

... So, your child joined the swim team...



Now what?

NEXT: SWIM MEETS!

The Tahoe Swim Team program is designed to prepare swimmers for competition. Which means, going to swim meets. Swim meets are a fun and exciting way for your child to track improvements and set goals for practice. Meets, however, can take between 4-5 hours and there is a lot of waiting between swims, so be prepared.

ARRIVAL:

Please plan to arrive at the pool in time for warm ups or at **LEAST** one hour before your child's first race.

When you first arrive at the pool, you need to check your child in at the registration desk. If you don't see it right off, ask someone, or come find a coach. After you check in, come find the coach. Coaches' tables are located along a side of the pool. Look for the Tahoe banner.

Warm ups must be supervised and we'd like to warm up as a team. The coach will let your child know which lanes to use.

RACES:

Your child will be told his/ her event numbers at registration. Heat and lane assignments are posted on a wall approximately 10-20 min before each event. A coach will show your child where to look and how to read the heat sheets. The score board displays the event numbers as the meet proceeds. Please have your child check in with a coach with his/her heat and lane assignments **BEFORE** each race, then again **AFTER** each race. Checking in allows the coaches to provide advice and feedback to your child.

MEET PREP:

Remember to bring your child's swim suit, goggles, team cap, and two towels. There are usually snack bars to purchase food, but it is a good idea to bring snacks and water. Bring chairs and a blanket to sit on. For outside meets, plan to bring or share some kind of shade. And, don't forget sunscreen. Bring something to keep your child occupied between races.

Timers are always needed and **REQUIRED** to be provided by every team. Please be prepared to share the timing duties. You get a front row seat to all the races! Switching out every hour or so, keeps things easy. Please, don't let one parent do all the work. The parents who are not timing share in the kid watching duties.



LASTLY:

HAVE FUN!! We want every child to have a positive competition experience. Disqualifications are part of learning about competing and **NOT** the end of the world! 😊

If you have any other questions, please ask a coach!