

Sun Prairie Piranhas New Parents Guide

We're so glad you decided to join us!

To many new parents, the first part of the season can feel quite overwhelming. It may seem like everyone was naturally born speaking this strange language, knowing how to read heat sheets and knowing how to sign up for meets. Rest assured, we've all been in your shoes and we're all willing to help. Just ask! Within a short period of time you'll start to get the hang of it and soon after you'll feel like an old pro!

Frequently Asked Questions

If you don't see your question answered, please feel free to ask a board member (emails listed on the website) or make new friends with an experienced swim parent and they'll be more than happy to help. No question is a silly question!

How do I change my account information on the website?

[Click Here](#) to watch a video.

What should my swimmer bring to practice?

- Suit
- Swim cap
- Goggles
- Towel
- Water
- Change of clothes
- Sun screen

Where are practices held?

Preseason and Regular season practices this season are held at the Family Aquatic Center (FAC) located at 920 Linnerud Dr. Sun Prairie.

How do I know when my child practices?

Check the Practice Schedule on the Piranhas website, under the "Swim Groups" tab.

The weather is bad, are we practicing?

To get notified of a practice cancellation, Download the Rainout Line (2017) app, which is available on Google Play and the Apple App Store for free. Once downloaded, you will want to search for Sun Prairie Parks and Recreation. You will then find a long list of programs. Please select the bell icon next to Piranhas Swim Team. You will then receive push notifications for any cancellations. The head coach will also try to send an email 15 minutes prior to practice starting if there is a cancellation.

How do I sign up for a meet?

You will need to sign up for a meet using the Sun Prairie Piranhas website. You must sign up 9 days prior to the meet. On the website, look in the lower-right-hand corner of the home screen for the "Events" box. Click the "Swim Meets" tab and click the "Attend this Event"

button. Select swimmer's name and declare either "Yes" or "No".

What events will my swimmer swim?

Each swimmer can swim up to 4 events. You may select two individual events you want to participate in when you declare your status. Coaches will do their best to honor these requests, but will place swimmers based on availability and need.

How long are the meets?

Meets last approximately 4 hours. Morning meets start around 8am and last until about noon. However, your swimmer will need to be there earlier for warmups. The Head Coach will send out the arrival time prior to the meet so you will know when to get there. Evening meets will vary in start time and still last approximately 4 hours, unless there is a time limit set by the team prior to the meet. All evening meet durations and start times will be posted on the website and arrival times will be communicated by the Head Coach.

Where are the meets held?

The pool locations are listed on the Piranhas website under the "Pool Locations" tab.

How do swimmers get to away meets?

Due to season restrictions, there will be **NO BUSSING THIS YEAR.**

Are meets required?

A minimum of 3 meets are required in order for a swimmer to be eligible to swim in the season end Conference swim meet. This is a Tri-County Conference rule.

How is a swim meet scored?

The last heat of each event is the "Points Heat." Points are awarded to each team based on their swimmers' finishing positions in that heat. All other heats are "Exhibition Heats" and do not count for team points.

Will there be any awards?

Ribbons are given for:

- 1st-6th place in individual point-scoring heats
- 1st-3rd place in relay point-scoring heats
- 1st-3rd place in individual exhibition heats

What is the parent volunteer commitment?

Families are required to volunteer at home swimming events(socials, meets, etc.). Please do your part to make sure the Piranhas Swim Team has the support it needs to be successful!

How do I sign up to volunteer?

Watch this video: <https://www.youtube.com/watch?v=tR2SnGQuQRs>

I don't know much about swimming. How will I know how to work at a swim meet? No experience is necessary for any of our volunteer positions. We will teach you everything you need to know! Volunteering is a fun way to be involved in your child's swim adventure and an even greater way to get to know other swim families.

How do I read a heat sheet?

Now, what do I need to write on my swimmer's arm again...?

Event Number	Heat Number	Lane Number	Stroke																																																				
#23	1	4	Freestyle																																																				
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How do I mark my child's arm?



Swim Meet Essentials

- Water and fluids -- Stay Hydrated!
- Healthy snacks
- Swim cap
- Goggles
- Towels
- Sunscreen (don't apply to your arm until after your events are marked)
- Insect repellent
- Money for concessions (and/or pack your lunch/dinner) and heat sheets
- Highlighter and/or pen
- Sharpie for marking arms
- Folding chair
- Books or games to enjoy between events
- Blanket to spread out
- Robe or sweats to keep swimmers warm between events
- Pop up tent for shade (optional)
- For rainy meets, bring extra towels and rain gear for the parents
- Label EVERYTHING with your name!
- If you are bringing non-swimming siblings to a meet – bring toys/activities/snacks.

Last Updated: 5/16/2021

