

Things you should know about Meets

Eligibility/Signups

- **In order to participate** in a meet, a swimmer needs to be registered with the Flying Fish. S/he needs to be able to swim a lap of the pool unassisted (no kickboards, no coaches in the water, no standing up). Holding on the lane rope once or twice is acceptable for 6 & unders only; older swimmers need to be able to go the distance without any interruption
- **New for 2020! Sign-ups** for all meets will be online! You can sign up by logging in to your account on the team website. Sign-ups will close 48 hours prior to the scheduled start of the meet. Note: This is also how parents can sign up for their volunteer jobs.
- If you don't sign up your child, he/she will not be entered in the meet. It's a terrible thing to show up on Saturday morning and not be entered, so please make sure you sign up by the deadline.
- Each swimmer can sign up for **3 events**. Relays are at the discretion of the coaches. Relays are at the end of the meet, so if you're planning on leaving early, please let the coaches know by Wednesday so we can keep your child out of the relays.

What to do at the meet

- **Warm-up times** are listed on the schedule; please make sure your child is at the pool by the start of warm-ups. Your child should report to the coaches who are running warm-ups – and will be given a set to swim – depending on age and swimming ability. While your child is warming up, you can set up your area, purchase a heat sheet from the concession area, report in to the volunteer coordinator, etc.
- There is a **designated area for Flying Fish families** at our home meets. You can set up on the northwest corner of the pool deck by the diving board (closest to the open parking area by the baseball field) or anywhere outside of the fenced area. You can also set up chairs along the fence, but no tents are allowed there. Feel free to drive on the grass and park in the field. Both the front and back gates will be unlocked, so you can park in the back as well. There are certain areas you cannot set up – as they are areas set aside for concessions, clerk of the course, or other high traffic areas – if you have a question as to where you can set up, please ask!! At away meets, there is usually a designated area for the visiting team – but it varies at each pool. Wherever we are, we just ask that we are respectful of the other team's rules and regulations, and leave our area as clean as we find them. We want the Flying Fish to have a good reputation in the River City Swim League.
- You can **purchase a heat sheet at concessions** to see when your child is swimming. It won't tell you the actual time, but it will tell you event numbers, heats, lanes, etc. Some people write their events on their kids' arms to remind them of where they need to be. Swimmers are responsible for getting to the clerk of the course (this is where they report to get seated before their race). Please make sure you're listening (or that your child is listening, if that child is older!) to the announcer call for each event. Missed events cannot be made up – and could be lost points for our team! So please, be attentive!! And when your child's events are called – get him to the Clerk of the Course, and DROP HIM OFF! Parents are NOT allowed in the Clerk of the Course (even for 6 & unders). The 6 & under coaches will be there for your kids – you can go find a spot to watch the race!
- Once your child is finished with her events, you can leave, but not before you **check the relay board**. If your swimmer is not listed on the board for a relay, feel free to go. If they ARE listed, that means they're in a relay (which are at the end of the meet). So please stay and hang out! If you absolutely have to leave, please let a coach know before event #20 – so we can find someone else to take your child's spot. If your child is listed as an alternate, they MAY be in a relay. Updated relay lists are posted at Event #30 – so check back at that point and see if we still need your child to stay.
- **Don't forget to volunteer!!** You can sign up the same place you sign your swimmer up for each meet. Each family must sign up for THREE shifts during the regular season.

What to bring to the meet

- Chairs, towels, snacks, water or Gatorade, tailgate tent (if you want!), swim gear (suits, goggles, caps), money (for heat sheets – usually about \$2 – or for concessions; we also offer FFST gear at concessions (tees, caps, car decals, etc), camera (pics are allowed everywhere except behind the blocks)
- Patience! A meet usually lasts about 3.5 hours. Hang out, have fun, and enjoy!!

What you shouldn't do at the meet

- **Please don't talk to any of the meet officials** (stroke & turn judges, starter, timers). They're all trying to work and aren't supposed to talk to parents or swimmers. Also, please **do NOT go into the score room** or ask the score room workers any questions. If you have questions, ask a coach. We'll get the answers you need.
- Parents aren't allowed in the clerk of the course or in the starting area. Please watch your swimmer from the side of the pool or from the turn end.
- Swimmers shouldn't be running around like crazy people. They can watch the events, but they need to stay in the pool area so they can hear their next event be called. They also should be resting up a bit for their next event. No swimmer should be in the pool during a meet, unless he is swimming a race. That means, **NO DIVING WELL** at our home meets & NO BABY POOLS or other pools at our away meets.

A little bit about our philosophy

- The most important focus of the Flying Fish is to **have fun**. We want our swimmers to learn the sport, enjoy it, and have a good experience. We're not concerned with everyone getting first place – but instead with bettering their own times and skills. Every swimmer develops at his own pace – and some kids are more natural in the water than others. Please refrain from comparing your child to others (his brothers or sisters or friends) – try to talk to him about personal goals for the season – possibly a dropped time or learning how to do a flip turn. These are the things he should focus on at a meet – not what place he comes in.
- Please also make sure that you, as a parent, are demonstrating good sportsmanship. Your kids look up to you – and the way you cheer or act towards the opposing team shows them what is acceptable. The Flying Fish pride ourselves on being gracious towards our opponents, both in and out of the water. Positivity, people! It goes a long way!

If you have any questions or concerns, please don't hesitate to talk to a coach!

