**What time do swimmers have to be there for meets?**

Afternoon Tuesday/Thursday meets check-in is at 4:30 PM and for Saturday morning meets check-in is at 7:30 AM. If swimmers arrive more than 10 minutes after the check-in time they will be scratched from the meet. If for any reason you are going to have your child to the meet late, you will need to contact someone already at the meet to check-in your child. Once scratches are made and heat sheets are printed, swimmers events/entries cannot be changed. Please be sure you are aware of this and plan ahead!

If your child has a conflict (Doctor appointment, other sport, etc.) you can send an email to whiteeaglecoaches@gmail.com, but please be sure that email arrives by 3:00 PM on afternoon meets and the night before Saturday morning meets.

**How can I see what events my child is swimming at a meet?**

Once swim meet entries are done, you can return to the swim meet commitment page to see what your child is entered in. If you have the On Deck parent app, you can also view entries there.

If you would like to download the On Deck Parent app, you will use the same log-in that you use for Team Unify and use the team alias of recnpdscwewil all lowercase letters.

**What do we wear to a swim meet?**

All swimmers should wear the team swim suit (or plain black if they were unable to purchase) and a WHITE EAGLE team cap. All swimmers received a free latex cap with their team t-shirt. While we love that many of our swimmers swim year round, please save those caps for those meets - our coaches and spectators need to know you swim for WE at all of our meets.

**If I have questions for the coaches, how should I communicate?**Any and all questions directed to the coaches should be done after swim meets or practices, or via email. Please do not talk to coaches during practices or swim meets unless it is an absolute emergency. If there is an issue that you feel requires more immediate attention, you may find Kristen Liyeos or Rezina Alam to discuss the issue, and they will be able to give you better guidance.

During practice, our coaches need to be attentive to your swimmers in the water in order to be able to watch out for the safety of your swimmers and give feedback on stroke technique. During swim meets we need to be watching your swimmers to be able to give feedback on their swims.

**Why doesn't my swimmer have a ribbon for an event he/she swam? Who should I contact?**Swimmers who are disqualified in an event will not receive a ribbon for that event. Please check the results first to ensure your swimmer was not disqualified. We will be reviewing DQ slips with your swimmers the day after the swim meet, and DQ slips will then be placed in your child’s ribbon folder. There will also be a note on the back to let you know if we spoke with your child or if we missed them at practice.

If you have looked at the results and your child was not disqualified, please know, there are sometimes mistakes made, labels missed, and ribbons misplaced. We can absolutely get a ribbon for the swim your child deserves a ribbon for. Please send an email to the head coaches and we will ensure your child gets that ribbon.

**When can I leave the swim meet?**

Please DO NOT leave the swim meet without double and triple checking that your child is on a relay. We often need to make last-minute changes to the free relays because of swimmers who no-show and in the chaos of rearranging swimmers sometimes forget to communicate that with the child and are almost positively unable to communicate that to the parents. The heat sheet that our bullpen workers have should be completely updated with correct relays. Please check with them or have your swimmer check with the coaches to guarantee they are not needed for a free relay.

If your swimmer needs to leave a swim meet early due to illness or another unplanned emergency, please be sure your child checks out with the coaches so we can make plans for the relays accordingly. At our River Run swim meet, we had some swimmers wait for the free relay only to find out we had to scratch their relay because of swimmers who left.

**Can my swimmer swim up an age group at swim practice?**

No. All swimmers need to swim with their age group. While we recognize that some year-round swimmers have more endurance than some swimmers in the same age group that are just starting out, the solution is not for them to switch age groups. We will be modifying workouts in every age group for swimmers who need to take it at a slower pace and swimmers who are able to push themselves a little more. It is important for the swimmers to practice with the swimmers in their age group both for social purposes and since they will be competing with their peers at swim meets. If you feel your child has extenuating circumstances, please feel free to contact the Coach to discuss your child’s situation.

*If you have any other questions regarding swim meets, please do not hesitate to email the Coach at* [*whiteeaglecoaches@gmail.com*](mailto:whiteeaglecoaches@gmail.com)