



# StingRay Swim Team

## Swim Meet Policies For Athletes

- 1) Be on time. Arrive 15 min. before the scheduled warm-up. On occasion parents will want to bring you to the meet late, due to the fact you may not be swimming until later in the day. We are a team, not a club. We swim together in the designated warm-up. This is important not only for Team Building reasons, but also for the specific application of practicing in the environment prior to actual performance.
- 2) Check in with Coach upon arrival.
- 3) Wear team gear. At a minimum this means the team t-shirt. Ideally each swimmer will have top and bottom warm-ups and SRST backpack or duffel bag.
- 4) In the water swimmers will wear a black suit (Speedo is preferred and is the required brand of "tech suit"; we are sponsored by Speedo, so personal taste is not a factor in the decision making process). Swimmers will wear an SRST cap.
- 5) Be behind the block 5 minutes before the start of warm-up.
- 6) Enter the water at the beginning of warm-up and perform the prescribed exercises.
- 7) Be ready 10 minutes before the end of warm-up for team meeting and cheer.
- 8) Know all your races for the day before arriving at the pool.
- 9) Double check the heat sheet to make sure you are entered in the meet properly.
- 10) Sit with the team and keep your area clean.
- 11) Re-warm-up prior to your race if you have been out of the water for more than 25 minutes.
- 12) Always warm-down after your races. Warm-down is 500 yards or more (the longer the better!).
- 13) Swimmers will bring healthy snacks and water to meets.
- 14) Swimmers will check-in with Coach before and after every race.
- 15) Swimmers will be able to express their goals to the Coach before swimming.
- 16) Swimmers will check-in for all "positive check-in" races (usually distance races, but not always...read meet info/attend team meetings so you know).
- 17) Swimmers will race in the finals if they make finals. It is the job of the swimmer to check and see if they made the finals.
- 18) Swimmers will check in with Coach before leaving the pool.

### **Other Notes:**

- 1) Show great sportsmanship at all times. Remain in the water until every swimmer in your heat has finished the race (exception would be chase starts in Long Course).
- 2) Guard your gear. Do not leave out valuables; people will try and steal your cap/goggles and gear, so hid everything you value.
- 3) Seniors: Refer to the Senior Orientation Document often.