



Centennial Beach Mudrats Swim Team

Welcome Summer!

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Summer is almost here! We are glad to see many returning Mudrat swimmers as well as welcoming new ones! Registration is well under way and we are glad to see Coaches Andrew and Megan returning along with two new Coaches, David & Carolina!

Our first week of practice will be the Tuesday after Memorial Day and take place in the evenings at NCHS. Beginning June 13th, practices move to the morning at the Beach. (Remember, Friday practices will still be at NCHS. Check the website **carefully** for your swimmer's practice time!)

Time Trials will be held Sunday, June 12th and we look forward re-connecting with families along with forming new friendships! New to the team and not sure how swim team fully works? Look for a Parent Board rep wearing a dark green Mudrat Parent Board shirt and they will be happy to help you! We are grateful to have NNHS as a home pool again! We are the only team in the Naperville Swim Conference that will not need to cancel a meet due to storms or cold weather!

Once you arrive at a meet:

- * Swimmer Positive Check-In! Otherwise, your swimmer cannot swim!
- * Working a Meet? Go to Parent Participation and Check-In!
- * Set-up your space to relax before the meet.
- * Need snacks, drinks, etc? Check out Concessions!
- * After warm-ups, the Heat Sheets will be posted by the Coach Jaymi in the family sitting area at every meet, so you know which heat and lane you are in.
- * Some younger swimmers may need to write on their arms to which events they are swimming to know when they are up.
- * At the pool, be sure to check the flip chart, displaying which event and heat is up.

Welcome Summer (cont'd)

Outside the pool area or in the family sitting area, there are two Clerk of Course volunteers calling out the event and using a megaphone to line up your swimmer. Swimmers must stay in the family sitting area, otherwise, you may miss your event!

- * Please remind your swimmer to talk to their Coach! The Coach will provide feedback after every event he/she swims (results, DQ's, etc).
- * Swimmers support each other! While swimming an event, swimmers are excited to see their teammates cheering them on poolside! Yes, parents can get excited too! But, did you know that no matter how much you yell, your swimmer cannot hear you with water in their ears?



Basic Meet Info.

For Time Trials and Meets, make sure you & your swimmer:

- Check the schedule on the website the day before to see which events they are swimming in. For Time Trials, they will be doing the basic strokes for their age group. There will be no relays at Time Trials. If your swimmer cannot attend Time Trials, the time will be used from their first swim meet.
- Get a good night's sleep the night before.
- For Tuesday/Thursday Meets the times are:
 Arrive no later than **4:30pm** for Positive Check-In
 Is on deck at **5:00pm** for warm-ups. **Meets starts promptly at 5:30pm.**
- For Saturday Meets:
 Arrives no later than **7:45am for Saturday Meets**; and goes directly to Positive Check-In.
 If they do not check in, they will not be entered in the Meet!
 Is on deck at **8:00am for Saturday Meets** for warm-ups. **Meets starts promptly at 8:30am.**



For all Meets: Relays can be added/changed just before a Meet begins. Make sure your swimmer checks in with their coach before leaving the Meet!

Meet Results



Results? Log in and go to “**My Meet Results**” on the left navigational toolbar. Look at the Member name in the box and click on your swimmer. Be sure to click the “**Search**” button next. To see which events your swimmer is entered in? The events are usually added a day or two before the Swim Meet. However, this schedule is not set in stone. After your swimmer does **Positive Check-In, ALWAYS**, check the **Roster** once it is posted at the Meet! **Things change**—a Relay may get canceled because a swimmer did not do Positive Check-In, has not signed out of Meet or suddenly became ill. The Roster will show the swimmers by Age Group, then by Name and list across which Events they are swimming in by Event Number. Under the Event number will list i.e., “1/4”, which means “Heat 1, Lane 4”.

Helpful Hints

If you’ve participated in summer swimming before, you know the drill. Pack up your swimmer, their gear & snacks, and head off to the pool for a few hours. For those new to the swim team, here are some tips to help get started:

First of all, **label everything** - you will be surprised how quickly items are lost! It’s also a good idea to get your swimmer into the habit of keeping their goggles with them at all times. Goggles left on the blanket/floor are often lost or stepped on. Some ideas of things to bring:

- Blanket, towel, beach chair, etc. to sit on (optional—small tent to stay out of the hot sun).
- Mudrat Swimsuit, Goggles, Caps and Towels (be sure to have a backups just in case!)
- Mudrat wear or other type of sweatshirt/sweatpants (for those cool summer nights).
- Sunscreen and Bug Spray
- Fun things to do with friends – games, playing cards, crafts, book
- Snacks (though Concessions are always available!)



Leave No Trace

Parents and Swimmers: Whether we are at a Home or Away Meet, have your swimmers pick up any wrappers, cups, etc. around them as they prepare to leave. Thank you!



Lost and Found

In you are missing an item, parents can check with the lost and found at Centennial Beach or with their Coach. Sometimes, Coaches will have suits or towels that have been turned in. But first, be sure to use a permanent fine tip marker when writing on the label of Mudrats team suits and goggles. It is easier to read and will help get the item back to the rightful owner. Losing goggles is common, therefore, it is always good to have an extra pair of goggles on hand just in case.



Mudrats
Have
More
Fun!