create an account at usaswimming.org.

Meet Mobile: ACTIVE Network's Meet Mobile transforms the swim meet experience for fans, swimmers, coaches and meet hosts alike. From the largest national qualifying trials in the country to the smallest swim meets, get access to meet programs from all over the world, including heat sheets, psych sheets and live results. Download Meet Mobile from your app store.