

## **SWIM MEET BASICS**

1. Warm up times will be posted on the front of the website once we get them. If they are not there, we do not have them from the host team yet. As soon as we do, they will get posted there. If you are looking for more information on the meet in general, please refer to the meet information posted on the meet schedule page. The warm up times posted on the front of the website trump any warm up times posted in the meet information. If we have a timing assignment it will also say so on the front of the website and the details for the timing assignment will be emailed to you.
2. Plan to bring some cash to the meet. Admission is usually \$5-10 per person. (Swimmers do not need to pay.)The heat sheet or program will be additional. Running a swim meet is very expensive and most teams do it as a fundraiser and to make sure that their kids get a meet. Admission is just part of the deal. We will charge admission to everyone that comes to our meets as well.
3. Spectator seating at swim meets is usually in bleachers. If you want some cushioning or back support, you need to bring yourself a stadium seat.
4. Don't plan for your swimmer to sit with you and your family. Swimmers belong with their team during the meet and are not allowed to visit the stands during the meet.
5. Don't plan on going over to where the team is sitting to visit with your swimmer. Coaches, timers, officials and swimmers are allowed "on deck" (on deck=the area around the pool and where the swimmers are sitting and getting ready to swim). Parents will be in the stands, separate from the swimmers.
6. If you take pictures, keep in mind that the flash from cameras interferes with the start, so flash photography is definitely not permitted at the starts. (It's a good idea to figure out how to avoid using a flash during the whole meet, to keep it simple.)
7. Concessions are available at most meets (That cash comes in handy again!)
8. You may be walking on wet tile floors; wear shoes that will help keep you sure footed. Keep that in mind for your swimmers too. Deck shoes or flip flops are fine for the swimmers.
9. It can get pretty warm and humid at meets, even mid winter. Wearing layers is a good idea. Even better, wear layers in Piranha colors (black, silver and red) Yes, those black and silver T shirts are not just for the swimmers!! Your swimmers need to have warm Piranha clothes to wear between their swim events too. Swimmers should have t shirts, sweatshirts, sweatpants. Bath ropes are not permitted...they do not keep your legs warm enough. Swimmers should plan to have something else to wear home as these clothes will get wet on the deck.

10. Be prepared for quite a bit of down time between events. If you have children or other folks who need to be entertained, don't forget to bring that entertainment with you. The swimmers are permitted to bring entertainment as well, this needs to not be elaborate, just very simple.
11. IF YOU ARE GOING TO BE LATE OR CAN'T MAKE IT TO THE MEET FOR WHATEVER REASON you must text Julie or Kip.
12. Timeline-You can expect an hour of warm up and then 4 hours of racing. It is possible that it will be less than that, however the only way it will be more than 4 hours is if there are delays or if it is a Championship meet. USA Swimming rules limit each session to 4 hours for regular season meets. Championship meets are as long as they need to be in order to get everyone to swim, however these meets usually are shorter than normal meets because it is broken up by region.

## **PREPARING FOR THE MEET**

1. Food-Please feed your swimmers before they come. I know the AM session is early, but once the swimmers have warmed up they will be starving if they did not eat anything. We need to avoid this by feeding them before they come. Please send water with your swimmers. They can also bring healthy snacks. They are there to swim, not eat the entire session and if they have it, they will eat it.
2. What to bring- Don't forget team meet suit (yes they can come in the suit already), Piranha cap, goggles, extra Piranha cap and extra goggles, 2 towels and clothes to wear during the meet to stay warm (piranha sweatshirt and sweat pants are great!) Piranha Gear only!!! You DO NOT need to bring your equipment.
3. Please make sure all the above can FIT into one bag. If it doesn't fit in the bag, then it will most likely not make it back home. Piranha gear should also have your swimmers name in it!
4. Events- Please login to TeamUnify and print out your swimmers events for them. They can bring this with them to the meet.

## **ONCE YOU ARE AT THE MEET**

1. Punctuality is a virtue. Warm ups usually start an hour before the meet- it is important for swimmers to be there at the specified time. You will be able to find this time on the FRONT home page of the website. Teams are usually assigned a warm up time, so it is important for the swimmers to be there on time. We also have to make scratches (take out of the meet) any swimmer who is not there on time. If you are running late, you need to let us know so we know you are coming and we do not take your swimmer out of the meet. Once the swimmer has been scratched, they are out of the meet for that day and will not be able to get in (aka you will have to go home without swimming that day).

2. Meets are generally divided into morning and afternoon sessions. Morning start times are much more dependable than afternoon sessions. Afternoon start times often depend on when the morning session wraps up. Be prepared to hang loose a bit if your swimmer is participating in the afternoon session. Also, be prepared to be a little bit flexible about when the morning session ends....sometimes things can run late.
3. Heat sheets list the individual swim events, the participants in each event, what heat and lane they will be in and what time they are entered with. To keep track of your swimmers and other Piranha swimmers, you can go through the heat sheet and highlight each of your swimmers events so you know when they will be swimming. What the heck, while you're at it, highlight all the PPST swimmers so you can cheer for everyone on the team. You will notice that other teams, and maybe your swimmer did it this summer with their summer club, allow swimmers to write on themselves. Generally this is to keep track of what they are swimming so they don't have to remember and think about it. Piranhas take a different approach. We do not write on the kids and they do not write on themselves. They will learn how to read the heat sheet and will learn how to remember what and where they are swimming. It is a great teaching tool too!
4. Just like we do at practice, parents are not permitted on the deck during the meets, unless you are working it. (Yes, there is a method to our madness). So, make sure the kids get to the door with their bag and anything they will need for the meet and send them to us. We (the coaches) will be down on deck, and the swimmers should look for our banner and come over to that area. Please send anything in with them they need for the meet because once they are with us, they are with us for the entire time. . It is our responsibility to get the kids in for warm up and up to their events. It is impossible for us to do this if our swimmers are not in our team area or are visiting with their parents, which is why the swimmers need to stay on deck with us for the entire session. This also creates team unity because the kids are having fun cheering for each other. Please remember our swimmers stay until all the Piranhas are finished swimming, to build our team spirit and unity.

## **DURING THE MEET**

1. The Piranha Coaches will get the kids their heats and lanes. Please feel free to buy a program to determine your swimmers heat and lanes. Please do not try to get their attention to find this information out from them. It will be crazy and they will need to focus and be paying attention to us and when they are supposed to swim. It adds an entire additional element when the swimmers are trying to find their parents to make sure you are watching. This is how kids miss their events.
2. Supporting your swimmer....Please remember that the swimmers work very hard at what they are doing. Every swimmer is different and has

- different abilities. As a parent please do not focus on them beating someone or what someone else has done. Focus on: did they have fun and did they improve their own time, and most importantly, make sure they know that you are proud of them regardless of how they did. They really do care a lot about what you think and what you say. An off the cuff comment that you think is really no big deal could really make your swimmer upset.
3. Be prepared for hearing that your swimmer has been DQed or disqualified. The people you see walking around the pool wearing white shirts and navy bottoms are the officials. One of their jobs is to make sure the swimmers follow the rules. When a swimmer gets DQed that means the swimmer is not eligible for an award in that event and their time is not recorded due to them breaking a rule about that stroke or turn etc. Hearing that they have been DQed can be tough news for some. It is important to remember that your swimmer tried their hardest and did not intentionally get DQed. The coaches will talk to the swimmers about why they got DQed and how they can use practice to improve and not have it happen again next time. Most importantly make sure your swimmer knows you are proud of them no matter what.
  4. Scoreboard- There is generally a scoreboard at the meets so you are able to see the times. Remember, that these times are unofficial. These times can get faster or slower once the official looks at them if there was a discrepancy. There is no way to determine if a swimmer is DQed from the scoreboard. If a time does not come up, it does not mean that they got DQed, it just means that the time did not register with the touchpad. They will have a time on the results (more on results later.)
  5. No, your swimmer probably can't hear you cheering for them while they are swimming, but it doesn't matter- do it anyway. Keeping the team's energy pumping is a good thing. Your swimmers will be cheering the entire time! Remember, the swimmers need to be able to hear at the start though, so shhhhh at the start, then go ahead and show them your support! And YES you should be cheering for ALL Piranhas not just your swimmer.
  6. Awards- At each meet, there are different award structures. All finishers above a certain place will receive ribbons or medals. The coaches will pick up the awards and hand them out at practice. Specific information about the awards at a given meet can be found in the meet information.
  7. So how do you know where your swimmer finished in the event? Results are usually posted in a hallway on the wall after the event is concluded. If you think the results might be incorrect, tell your coaches. A great way to do this is through an email so they can check the official results that will be emailed to the coaches after the meet is over. Remember that the time that comes up on the scoreboard is an unofficial time. So the times that are on the results might not match the scoreboard from your child's swim. The times must be verified by the officials, but remember everyone makes mistakes, so if you think there is an error with the results, please let us

know.

Piranhas stay until all Piranhas in their session are done swimming and that means the swimmers stay on deck with their teammates the entire time. Once the team is released you can meet your swimmer outside the pool area- generally in the hallway.

Remember, there are no dumb questions, if you are confused about something, as a coach!