

PVAC

SWIM MEET GUIDE FOR SWIMMERS AND PARENTS

BEFORE THE SWIM MEET

WHAT TO BRING:

- PVAC Swimsuit and a spare suit
- PVAC Caps (2)
- Goggles (2)
- Sandals/Flip flops or Warm boots
- Towels (2-3)
- Water
- Food/ healthy snacks
- Folding Chair
- Sunscreen
- Warm clothes, socks, shoes and coats
 - in case the meet is outdoor and chilly outside
- Entertainment
 - be prepared to sit around for a couple of hours , Staying awake and alert will help you swim faster so bring whatever keeps you entertained.
- Cash for snack bars or for emergencies

Lastly, a relaxed positive attitude. Bring your team spirit and cheer for your teammates!

AT THE SWIM MEET

ONCE YOU ARRIVE:

- Show up early - arrive 10 minutes before warm-up begins.
- Go to the "CHECK - IN" desk and write your event for you to keep.
- Drop off your chair and bag at the PVAC canopy.
- Report to your coach for stretching and warm-up instructions.

AFTER THE WARM-UP:

- Check the heat sheet to get your heat/lane assignments if you are one of the first events of the day.
- Download the app "ON DECK" to put your heat and lane assignments in if your coach has not yet updated it.
- You may also download "Meet Mobile: Swim" to get live results, please be aware that not all swim meets have this feature. Ask the information desk if this is available.

BEFORE YOUR EVENT:

- Four events before yours - make sure you have the correct heat and lane by checking the heat sheet, update the On Deck app if necessary.
- You **MUST** check - in with your coach to give him your heat and lane.
- Stand behind your lane and check-in with the timer before your heat.

AFTER YOUR EVENT:

- Report back to your coach.
- Check the heat and lane of your next event.
- Cool down / warm up for your next event.
- If you miss a race, tell your coach **IMMEDIATELY**.

FOR PARENTS:

- Praise qualities like effort and hard work, celebrate a best time even if it is .01 of a second.
- Do not compare your child's performance against others
- Allow them to be a kid and have fun.

BE A VOLUNTEER TIMER

- PVAC may be assigned to time on a swim meet, please sign-up once it is available. It is the best seat in the house!
- There are either going to be 2-3 chairs per lane (one to handle the stop watch, one to record time on the clipboard), all timers will handle the pickle once the swimmers finishes to the wall.
- If you are handling the stopwatch, be alert and focus on the light near the official and start the watch on that signal and not on the sound. In case you missed the start, raise your hand to signal the head timer to come to you and replace your stopwatch with a running one.
- Be at the edge of the pool when your swimmer approaches the finish, you must be looking down over the edge to see them touch underwater. Stop your watch and/or button when any part of the swimmer's body touches the wall.
- Record the swimmer's time from your stopwatch to the clipboard.

THINGS TO DO DURING THE MEET"

- CHEER! Not just your kid but all PVAC swimmers, If you see a new family, introduce yourself. Get to know and network with other parents.
- Please be aware that there are places parents are off-limits to:
 - Behind the blocks (unless you're a volunteer timer), the admin area, the coaches' area, and make sure to give a pathway for officials to walk the side of the pool.