

Swim Meet Survival Guide

Going to your first swim meet is a little intimidating. What do you bring? Where do you go? What do you do when you get there? Help! There can be a very steep learning curve!

We hope the following tips will help prepare you and your child for a more enjoyable meet experience.

First things first - How do I enter my swimmer in a meet?

- Go to the team website at www.charger505.com
- Sign in with your email address and password (you are able to see the schedule without being logged in **but** you must be logged in to declare intent).
- Click on Meets and Events Tab
- Scroll down to find the intended event and click on the red Edit Commitment button
- Scroll down and click on the swimmer name
- In the next window click on the drop down arrow and select yes or no to declare your intent to swim or not ******Be sure to click on SAVE CHANGES******
- You do not need to choose events or do anything else, the coaching staff will take it from there, however if you would like to request specific events at the meet feel free to select them and the coaching staff will take those requests into consideration. The final say in event selection will fall to the coaching staff.

*Please note our swim meets have sign up **deadlines**. Frequently sign up deadlines are **weeks** prior to the actual event. Please understand this is a multi-step process and we enforce deadlines to make sure we don't get shut out of a meet because we tried to enter after the meet entry cap has been reached.

What do I need to bring for my swimmer?

Race Suit - I know it's obvious, but I have had kids show up without one! A race suit and as spare just in case. No specific team suit is required. You can order a Charger suits from Streamline swim or order a blue/yellow suit from the online store linked on our home website page.

Goggles - Not a new pair, a tried and true, trusty pair of goggles and a back up pair just in case!

Swim cap - Charger Swim caps. Everyone needs a cap. Yes, even the boys.

Cooler/Water/Snacks - Most meets allow coolers; many have concessions Snacks: raisins, trail mix, Ritz bits w/peanut butter, Goldfish, grapes, small chunks of fruit or veggies; favorite dry cereals in Ziploc bags; string cheese; beef jerky; Gatorade, Power Bars; ask around for ideas! Any good healthy snacks to keep your swimmers fueled up!

Make sure your swimmer brings extra clothes and towels. Extra towels are a must. After every event your swimmer will be wet and need to dry off. Generally, it's a good idea to have a least one towel for every 2 events. Having a swim parka/sweats or similar clothing to wear over the swimsuit is also helpful

Sharpie Marker and a Highlighter - The sharpie is to write the event, heat, lane, and stroke information onto the swimmer so they can make sure to be in the right place at the right time. The highlighter is to mark the race info on the heat sheet.

What should my swimmer do when they are not swimming?

While swimmers are not swimming, they should:

- **Rest and sit near you.** It's important that they are not wandering the facility, as they risk missing their swimming event. The events will proceed whether the swimmer is present or not. Some events run faster than others. During a meet, the swimmer must line up in his/her appropriate lane one or two events prior to his/her scheduled event. They will not hold the event to find the swimmer. If your swimmer misses it, he/she will NOT have the opportunity to make it up. Coaches will help, but you need to keep track of things until your swimmer is able to do so on their own. So it's important for them to be nearby and ready when their event time arrives. Parents will need to keep track of the events and make sure their child is ready at the right time. The coaches cannot track down swimmers.
- **Lanes** - Lane numbers can usually be found on the side of the dive blocks. If you or your swimmer are unsure about the lane designations please make sure to ask!
- **Warm down pool** - This pool is for after a race, ONLY if the coach instructs the swimmer to cool down. It is NOT a play area! Parents need to be sure their swimmers are using the facility appropriately. The coach is there to coach and usually has many swimmers to observe and assist. The coach is not responsible for making sure your swimmer knows how to behave appropriately. They should warm down as instructed and quickly climb out to go rest and watch for the next event.
- **Refuel.** There is sometimes a concession stand with snacks for the swimmers. Eating light is recommended and sticking with healthy snacks will help the swimmers perform at their best. Some families will pack their own water and snacks. Please make sure your swimmer uses good judgment when eating/drinking at a meet.
- **Play.** Swimmers can pass the time with MP3 players, cards, games, homework, reading, etc. Resting in between events is strongly recommended. Please do not leave any valuables unattended, as it is possible that they might be lost, stolen, or damaged.

Swim Meet Introduction

(Excerpt from USA Swimming's Sample Club Handbook) - Please be sure to check with your swimmer's coach for specifics that may be different from the examples below.

Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and as detailed as we possibly could. If you have any questions, please ask your coach.

BEFORE THE MEET STARTS

1. **Arrive** at the pool **at least 15 minutes before the scheduled warm-up** time begins. This time will be listed in the pdf file on line where you signed up for the meet. You can also verify with your coach on the day or two before the meet to make sure you have the most current information regarding what time to be at the pool.
2. Upon arrival, find a place to put your swimmer's blankets, swim bags and/or sleeping bags. The team families should try and sit in one general area together, so look for some familiar faces.
3. **Find the Coach and check-in.** This should be the responsibility of your swimmer. Make sure your swimmer checks in with his or her coach upon arrival! They will be given any special instructions and be told which lanes we will be assigned to warm up in.
4. **Write on your swimmer** – (can be done before or after warm up)

Using a sharpie marker write four column headings on your swimmer's arm. E, H, L, S – E is for Event, H is for Heat, L is for Lane and S is for Stroke – this is a roadmap for your swimmer to follow to get where they need to be!

- Find your swimmer's name on the heat sheet. For example find Lily Alexander in the Sample Heat Sheet. Notice she is swimming Event 17 in Heat 2. The numbers 1-6 correspond to the assigned lane. Lily is Lane 3. Next to the Event number is the distance and stroke – 25 Yd Freestyle.
- Enter the information you gather for YOUR swimmer from your heat sheet on your swimmer's arm under each column.
- Continue filling in the grid until all of your swimmer's event information is on their arm.

Sample Heat Sheet

#16 Boys 7-8 25 Yard Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals Starts at 06:56 PM				
1	Grubaugh, Liam	7	FINS-GA	20.97
2	Plantamura, Nicholas	8	PRC-GA	17.73
3	Hill, Michael	8	FINS-GA	17.84
4	Hodell, Riley	8	PRC-GA	17.24
5	Wohlford, Nate	7	FINS-GA	18.72
6	Monroe, Adam	8	PRC-GA	22.23
Heat 2 of 3 Finals Starts at 06:57 PM				
1	Wohlford, Ben	7	FINS-GA	25.03
2	Jay, Baxter	8	PRC-GA	23.23
3	Epping, Atley	8	FINS-GA	21.06
4	Hooker, Owen	8	PRC-GA	22.97
5	Howe, Graham	8	FINS-GA	24.45
6	Holbrook, Charlie	7	PRC-GA	30.94
Heat 3 of 3 Finals Starts at 06:58 PM				
1	Lee, Evan	7	FINS-GA	40.23
2	Gault, Rob	7	PRC-GA	35.68
3	Copley, Caleb	8	FINS-GA	31.40
4	Bently, Bryce	7	PRC-GA	32.98
5	Avecilla, Misael	8	FINS-GA	33.59
6	Payne, Robert	7	PRC-GA	42.11
#17 Girls 9-10 25 Yard Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 5 Finals Starts at 07:00 PM				
1	Ledbetter, Bailey	9	FINS-GA	18.50
2	Munger, Audrey	9	PRC-GA	14.45
3	Prescott, Mackenzie	9	FINS-GA	17.21
4	Plantamura, Natalie	10	PRC-GA	14.13
5	Wohlfrod, Rachel	10	FINS-GA	18.24
6	Tarkenton, Olivia	10	PRC-GA	15.72
Heat 2 of 5 Finals Starts at 07:01 PM				
1	Kennedy, Kathryn	9	FINS-GA	20.41
2	Morgan, McKenzie	10	PRC-GA	16.60
3	Alexander, Lily	10	FINS-GA	19.45
4	Gilbert, Emily Kate	10	PRC-GA	16.38
5	Blitch, Christine	10	FINS-GA	20.11
6	Moak, Caroline	9	PRC-GA	18.95

#41 Girls 11-12 50 Yard Backstroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals Starts at 08:37 PM				
1	Connell, Sarah	12	FINS-GA	51.22
2	Schmidt, Erin	11	PRC-GA	46.20
3	Lee, Madison	11	FINS-GA	42.01
4	Hergott, Laura	12	PRC-GA	40.98
5	Alexander, Berry Claire	12	FINS-GA	44.44
6	Miller, Paige	12	PRC-GA	55.72
Heat 2 of 3 Finals Starts at 08:39 PM				
1	Johnson, Nathalie	12	FINS-GA	54.34
2	McCray, Alexis	11	PRC-GA	NT
3	Coine, Sydney	11	FINS-GA	52.81
4	Tom, Rachel	11	PRC-GA	1:17.78
5	Wohlford, Abby	12	FINS-GA	53.08
6	Mitchell, Karlee	11	FINS-GA	55.26
Heat 3 of 3 Finals Starts at 08:41 PM				
1				
2	Farrer, Chloe	11	FINS-GA	NT
3	Grimes, Julianna	11	FINS-GA	58.38
4	Gordon, Laura	11	FINS-GA	NT
5				
6				
#42 Boys 11-12 50 Yard Backstroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals Starts at 08:43 PM				
1	Anna, Bryson	12	FINS-GA	56.57
2	Tarkenton, Chase	12	PRC-GA	41.57
3	Adair, Justin	12	FINS-GA	42.50
4	Estroff, Ben	11	PRC-GA	35.62
5	Baker, Connor	11	FINS-GA	48.72
6	Strickland, Jackson	12	PRC-GA	43.95

Now, what do I need to write on my swimmer's arm again...?

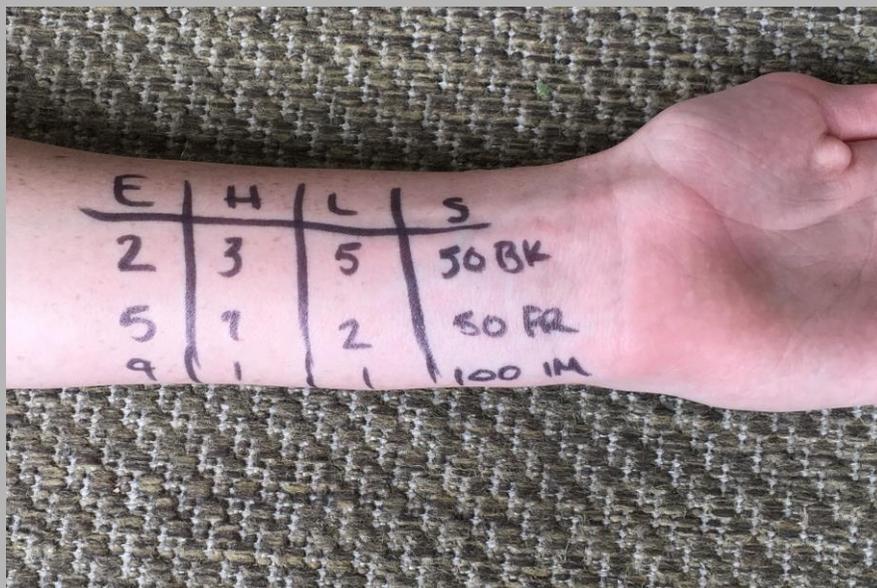
Event Number Heat Number Lane Number Stroke

#23 Girls 15-18 50.5C Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals Starts at 07:30 PM				
1	Kennedy Ezzell	16	PRC-GA	NT
2	Jenny Herbert	17	CSP-GA	32.42
3	Erin Hodell	15	PRC-GA	34.53
4	Emma Nelson	15	CSP-GA	30.20
5	Sarah Knapp	15	PRC-GA	42.49
6	Elizabeth Capers	17	CSP-GA	33.62
Heat 2 of 2 Finals Starts at 07:32 PM				
2	Caroline Dekle	15	CSP-GA	NT
3	Maggie Kate Mosley	15	CSP-GA	35.37

What should it look like on my swimmer's arm?

Be sure to write *all* of your swimmer's events on his or her arm!



5. Your swimmer now **gets his/her cap and goggles and reports to the pool and/or coach for warm-up instructions.** It is very important for all swimmers to warm-up with the team. During warm up all swimmers must use a 3 point entry into the warm up pool. This means NO diving until directed. Swimmers must sit on the side and place their feet into the water first and then slide into the pool. If you are late it is very likely your swimmer will miss warm up.
6. After completing warm up/dive practice with the coach your swimmer will need to fill in those blanks on their arm. Programs/Heat Sheets should be ready by this time. Please note coaches should not be writing this info onto the swimmers, the swimmer or their parents should take responsibility for guiding their own swimmers through this step.
7. After warm-up and getting marked up, your swimmer will go back to the area where you are sitting and wait there until his first event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just gets settled in.
8. The meet will usually start about 10-15 minutes after warm-ups are over.
9. According to USA Swimming rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or how the meet is conducted, should be referred to a coach. He or she in turn, will pursue the matter through the proper channels.

WHEN THE MEET STARTS

1. It is important for any swimmer to **know their event numbers** he/she is swimming **and pay attention** (this is why they should have the numbers/grid on their arm/leg).
2. Swimmers should check in with their coach prior to reporting to the block. This gets tricky as some meets progress faster than others. A good rule of thumb is to have the swimmer report to the coach at least 4 heats before their next event. This gives the coach a chance to give the swimmer any last second encouragement that may be needed and still gives the swimmer time to get to his/her assigned lane.

A swimmer should plan to **reports** to his/her lane for competition **a number of heats before** he/she **actually swims**. This means they will be waiting, patiently for their turn. This requires them to pay attention. At this point they can check in with the timer that is assigned to that lane. This "check in" lets them verify they are in

the correct place and should give the timer a heads up that that swimmer is nearby.

3. The swimmer swims his or her race.
4. After each swim:
 - He/she is to ask the timers (people behind the blocks at each lane) his/her time.
 - The swimmer should then go immediately to his or her coach. The coach will discuss the swim with each swimmer.
 - Depending on the coaches instructions, the swimmer may be asked to do some recovery swimming in a "warm down" pool or lanes if they are available *This warm down pool is NOT for play. Parents need to make sure their swimmers are NOT using the warm down pool as a play area!
5. Generally, the coach follows these guidelines when discussing swims:
 - Positive comments or praise
 - Suggestions for improvement
 - Positive comments
6. Things you, as a parent, can do after each swim:
 - Tell him how great he did! The coaching staff will be sure to discuss stroke technique with him. You need to tell him how proud you are and what a great job he did.
 - Take him back to the team area and relax.
 - This is another good time to check out the bathrooms, get a drink or something light to eat.
7. The swimmer now waits until his next event is called and starts the procedure again. Swimmers are expected to stay for the entire meet, unless other arrangements have been made. When a swimmer has completed all of her events she and her parents get to go home. Make sure you, as a parent, **check with the coach before leaving** to make sure your swimmer is actually done and so we know that that swimmer is accounted for.
8. Results are usually posted somewhere in the facility. Awards are often gathered for a team and given to the coach at the end of the meet. The coach will give the awards to the swimmers at a later time.