**New to The Glen and Summer Swim?**

**Here are some things to help you understand the season.**

**There is a lot of information, please don’t be afraid to ask questions.**

**Meets**

**Meet Events**

Your child’s age as of 5/31 will determine the age group in which (s)he swims.

* 8 and under, 9-10, 11-12, 13-14 or 15-18

​​8 and under races are 25 yards long, which is 1 length of the pool. All other age groups swim 50 or 100 yard races. All age groups swim Freestyle, Backstroke, Breaststroke and Butterfly. 11 and 12 year olds and all older age groups also swim Individual Medley events. Many swimmers also have the opportunity to swim in relays.

At most meets, each swimmer will be entered in two individual events. They may also be entered in a relay event. Occasionally, a swimmer will be entered in one individual event and two relays.  Relays are held at the end of the meet, so swimmers entered in relays need to be prepared to stay for the entire meet.

**Dual Meets**

* We have 6 dual meets which are held on Monday and Thursday evenings.
  + Three of these meets are home and 3 are away. Directions to the clubs can be found on our website.
  + Dual meets usually have a report time of 3:30 or 4 pm for swimmers and the meets will start between 5 and 6 pm. They last approximately 3 ½-4 hours however your swimmer is able to leave once they have swum their events. The exact time for each meet will be on the website and communicated in weekly emails,

For these meets it is assumed that your swimmer will be swimming unless you decline the meet by the published deadline.  **If a registered swimmer does not DECLINE a meet, the coaching staff will assume they are participating and enter them in the meet.**Non-emergency late cancelations and no-shows create a tremendous amount of extra work for the coaches, have a negative impact on the entry strategy, and are disrespectful to the entire team and coaching staff. If you know your swimmer will be late for warm-up, you must let Coach Drew or Molly know so that they are not withdrawn from the meet.

**Green and White Meet**

* + This is a time trial meet for swimmers 12 and under, which gives our coaching staff an opportunity to record times for each swimmer and also serves as a “practice” meet for our new swimmers. Older swimmers are expected to help time and volunteer to help the younger swimmers.

**Age Group Meets**

* + There are 3 age group meets held on Saturday mornings. The 8 and under mini-meet, the 9 and 10 mini meet and the 11 and up relay meet. These meets are what we call positive sign-up meets where **you must sign up for these meets to participate.** For the 8 and under and 9 and 10 meets swimmers are able to pick their events. Mini-meet participants have an opportunity to swim events that aren't available at dual meets.
  + The Glen hosts the 9 and 10 mini meet, this meet requires a lot of volunteer support and it is expected that older swimmers will assist with timing and other volunteer tasks.

**A and B Finals**

Following the last Dual meet of the season the coaches will select swimmers to attend A and B finals. 2 swimmers in each event can attend A finals, all others are eligible for B Finals. If you are unable to attend A finals it is extremely important that you decline the meet prior to the Registration deadline so the coaches know your swimmer is not available when making their selections.

* B Finals is held on a Saturday.
  + 11 and up swimmers swim in the morning, 10 and under swimmers will swim in the afternoon.
* A Finals: This is a Prelim/Finals Meet.
  + Prelims are held on Saturday with 13 and ups in the morning, and 12 and under in the afternoon.
  + Finals are held on Sunday, top 12 swimmers in each event and relays return for finals. This is a normal meet format.

**Swim Meet Procedures**

* **What should you bring to a Swim Meet?**
* Towels (more than one!)
* Team swimsuit, and a back-up suit (because they can rip, or your friend might forget theirs and need to borrow one)
* Goggles (2 pair, because straps break, gaskets leak and lens get stepped on)
* Swim cap (2, because latex can rip)
* Sweatshirt (it can get chilly by the end of a meet)
* A Sharpie fine-point permanent marker (for the heat-lane tattoo)
* Books, games, cards, etc. to pass the time between events. Swimmers are strongly encouraged to leave their electronics at home.
* Water bottle and healthy snacks
* Money for the concession stand. Concession stands are a primary revenue source for most teams, so please support them.
* Chair(s). Most pools do not have enough seating to accommodate everyone, so you’ll want to bring chairs or blankets to sit on during the meet.
* Pop-up tents to provide shelter from rain or sun.  Rain gear if rain is in the forecast. (Meets are only canceled for extreme weather and thunderstorms)

**Swim Tattoo: Why do we need a sharpie?**

Most swimmers will want to do a swim tattoo. This is a grid on their arms with the event number, heat and lane that they will be swimming in. Often it is helpful to write the event as well. This helps the older swimmers get to the correct lane and helps the 8 and under swimmers as well as the parents in marshalling make sure the swimmers are in the right place at the right time.

There will be several heats of each individual event. This is especially true for the younger swimmers.

It is recommended that the grid and events are written on your swimmer’s arm prior to the start of warm-up, once heat sheets are available, they can add the heats and lane. (Heat Sheets are sold at each meet for $2 and list all of the events, heats and swimmers for the meet)

**Check-in**

**Swimmers are required to check-in as soon as they arrive at the pool for a meet**.

* Kellie Yost is our Check-in person for all female swimmers
* Katie Golicz is the check-in person for all male swimmers.
* At Glen meets they will be at the door to the club house, away meets they will be in the team area. If your swimmer does not check in, they maybe pulled from the meet.

They should then find a place to leave their gear and get ready for warm-up. The home team will warm up first, about an hour and a half before the start of the meet. The meet starts immediately after warm-up.

**Marshaling**

8 and under swimmers can be overwhelmed by the task of getting to their races on time, so we marshal them together before their events.

* At home meets, our marshaling area is next to the diving board. Our marshaling location varies at away meets.
* At the beginning of the meet, swimmers competing in events 7 and 8 should immediately go to marshaling. When the event starts, volunteers will lead the swimmers to the starting blocks. They will make sure that each swimmer races in the correct heat and lane. Marshaling for events 17 and 18 begins immediately after events 7 and 8. This pattern continues throughout the meet. It may seem like you’re asked to get your swimmer to marshaling very early, but this gives the volunteers time to get everyone in the proper order and find anyone who hasn’t shown up.

Some 8 and under swimmers will have no problem getting themselves to marshaling, while others will need your assistance. **It is the responsibility of you and your swimmer to get to marshaling on time.**

Once your swimmer is in marshaling, we ask that parents return to their seats.  Our marshalers will make sure that your swimmer gets to their race, and having extra people in the marshaling area can cause confusion.  If you are not comfortable leaving your child in the marshaling area, we ask that you volunteer to work as a marshal.

***Meet Scoring***: Meet scoring is rather complicated. Here’s a simple explanation:

**Individual Events**

The last heat (aka the “point” heat) of each event is scored as follows:

* First place – 5 points
* Second place – 3 points
* Third place – 2 points
* Fourth place – 1 point

Each team can only earn two places in each race. For example, if Glen swimmers come in 1st, 2nd and 4th in race, they would receive 8 points for 1st and 2nd place. The opposing team would receive 3 points for 3rd and 4th place.

**Relays**

There are 6 relays at the end of each meet. The events are:

* 40 Mixed 200 Freestyle Relay (boys and girls whose combined age totals 40 or less, all swimming Freestyle)
* 40 Mixed 200 Medley Relay (boys and girls whose combined age totals 40 or less, each swimming one of the four competitive strokes)
* 52 Women’s 200 Medley Relay (girls whose combined age totals 52 or less, each swimming one of the four competitive strokes)
* 52 Men’s 200 Medley Relay (boys whose combined age totals 52 or less, each swimming one of the four competitive stokes)
* 66 Women’s 200 Freestyle Relay (girls whose combined age totals 66 or less, all swimming freestyle)
* 66 Men’s 200 Freestyle Relay (boys whose combined age totals 66 or less, all swimming freestyle)

Relays are worth more points and often determine who wins the meet. First place earns 8 points and second place is worth 4 points. Each team can only earn one place in each relay. For example, if Glen relay teams place 1st, 2nd and 4th in a relay, they receive 8 points. The opposing team would receive 4 points.

Our coaching staff works very hard to create competitive relay teams in every event, which is yet another reason that it’s important to RSVP for meets. **Coach Drew also needs to know if your swimmers need to leave a meet early so that he doesn’t place them on a relay team.** Last minute roster changes cause a lot of stress for our coaching staff, so please be considerate of their time and don’t wait until the last minute to withdraw from a meet.

**Disqualifications (DQ’s)**

The referees at our meets may issue disqualifications at their discretion. Athletes can be disqualified for various rule infractions, including but not limited to: false starts, one-handed touches on breaststroke and butterfly, taking flutter kicks on butterfly or breaststroke, incorrect turns, early starts on relays, and illegal strokes. If a swimmer is uncertain about any of the rules concerning a stroke, s(he) should ask a coach for clarification.

When a swimmer is disqualified, and every swimmer will be at one point or another, be supportive rather than critical. DQ’s should be treated as a learning experience, an alert that the swimmer needs to correct something in their technique.

**Ribbons**

Swimmers who successfully swim in exhibition heats (all heats except the final “points” heat) receive exhibition ribbons. The ribbons will have a label on the back with the swimmer’s name, event, and time. Swimmers who are disqualified will not receive ribbons.

Swimmers who successfully compete in the final "points" heat will receive a place ribbon.

Every team has a different method of distribution ribbons, but they’re usually easy to find. Please remember that ribbons are assembled by volunteers, and that they will make them available as soon as possible. Repeatedly asking when they will be ready does not make the volunteers work faster. Following meets all ribbons from that meet will be placed in a plastic tub underneath the team whiteboard. If you search for your swimmers’ ribbons, please make sure to put the other ones back in the bag and or folder for that particular event.

Our coaching staff does not put emphasis on ribbons and or medals. We are focused on personal bests and improving as an individual not on the place that finish in a given race.

If your swimmer was dq’d, please don’t ask the volunteers to give them a ribbon anyway. They do not have the ability to overturn the official’s decision.

**Sportsmanship**

The Glen Swim Team considers good sportsmanship a top priority.  We strive to be humble in victory and gracious in defeat.  We are welcoming hosts and courteous guests.  We always treat our teammates and opponents with respect.  We clean up after ourselves and leave our environment as we found it.  Glen swimmers are expected to stay in the pool unit all swimmers in their heat are finished swimming.

Many swimmers may not have the opportunity to swim for points, since there are so many athletes on the team. If this bothers them, remind them that every time they swim, they have an opportunity to swim faster than they have before, to achieve a new personal best. Help them to track their times and watch their improvement throughout the season. This quote from Coach Drew, which appeared in the Farmington Observer a few years ago, sums it up well:

“If you put too much emphasis on wins and losses, kids start to look at the wrong side of why this sport is so special. It’s a journey. You can’t just say, “I won first place in the NSSL meet and I’m done; I can’t get any better than this.” Kids do start thinking like that if you place too much emphasis on wins and losses, on what color the ribbons are. If you keep kids enjoying themselves, having fun doing hard work, it will just build naturally.”