



## The Importance of Consistent Meet Attendance

Swim Torrance is a competitive program, which puts emphasis on attending competitions. Our coaching staff believes swimmers should attend at least one meet per month during our seasons. This is to help the swimmer not only measure their practice habits under racing conditions, but also to help them look at the entire season to plan for the culmination of Championship Season.

### Short Course Season (SCY = short course yards)

Short course practices usually begin around the end of August and continue through mid-March, making the season about 7 months. Our program typically attends a meet in late September, we host a meet in October, we attend another meet in November, and another in the beginning of December. In Dec. there is also usually a meet where swimmers must meet a timer standard to attend (WAG, Husky, Winter JRs). Then there's usually 1-2 more opportunities to go to meets in January and February.

So by this point, swimmers have had 6-7 in-season meet opportunities before Championship Season. This is important because Championship Season meets usually have qualifying time standards that swimmers have to meet in order to attend.

SCY Championship Season encompasses meets during February and March, like PAC Champs, Finale, JOs, and Sectionals.

### Long Course Season (LCM = long course meters)

Long course practices usually begin in March and continue through the first week of August, making the season a little over 4 months. The time span is much shorter than short course season, which makes meet consistency even more vital. It really only allows for 3 in-season meets prior to long course Championship Season.

LC Championship Season encompasses meets during July and August, like PAC Champs, Finale, JOs, Sectionals, Futures, and Jr. Nationals. All except Finale require swimmers to meet a certain time standard. And again, this is the main reason attending meets consistently is important. It allows swimmers more opportunities to achieve these standards and tweak their practice habits between meets based on their results.