

SAY SWIM TEAM

Attending Swim Meets

Success at meets is an important part of every athlete's experience as a member of our team. Many things go into creating a rewarding and successful swim meet.

Dual meets: a smaller meet between SAY and one other YMCA. This meet is held either at SAY or the other team's Y and last about 2 hours.

Check the schedule for location, time, travel directions and estimated travel time. Confirm warm-up time as well as meet start time.

Have a healthy breakfast or lunch. Dual meets usually last 1 ½ - 2 hours, so a good meal prior is sufficient fuel for dual meets. Only water and a small snack are necessary at the meet.

Arrive on time (ten minutes before posted times)

Bring team suit, team cap and two pairs of goggles as well as towels, team t-shirts and sweat shirt or jacket.

NO ELECTRONICS/PHONE USE AT DUAL MEETS

Be ready on time for warm-up and follow coach's instructions during warm-up.

Coaches make up the line-up for dual meets. Swimmers will not know what they are swimming until they arrive at the meet. Coaches and team captains will assist younger swimmers, particularly early in season. However, all swimmers are expected to learn the order of events and be behind the blocks several heats in advance of their events.

Swimmers must see their coach after each event.

Athletes stay on deck in the bleachers at all times. Dual meets run very quickly. If you need to use the restroom check with a coach.

Parents remain in stands and cheer on the swimmers. Coaches coach.

Swimmers swim fast, encourage their teammates and HAVE FUN.

All athletes stay until the end of the meet.

Meet concludes with a cheer for the opposing team.

Invitational meets: a larger meet in which several other swim teams compete, usually held in a larger venue.

Check the schedule for location, time, travel directions and estimated travel time. Confirm warm-up time as well as meet start time.

Have a healthy breakfast or lunch. Invitational meets often last 4-5 hours, pack healthy snacks and plenty of water.

Bring team suit, team cap and two pairs of goggles as well as **extra towels, team t-shirts and sweat shirt or jacket**. Some of the facilities can be quite chilly. For invitational meets, swimmers are encouraged to bring books, cards or games as there will often be long periods between events.

Know and/or write down your events (numbers) before you arrive.

Arrive on time (ten minutes early). Find team area and check in with coach(s).

Coaches are required to turn in scratch sheets well before the meet begins, often before our assigned warm-up time. If you are late, you will be scratched from the meet. **This is meet policy and coaches will not be able to re-enter swimmers.**

Be ready on time for warm-up and follow coach's instructions during warm-up.

Stay in team area. Coaches do not receive the heats sheets with heat and lane assignments until immediately before the meet starts. Be aware if you are in the first event as you will need to get your heat and lane assignment from the coach right away. Heat sheets are also posted on the pool deck.

At most invitational meets there are 2 pools running simultaneously. Athletes are expected to pay close attention to the meet and be behind the blocks several heats in advance of their events.

Coaches will be on deck coaching and will not be available to marshal swimmers.

Swimmers must see their coach after each event.

Swimmers swim fast, encourage their teammates and HAVE FUN.

Cool down after every event (when available).

Parents stay in designated area. Positively no parents on deck.

Swimmers are free to leave after cooling down.

Clean up the area where you have been sitting. Please do not leave any trash, water bottles or food. As a team we take responsibility for leaving our area clean and free of all trash.

Pack-up, head for home. Athletes need to refuel with a good meal within 30 minutes of their last race. This is especially important for the 2 and 3 day meets. Get a good night of rest if returning the next day.

Championship meets: our season ending meets that close out the season. Each meet has different qualifying standards (i.e. Silvers, Y States, Y Nationals)

If you miss an event, you may be scratched from the remainder of your events for the day. This is a championship meet policy and there are no exceptions.

Positive mindset – Trust in your coaches, your training, your teammates. Believe in yourself. Have a “will to win” attitude.

Cheer on your teammates and promote good sportsmanship, every SAY swimmer represents what our program is all about!

Extra hints for parents:

Don't coach, be a supportive parent.

Remember, almost everyone running or officiating at meets are volunteers. Please stay off the deck and let them do their jobs.

Let your swimmers have a learning experience at every meet. If they need help, they can ask a teammate or coach.

Parents are expected to volunteer at both dual and invitational meets. We have found that the more involved parents are the more rewarding the experience is for our swimmers

Extra hints for athletes:

Take care of yourself. Get to bed early the night before a meet, eat well and stay hydrated.

Take responsibility. Check your bag for all equipment the night before. Don't expect your parents to pack your bag for you.

Take responsibility for the team area and throw way all trash, water bottles, etc.

Keep track of your belongings.

See your coach for advice and feedback after every event.

Cool down after every event.

Strive to do your best, but exhibit good sportsmanship even if you have a poor swim. Try to learn from mistakes or disappointments.

Have fun and cheer on your teammates.

Thank your coaches and your parents for their time and support!

UPDATES FOR 2022-23 SEASON

There will be no practices held when our team is hosting a meet or intrasquad event.