

Swim meet Survival Guide...

What to bring to a SWIM MEET:

- Team swimsuit and a spare suit
- Swim cap and a spare Cap (latex caps less expensive, tear more easily, silicone more durable, more comfortable)
- Goggles (2 pair minimum) – Not a good idea to wear untested, new goggles at a meet if can help it.
- Towels – Two minimum. A shammy works great
- Something to keep muscles warm between events (warm up suit, sweats, fleece).
- Blanket or sleeping bag to lounge on between races
- Water bottle or sports drink – Swimmers dehydrate easily in hot weather Healthy snacks/money for concessions.
- Things to pass the time – music, book, games, simple crafts. You'll be at the meet for approximately 3-4 hours.

There's a SWIM MEET today!!!!

EAT a healthy breakfast

EARLY – arrive 15 minutes before warm-ups

EVENTS – look over the Heat Sheet and know your events and numbers

ENJOY!! You've practiced hard – Have fun racing!

..for the Swimmer

(parents on next page)

Arrival – Plan on arriving 15 minutes before warm ups start.

Check in with the coaches so they know you are there. Find your teammates and find a place where the team is setting up blankets/sleeping bags/tents to leave your bag. Be ready to swim at warm up time with suit, towel and goggles.

After Warm Up, Look over the heat sheet.

Mark your event and race on the back of your hand/arm.

Listen for your event to be called.

Go to the clerk of course area when you hear 1st call for your event.

Events go in the same numerical order for each meet. You will hear 1st, 2nd, 3rd call for each race. **If the swimmer is not to clerk of course after 3rd call, he/she will not be able to swim that race.**

Time to Swim – At clerk of course, swimmers will be lined up in order and given a card to give to the timers, and then proceed around the pool deck as directed to the starting blocks.

It is your responsibility to stay in line up as directed and be ready to swim when your event is called.

The Referee/Starter will then blow his/her whistle one-time indicating it is time to step up on the blocks.

The Starter will say, "Take your mark."

When everyone is set, s/he will start the race with a loud horn/beep. After Your Event

When your race is finished, **remain in the water until the last swimmer is finished.** High five and/or congratulate swimmers next to you.

Show good sportsmanship regardless of your finish and do not brag, get angry, pout or scowl. Always give each race your best effort.

Waiting for your next event –Have a drink (water or sports drink) and a snack.

Cheer for your teammates!

Stay where you can hear events being called.

Stay for the whole meet if possible to support your teammates.

At the end of the meet – Make sure to pack up all of your belongings and clean up the area around you.

At home meets, pitch in to help with cleanup of pool deck and concessions.

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- Sharpie Marker/highlighter – Help your swimmer put their event information on their hand if they need help and highlight their races on the heat sheet.
- Meds – If your child is asthmatic, don't forget their inhaler and have it accessible.
- Stadium cushion, blanket or chair.
- Things to pass the time at away meets.
- During home meets, we need your help to run the meet. You will need to volunteer for a position.
- Clothing – Team color is purple. We live in Wisconsin and swim on 60 degree days . . . and on 90 degrees days! FYI – black clothing gets very hot
- A hat/visor is recommended!

There's a SWIM MEET today!!!!

AWAY Meets – arrive 15 minutes before warm-ups

HOME Meets – Arrive 1 hour early to help setup

Heat Sheets – A list of all events and swimmers. Cost \$1 - \$2 at concessions

..for the Parent

It takes about 50 volunteers to run a swim meet. We expect **EVERY** family to volunteer. We could not give your swimmer this opportunity without **YOU!**

- Arrival - Parents usually sit in an area as a team. Some meets get very crowded. Please be courteous of others – try to avoid taking more space than you need. Some bring an Easy up or other popup tent for shade.
- Make sure your swimmer's events are written on their hand.
- During the Meet – Cheer for the entire team!
- After their race/meet - Praise, congratulate or console your swimmer, but never coach or criticize. They have practiced for many hours and are trying their best. Recognize that swimmers can't improve every time they race, nor can they give 100% every time they are in the pool. **Leave coaching to the coaches** and be there as a parent to support your swimmers efforts.
- Results - When your swimmer's times are official, they will be posted on a wall in or around the pool area according to event. They also will be posted on the team's website

KEY Meet Positions

Clerk of Course – This is the staging area for the swimmers before each event. An announcement will be made of the event numbers that should report to clerk of course. They will usually announce 1st, 2nd, and 3rd call. Be sure to learn where the clerk of course area is at each meet your swimmer should report on the **1st call** of their event.

Officials - please do not disturb any swim officials during a meet. They are usually wearing a white collared shirt and are standing at the corners of the pool area.

Referee/Starter – The referee is the person on the deck with the whistle who keeps the meet running. The referee settles any disputes or problems that occur during the meet. Parents should address any questions or concerns directly with the coach – not the officials or referee.

The starter announces each race. After the referee turns the heat over to the starter (with a hand signal), he/she tells the swimmers to "take their mark" and then starts the race with loud horn or beep. If the starter sees a swimmer leave the blocks early or move during the start, the starter will disqualify the swimmer. The referee must confirm false starts.

Stroke & Turn Judge – The stroke & turn judges watch the swimmers to make sure they are swimming the strokes according to USA Swimming Rules. If a stroke & turn judge sees an infraction, they will raise their hand indicating a possible disqualification. 2 judges must confirm a disqualification. After the race, the judge will assign a DQ code which is transferred to a DQ reason posted on the results. Speak to the coach, not the judge, if further explanation for the disqualification is needed.