

## **For New Families/A Refresher for Returning Families:**

### **ROYALS SEASON**

#### **Practice Schedule**

Daily after-school workouts start in mid-May and change to morning workouts once school is out. Practice times are listed under the “Calendar” tab.

#### **Practice Guidelines**

Be on time – ready to get in the water and warm up as soon as the swimmers before you are out of the pool and your practice begins.

Swim in your assigned lane and LISTEN when the coach is talking.

Follow the coach’s directions – ask if you don’t understand.

NO bottom walking—that is not a recognized event and messes up your conditioning.

If you have long hair, you MUST wear a cap and well-fitting goggles are recommended.

Get out of the pool immediately when practice is over so the next group can get in.

#### **Meet Schedule**

There are five weeks of dual swim meets (dual meaning one home meet and one away meet each week), and one week of championship meets. Midlake’s meets begin in mid-June and conclude by the third week of July. Home meet warm-ups are at **4:45**. Away meet warm-ups are at **5:15**. The meet itself starts at 6:00 p.m.,.

See the “Calendar” and “Pools” tabs for schedules and directions. We also participate in the Kingsgate Invitational, which is a non-competitive meet between our fellow Kingsgate teams.

#### **Age Groups**

Swimmers are grouped by age for meet competition. There are five swimmer levels: 8 & Under, 9 & 10, 11 & 12, 13 & 14, and 15 & up. You can swim on the team until the summer after your senior year.

#### **“A” Meets and “B” Meets**

There are two levels of swim meets in the Midlakes Swim League. The level at which your child swims is based on his or her swim times. Meets are categorized as “A” meets or “B” meets. “A” meets are for more advanced swim times, and “B” meets are for non-A swim times. Even if your swimmer doesn’t have an “A” time, they may still participate in an “A” meet, but swim fewer events than in a “B” meet.

All swimmers participate in “B” meets. However, if a swimmer has earned a BDQ time (and “A” time) for a specific stroke, they cannot swim that stroke at a “B” meet.

**Exhibition heats** are also run at both “A” and “B” meets. These heats aren’t scored, but give swimmers a chance to practice a stroke in competition. Exhibition heats also allow more swimmers to participate.

### **Tiny Turtles**

The Tiny Turtle races are for our newest 8 and under swimmers and are held right before the start of each home swim meet. These races are for swimmers that aren't quite ready to race in a regular meet. Usually by the middle of the season these swimmers have progressed enough to compete in exhibition heats scored events.

### **Ribbons**

Ribbons earned by swimmers for placing in competition can be found in each family's team folder located in the pool house foyer. Sometimes it takes a day or two for the ribbons to be processed.

### **Weather**

We practice and compete in all weather conditions except lightening storms. All swimmers exit the pool during a thunder/lightening storm. If there has been no thunder/lightening for 30 minutes, swimmers may get back in the pool

## **PARENTING A ROYAL**

### **Get Your Child to Practice**

The swim season is a short 8-week commitment. Give your Royal the best opportunity to succeed by getting them to practice each day. Most kids don't have access to swimming year-round. Just by coming to practice, many swimmers can show dramatic improvement over the course of the season, increasing their satisfaction and making it even more fun for you to watch your child swim.

### **Get to Swim Meets on Time**

Swim meets are action packed adventures! Don't make it more difficult by getting to the meet late. Coaches make final adjustments to the relay teams during the warm-up session after they've been able to confirm which swimmers are present.

### **Get Your Royal To The Starting Block**

The meets move very quickly, so pay attention and teach your younger Royals to get to the starting block at least two events before they swim. The meet won't wait for your swimmer. For relay events, our teenage Royals help the younger Royals get to their proper starting positions. This is a fun way for swimmers of all ages to interact.

### **Always Report Times to the Coaches/Lollipop**

After your child's event, the timers will give your swimmer their race time. Have your Royal report their time to the coaches. This gives the coaches a chance to congratulate your swimmer and give feedback on their race. **Royals also get a lollipop if their time improves!**

### **Swim Team Communication**

Most team communication will be done via email, but you may also find informational flyers in your folder or on the swim team bulletin board which are both located in the pool house foyer.

### **Team Suits**

We do not require you to purchase a team suit, but most swimmers prefer to do so. See the “Team Suits” tab on the website. One team cap is provided; additional latex caps are \$5.00. This year a limited number of silicone caps will be available for \$20.00.

### **Always Encourage Your Royal**

Congratulate your swimmer after each race and be sure to cheer for your teammates. The summer swim season is competitive, but it is more about enjoying the outdoors, being with friends and neighbors, and watching the kids have fun.

### **WHAT TO EXPECT AT A MEET**

#### **Warm-Ups**

All swimmers should arrive in time for warm-up regardless of when their first event is. Warm-up is important for acclimating a swimmer to the specific pool and its starting blocks. Every pool “feels” different. Coach’s rules of warm-up should be followed regarding circle laps, passing and other etiquette. It is very important for you to warm up with your team. Your body is just like a car on a cold day, it needs to get the engine going and warmed up before it can go all-out. Royals warm up first at home meets (**4:45**) and second at away meets (**5:15**).

#### **Volunteer Duties**

When you register your child for the team, you will be signing up to volunteer (see “volunteer info” tab). In order for home meets to run smoothly, all parents need to remember to report for their volunteer duties. You may print a list of your volunteer duties out from the team website. The volunteer coordinator, Jessica Pfundt, will also be available at meets with a list of that meet’s volunteers.

#### **Swimmer Events**

Typically coaches try to enter each swimmer in two events per meet, but this will depend on what strokes your child is able to swim legally as well as how many swimmers are in their age group. If a swimmer cannot be put in a regular event, they may swim in an exhibition heat.

#### **Swimmer Etiquette**

Proper swimmer etiquette is for swimmers to remain in the water until all swimmers have finished the race, then to shake hands with the swimmers on either side of them before exiting the pool.

## **Team Sportsmanship**

Ways to show excellent team sportsmanship include:

- ☆ cheering on your teammates during races
- ☆ telling your teammates, “Nice race” ( not “I beat you” or “I got a better time than you”)
- ☆ cleaning up your “hang out” area after practice and at meets (at home and away).  
**There should be no trash left behind on deck or in the park.**
- ☆ helping the coaches set-up and clean-up after practices
- ☆ helping clean-up after a meet
- ☆ letting your coaches know what a great job they’re doing

## **Swimmer “Tattoos”**

At the beginning of each meet you will be given a heat sheet with your swimmer’s events. The best way for your swimmer to keep up with his events and strokes is to write them on his/her arm with a sharpie pen.

For example:

#35 50Fr H\_\_\_\_ L\_\_\_\_ #35

#43 100Br H\_\_\_\_ L\_\_\_\_ #43

We also have Royal Logo tattoos on sale for 25 cents!

## **WHAT TO BRING TO A MEET**

Meets last 3-4 hours, so come prepared. Here’s a list for your child:

- Team swim suit—arrive wearing the suit
- Warm cover-ups—it can be cold when meets begin in the spring. Don’t forget sweats, and a jacket. Bring extras!
- Team swim cap— Have a backup in case it tears.
- Goggles—racing pair and backup pair.
- Towels—at least one per every two events. Smaller shammy-type towels are ideal.
- Bleacher cushion or folding chair—some facilities don’t have room for chairs

- All teams provide concessions, but you can bring snacks or dinner in a cooler if you prefer. Always have a water bottle handy. The best time for swimmer to eat is when they have a longer break between events.
- List of current times and goal times—this is handy if attached to the swim bag as well
- Sharpie pen in a dark color, preferable fine-point or ultra-fine-point to “Tattoo” your swimmer’s races on their arm
- Extra dose of determination and Team Spirit!