

Some Helpful Tips from Veteran Parents What I Know Now that I Wish I Knew at the Start

- 1) **Where to turn \$ in (for tshirts, meet fees, etc)** – There is a box in the family mailboxes called “Treasurer”. All cash should be put into an envelope and labeled with your last name and what the money is for. All checks should be made out to ILVY Dolphin Swim Team and in the comment field listed what the money is for.
- 2) **Do a better job of putting names to faces** - Coach and board member pictures will be posted by the office door. Please feel free to find a board member any time you have a question.
- 3) **Districts** – In order to swim a District event, you must swim a qualifying time. If you do not swim that time, you may still swim the event in Jr. Districts. Jr. Districts are held on the same days at the same time. The only difference is each event is broken into two (one for District swimmers and one for Jr. District swimmers).
- 4) **Qualifications for higher level meets** – To swim at state, there are certain times that need to be achieved. To swim at Regionals (held in Minneapolis, MN), there are a separate set of time standards. Both will be posted to the web when they become available.
- 5) **What’s the best way to take pictures during a meet?** NO flash. Flash is not allowed during a swim meet as it can distract a swimmer. Use a minimum 70-200 zoom lens. Lowest F/stop possible, example: 2.8-2.0-1.4. Highest ISO possible before image becomes too grainy, example: 1600-3200. Fastest shutter speed possible, example 1/500 sec, 1/1000 second. Goal is to get the most light in the shortest amount of time to freeze the action. A typical point and shoot camera can’t take pictures this quickly, so quality will be low. At the very least, use the highest ISO possible and get as close to the swimmer as possible. Finally, take pictures in RAW format opposed to JPG. JPG compresses images and therefore loses some quality. With RAW images, post-processing is possible to clean up less than ideal

images.

- 6) **OnDeck app** – If you have a smart phone, search for the app called “On Deck Parent”. This is a mobile way for you to keep track of your swimmers best times, invoicing, events signed up for, etc. Download the app and log in with your user id and password from the team website. The Team Alias is “recirilvy”
- 7) **Meet Mobile** – If you have a smart phone, Meet Mobile is the easy way to get your swimmer’s results live (or close to it). You no longer have to wait for results to be posted on the wall. You can favorite your swimmer and see only his/her events or see results from all events.
- 8) **Put your name on everything** – Label, Label, Label!!! It makes it easier for you to find your items, and for other people to return things to you. We have a lost and found bin located by the Parent Bored. Please make sure you check this regularly!!!
- 9) **Bring chair for team rooms** – Swim meets are long. Usually, we are in a gym with no place to sit except for the floor. Bring chairs to sit on, or you will end up sitting on the floor all day!
- 10) **Bring water to practice** – Kids are in the water for an extended period of time. And even though they are in water, they still sweat, which means they need to stay hydrated. Please make sure your swimmer brings something to drink during practice (Water is the best!)
- 11) **Exhibition swims (swim ups)** – With the OK of the coach, swimmers are allowed to “swim up” in certain events. This means if they normally swim a 50 free, they may be able to swim the 100 free, if the coach feels they are ready for the challenge.
- 12) **Open events** – In an open event (usually part of an invitational), kids are able to swim these events even if it is not an event that is part of their regular events. In other words, your age group offers the 100 Free as your longest event. If the 500 Free is an open event, your swimmer would be able to sign up for this event.

13) **Goal Sheets** – All athletes should have goals. Please have your swimmer fill this out and keep it where he/she can see it all season long!