

# Parents Guide:

If you are asking yourself, “What did I just get myself into? you are not alone. Being a new Metro North parent can be overwhelming, with tryouts and registration, clothing and equipment purchasing, and deciphering the meet schedule.

We are here to help. You and your swimmer have just become part of a remarkable team of kids, coaches, supporters and parents. The Metro North swim team is arguably one of the best youth sports organizations in New England. Steep in history and tradition. The program is child-centered and abides by the YMCA four core values: Honesty, Caring, Respect and Responsibility. However, with all these great things, there is much to learn from the parents’ perspective (much more than swim strokes). There are valuable tidbits of information that can help you and your swimmer make a smooth transition into our program.

Please look through this packet of information, which includes commonly asked questions, Teamunify details, important names and telephone numbers, as well as helpful links to outside websites. Certainly this packet only covers a few of the questions you may have, but hopefully it demystifies some of this swim team business.

If you have any questions you might want answered from a parent’s perspective, please do not hesitate to ask questions! There is so much information to absorb, and be patient, you will learn most as you go. Some things are more pertinent to younger swimmers, other details are for older swimmers. Every parent of a swimmer on the Tritons was once a new parent, too! Welcome to Metro North Tritons! We look forward to an exciting and event-filled swim season with you and your swimmer!

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## Metro North Contact Information

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# What's Going On?

How do I find out what's going on with the swim team?

- Check out Teamunify often for updates – [www.ymntritons.com](http://www.ymntritons.com)
- Read the swim team handbook. It's full of helpful information. If you did not receive one, the contents are available on our team website [www.ymntritons.com](http://www.ymntritons.com) Simply click on the Parents Information tab.
- Check your email for messages and read them
- Join the Metro North Facebook Page – <https://www.facebook.com/ymntritons>
- Ask other parents
- Ask coaches before or after practice (communicating with a coach during practice is not permitted)
- Email your head coach or the team email [ymntritons@metronorthymca.org](mailto:ymntritons@metronorthymca.org)

## Helpful Links

<http://www.ymntritons.com>

<http://www.usaswimming.org>

<http://www.varsityswim.com>

## Commonly Asked Questions

When should my child start competing in meets?

● Talk to your swimmer's coach. Each swimmer is different. A collaborative decision is made based on the swimmer's desire, age, ability and other factors such as whether the meet is home or away. Some of the away meet locations are notorious for overwhelming young swimmers so it's a good idea to ask about them prior to making a commitment. Be patient. The Metro North Tritons hope to present a positive experience with the sport to your swimmer and to keep them on the team throughout high school and college.

How should my swimmer and I prepare for a meet?

● Prior to the meet, parents should explain to their swimmer that it will be hot, long, noisy, and crowded, and not like practice. However, the meet will definitely be exciting and a great way to test all the skills they have been practicing. Tell them to encourage and cheer on their teammates.

How do I sign up for a meet?

- When meets are scheduled they are posted on Teamunify, [www.ymntritons.com](http://www.ymntritons.com) with the option to sign up and a deadline. You will receive emails reminding you of upcoming events that have been scheduled and their deadlines. If you want your swimmer to compete at the meet you will log in with your login ID, select the meet, select your swimmer's name, and declare you "will" or "will not" attend. In many cases, you will be able to choose the events your swimmer will swim. If this is the case, after you declare that your swimmer "will attend" the meet, you will be taken to a page where you can select specific events and save the entry. Your selections will be reviewed by your swimmer's coach. If you have any questions about what your child should swim, don't hesitate to email your coach.

What do I need to bring to a meet?

- Team swimsuit
- Team swim cap
- Team t-shirt
- 2 pairs of goggles
- 2 towels
- Sandals/flip flops (something that can be easily put on and removed quickly)
- Change of clothes (in a plastic bag to stay dry)
- Water bottle
- Small, inexpensive activity for down time (e.g., book, travel game, cards)

What do I need to bring to a USA meet?

- All of the above
- An extra sweatshirt and blanket or sleeping bag, as swimmers usually do not stay on the pool deck between events. Swimmers may wait between events in a holding area (gym or large room) so they are spread out on the floor with their team.
- Chair (tailgate/camping style for holding area)

Parents, please label every piece of clothing and towels

Where do I go during the meet?

- For the first meet your swimmer attends it is recommended that parents stay in one place in the designated viewing area. This gives your swimmer piece of mind because they know where you are at all times should they need you during the meet. Designated viewing areas are not all the same and vary dramatically. Some viewing areas are on the pool deck, some are above the pool, and others may be behind glass enclosures.
- Wear a bright colored shirt to help your swimmer find you. HINT – you will want to dress for summer on the pool deck and bleachers. It gets HOT! (Please note that parents are not allowed on deck unless working at the meet. Timing the meet is a great way to be on deck!)
- Coaches try to keep the groups together so they can line up swimmers prior to events. They will be busy organizing the swimmers and will not be available to answer your questions. Swimmers are not allowed to sit with the parents.

How do I find out what my child is swimming?

- Prior to the meet, the teamunify will have a link to the meet information and meet entry. If your child is signed up for the meet, their events should be listed with their previous best time or the coaches best guess of a time for an event that your swimmer may not have an official time entry. To see what your child is swimming, log in to the event page and click “edit commitment.” Coach-approved events will be listed with a black check mark beside the event. If there are no events or the check mark is not there, please be patient as the coaches may not yet have completed this task. Email your child’s coach if you have any questions about the events.

What if my child is worried they are in the wrong events or cannot swim a certain distance?

- Certainly many swimmers (and their parents) doubt their ability to compete in a given event. The coaches would never ask them to compete in an event they were not capable of completing, so despite the swimmers reservations, trust the coaches.

How do I find out how my child performed?

- After the meet, we make every attempt to update the results on the website. Be patient. These are listed by event or by swimmer’s name.
- Meet Mobile – this is an app that will show results live if the host team is using it for that meet. This would be designated in the meet packet.

# Parent Volunteers

Swim meets cannot run without the help of parent volunteers. Hosting swim meets is our method of fundraising for the team, so parent volunteers are essential. This is outlined in detail in the handbook. Please read and know these policies ahead of time.

Working at a meet is not as intimidating as it may initially seem. It definitely makes the time go faster! Timer, times recorder, ribbon writer, and runner are all manageable jobs and take no prior experience. You will learn very quickly on the job. In addition to filling a necessary role, these tasks allow you to be closer to the action. You'll be in a position to witness the sheer excitement and energy of the swimmers on the pool deck!

There are meets where volunteer sessions are required for timing. If you have a swimmer participating in these particular meets. You may have to make arrangements to your schedules, so please plan well in advance in order to eliminate unnecessary stress.

## YMCA meets vs USA meets

Our team is involved with two leagues: YMCA and USA

YMCA meets involve competing with other Eastern MA YMCA's, which are known as invitational. These are usually one to two day events, divided by age, and usually taking just a few hours. To compete in Y championship meets (districts and New England) swimmers must attend 2 YMCA meets. These meets have a meet fees and event fees.

USA meets run over a weekend (Friday thru Sunday). You may sign up for all three days or one day depending on your swimmer and your schedule. Please be aware Friday events are usually longer distances. USA Swimming is optional and recommend after the first complete year of swimming. These meets have meet fees and event fees.

Both will be billed upon entry submission via the Teamunify. Once entries are submitted, swimmers are entered and fees will not be returned. If you cannot make the meet, we will scratch your swimmer from the meet, no fees will be returned.