

## Helpful Hints for New Families

### 1. Practices

- a. May practices are held at the CAC on Saturdays. These practices are held using less space than we have at our outdoor pool, and can look a bit chaotic. Rest assured, things flow better once we get to practice in our own pool.
- b. For practices at our team pool, please send your child with a towel, goggles, and a water bottle. Sunscreen is also a good idea.
- c. Children are to remain **OUT OF THE POOL** before and after their practice times. Please remind your children of this rule, and help the coaching staff reinforce it. It takes time away from practice when coaches must stop to tell non-practicing children to exit the pool.
- d. Practice time is not free babysitting time for coaches to watch your children. If your child is old enough to be left alone while at practice, he/she **MUST** have a way to contact you in case of emergency. This means either a family friend is at the pool and is aware that you aren't present, your child has a cell phone, or at a minimum, your child knows your cell phone number should you need to be contacted.

### 2. Swim Meets

- a. Make sure to register your child for each swim meet.
  - i. You may select up to three races for them to compete in. Their fourth event will be decided by coaches. Coaches decide all relay events.
  - ii. The IM is one length of each stroke. This is not a race for new swimmers.
  - iii. Kids who are new to swimming may want to become familiar with breaststroke and butterfly before swimming those races to avoid being disqualified.
- b. Arrive **EARLY** to swim meets. Your child needs time to get set up in the team tent before warm ups begin. Additionally, when you arrive late, you might rob a relay team of the chance to compete if your child is in that race, and not present. **ALWAYS** let the coaches know if your child will arrive late or need to leave early. This is part of being a good teammate.
- c. Write your child's races on him/her **BEFORE** arriving at the meet. We suggest you apply sunscreen, let it absorb for 15-30 minutes, then write your child's name and races on his/her right arm.
- d. Write your child's name on everything he/she brings to the meet. Many items wind up in the lost and found, or the trash, because they go unclaimed after a meet.
- e. Things to send with your child to the meet:
  - i. A chair to sit in under the tent
  - ii. At least one towel
  - iii. Sunscreen for re-applying if needed
  - iv. **WATER** (this is a **MUST**)
  - v. Healthy food/snacks for during the meet
  - vi. Something to do between races (examples: coloring, puzzles, book to read)
  - vii. Most importantly: team swim cap and goggles
- f. You will need to check your child into the appropriate age group tent upon arrival. Make sure you check with the Shark Parent in charge of supervising the tent, so he/she is aware your child has arrived. You will need to advise the Shark Parent on your whereabouts during the meet, and you will need to leave a contact number.
- g. Parking: if you park in front of a fire hydrant, or if your vehicle is blocking part of a resident's driveway, the police will be called. This will result in a ticket and potential towing. Please make sure you are parking legally.
- h. Please help us reinforce the following with your children:
  - i. Swimmers must stay under the tent during the swim meet. Playing on the playground equipment during the meet, or getting into the pool between races is not allowed. Please pick up your trash. Respect is key. Please respect the coaches, the Shark Parents, and your fellow teammates.