

PASA-FTSC Meet Information

What to Pack:

- Warm clothing and 3-4 towels per swimmer
- Healthy snacks (meets often have food vendors)
- Small games and activities
- Blanket or chairs for the swimmers & parents
- Team apparel

Team Gear:

- Swimmers are required to wear PASA Gear to all meets
- Team suit (or plain black)
- Team cap
- Team t-shirt
- PASA parka, sweats, jackets, etc.
- Racing goggles (Speedo Vanquishers recommended)

Arrival to Meet:

- Eat before the meet (breakfast is very important)
- Swimmers must be in the pool area by the announced check-in time.
- Check in with the meet (circle and initial all events) and with the coaches as well.
- Swimmers set up blanket, chair, bag etc. in PASA-FTSC team area. Our team will typically have 2-3 tents at each meet. Swimmers should sit together under our team tents and parents will set up separately from the swimmers.
- Swimmers will warm up with the team, typically a few minutes after the announced check-in time.
- Swimmers must be on time. Those late without advanced notice should not attend.

During the Meet:

- Pay attention to the meet timeline and event number so your swimmer does not miss their race. Swimmers must pay attention to this as well. All swimmers 11 & Older should be fully responsible for their race preparation.
- When they become available, swimmers check for their heat & lane assignments. For swimmers age 10 & younger, it may be helpful to write the heat and lane on their hand.
- Sit with the team. Swimmers sit together under our PASA-FTSC tents. Parents cannot sit with the swimmers. Parents can set up nearby, but not under the PASA team tents.
- The coaching staff will sit under a coach's tent on deck. Swimmers check in with their coach before and after each race. They will receive advice and feedback and also give their coach their heat & lane.
- Swimmers check-out with their coach before leaving a meet session.
- Participate in the parts of the swim meet that foster the team experience: the team cheers, cheering on teammates, etc. Have fun!

Communication:

- If unable to arrive on time or if you must leave early, the coaching staff must be notified prior to the meet.
- Swimmers will compete in the recommended events. The coaching staff must be notified of any changes to a swimmer's event schedule. Swimmers cannot scratch events without coach approval.
- Events swum are based on coach recommendation and not on swimmer preference.
- If you have any questions about a meet, please contact the coaching staff in advance.

Volunteering:

- Parents are asked to volunteer to time or officiate during the sessions that their child is competing in.
- Meet volunteer sign-ups will typically be sent out the week of the meet.

Additional Information for Parents:

- Our goal is to develop independent athletes. Parents are asked to let their swimmer be as independent as possible during the meets. The more swimmers can do for themselves, the better.
- Swimmers visit with the coaching staff immediately after their race. Swimmers can approach their parents after talking with the coach.
- The coach's tent and pool area are for swimmers only. Parents should only be on deck for timing or officiating.
- The team tents are for swimmers only. Parents can set up close by.
- In Pacific Swimming, most of the meets are set up so that swimmers & parents sit in the same area. This requires us to make additional efforts to ensure that swimmers are with their teammates and as independent as possible throughout the meet.
- We ask that parents are always supportive and positive before and after races. The coaching staff will provide all necessary swimming related instruction and feedback.