

## GUIDE TO EVERYTHING SWIM MEET RELATED

If you are getting this guide you are probably new to the swim world and swimming in Shooting Stars (6-7 p.m. Mon. thru Fri.), or Rising Stars groups 6:45-8 p.m. Mon., thru, Fri.). The swimming world is vast and at times complicated so we wanted to give you as many tools we can to take to the meet for an easier first experience. All the information below is put together by swimmers, parents, and coaches so if you have anything you would like to add to the guide please let us know. Thank you for your time and good luck to the swimmer and the parent at the first meet! We will break down the order and process below step by step.

### SIGN UP FOR THE MEET

This is done on our website at [staraquaticsclub.com](http://staraquaticsclub.com) you go to the site and follow the directions below in the pictures step for step. As for payment for the meet we take it out of the monthly dues the following month with the automatic withdraw. Meets range from \$15 per meet to \$30+ a meet depending on the meet and the amount of events entered.

**Step 1**

**On our home page-down in the right you will find a list of our meets.**

**Step 2**

**Below is a list of meets and dates**

**Click here to enter the meet (tab has must be pink to do so)**

**Step 3**

**Click here on undeclared athlete**

**Step 4**

**Find your swimmers name and click on the name (dont check the box)**

**Step 5**

**Under declaration there is 2 tabs one says yes sign me up and one that says no I can not attend. Hit the yes, sign me up tab.**

**Step 6**

**ONLY Friday night session will**

**\*Declaration**

**Yes, please sign [Tyson] up for this event**

**Notes:**

**This is what it will look like if you hit "yes"**

**Step 7**

**In the notes put what events they request, if you can attend both days or not, etc. do not enter them in their events.**

**Notes:**

Make sure you only declare that you are attending the meet and the coaching staff will do the rest. Sometimes people ask if we want them to declare when they do not go to meets. I think it is good to declare if you can't go and place the reason (if you want) in the 'Notes section' of the declaration section, but it's not required. It just gives us an idea who is attending and who is not attending.

### Q & A

**What if I want to swim specific events?** Place your request in the notes section and Coach Brenda will try and fill the request.

**What if I can only attend 1 day?** Place this in the notes and the day you can attend so it will be honored.

## STAR CARDS

### **What, When, Why, Who, and How!**

**WHAT IS A STAR CARD?**-This is a card that needs to be renewed every year due to the time standards changing yearly. This card helps the swimmers know their times, goal times, and events.

**WHEN SHOULD WE GET THIS?**-Now! You should get it prior to your swimmers first meet so you can go over it for yourself and your swimmer.

**WHY DO WE DO THIS?**-We do this to make it easier on the swimmer and the coach and the parent.

**WHO DOES THIS?**-All Shooting and Rising group's swimmers.

**HOW DO WE DO IT?**-The Star card is specific to each swimmer and has their personal name on it and a lanyard with a string and a starting bead. On the front it has boxes that reads Event =event they are swimming Event number=they get these numbers at check in or you can go on the meet sheet (on our website under the area where you see the meets, click on the meet name) Current times= As you start swimming your swimmer will establish times, once they get a time you can monitor this on our team unify app from your phone, or USA swimming's deck pass, or the USA swimming website. In the current times you would put their best time to date recorded from USA swim, If they have never swam the event you would put N/T meaning No time in the current times. The next box reads Goal times, these times are on the back of the Star card specific to your swimmers age group and gender. When your child ages up you will need to buy the next age group Star Card so they will have their new age group goals on the back. REMINDER-There are 2 sets of times on the back Short Course and Long Course, 90% of the time the swimmer is swimming Short course. If the Blue time is a 20.58 and your child's current time is a 21.22 with a red time the goal time would be the blue time at 20.58. ALL OF THE ABOVE CAN BE DONE AT HOME PRIOR TO THE MEET. We advise you do these steps at home prior so you and your swimmer have less to focus on when you get to the meet. And the next box is the final time. Have the swimmer write in the final time before they come back to talk to Coach Brenda after their swim during the meet. Finally we will talk about the Heat and Lane box. This you will find at the meet event for event and the swimmer is to write this in the box and bring it to Coach Brenda at the Coaches and Athletes tent.

## Q & A

**What do I write on the card with?** Permanent marker!

**How do I get the permanent marker off?** With a dry erase marker OR hand sanitizer.

**Where do I carry my card?** On your swim bag or a zipper on your parka.

**When do I need my card?** At check-in; before your event; and after your event.

## TIME STANDARDS

In swimming we have categories for swimmers from novice to professional. At this level we talk about White, Red, and Blue times often. I will break down this process step by step. Like I said above, you can get your times in many places, Our 'Team Unify APP' called "On-Deck Parent" is the best one. Secondly, there is 'Deck Pass' from USA swim and, thirdly, you can find times on the USA swimming web site under individual time search. For close to live results and current times, most meets have another app linked called "Meet Mobile" This will help keep you in the loop for all your swimmers time and progress.

**White times**= It simply means the swimmer has a N/T (No Time) and never swam it to the time listed or is under the Red Time Standard. **Red times**= Faster than the White time but slower than the Blue time. Blue times are the fastest of the 3 and after this level you get to more of a second tier of swimming with WAG=Winter Age Group Champs or JAG= June Age

group Champs or J.O's Junior Olympics and so on. All the time standards can be found at [so-calswim.org](http://so-calswim.org) or on the back of your swimmers specific Star Card.

## Q & A

**If my swimmer gets a Blue time in one event are they Blue in all?** No, Each event is individual and divided as they are more skilled in some events and stroke more so than in other events.

**Do the times expire?** Yes, If the swimmer does not swim the event within a year it goes back to a NT=No Time

## SCY and LCM

You will see this often and what does it mean? SCY means Short Course Yards and LCM means Long course meters. Most of the time your swimmer will be swimming SCY (like our pool at Temecula) but on a rare occasion they swim LCM (like Olympians) and remember the goal times and current times differ from each. For now stick to learning the SCY times and your Coach will let you know when you are ready to try a LCM meet.

## Q & A

**Why do we do both?** Most of the world swims LCM and only a few swim SCY. We have always swam SCY but our athletes get to a level where they travel out of the country and have to swim LCM so we train LCM and race it as well to have an even racing field.

**When can my swimmer swim LCM?** Some hosts have Red time and up swimmers but mostly Blue time swimmers at the LCM meets so start planning your goals to get Blue times to try LCM.

## WHAT TO BRING TO A SWIM MEET

This one can go from one extreme to the other from minimal to max, I like to say it's like light camping. You would bring as much as you really want as some don't bring much, and some bring the kitchen sink. Some like to bring their coolers (I would say 75% bring their own coolers) and some buy from the snack shack at the meet. The meet host 98% of the time will be selling Breakfast and Lunch items, snacks, lots of junk foods, and drinks. They tend to have a rather large variety but it's always better to bring healthy food from home (we will talk about swim meet nutrition later) Here is a basic list below you can use to add or take off what you like.

### **FOR THE SWIMMER**

- A Swim Parka is a recommended in the winter, and shade/sunscreen in the summer.
- A pair of goggles and it's always nice to have a back-up pair just in case.
- Multiple team racing caps-When racing with Star you have to wear a team cap to represent the team you swim for, and we know where our swimmers are when on the racing blocks.
- 2 to 3 towels (they can never have enough dry towels.
- Warm clothing and multiple pairs of socks in the winter.
- Star Card.

### **FOR THE FAMILY**

- Chairs, bleacher space is rare but some are willing to stand, I recommend chairs.
- Cooler if you don't want to eat at snack bar all day.
- Team Tarps-We have several Team Tarps for parents and swimmers. We would like you to set up and sit next to each other so the kids can interact as a team.
- Blankets

## **EXTRAS WE SEE AT MEETS**

- Propane heaters
- The folding wagon to transport all this stuff seems to be a hit with the parents.
- Walls for the Tarps.
- Misters for the hot summer days.

## **NUTRITION PRIOR TO THE MEET AND DURING THE MEET**

Prior to the meet a swimmer is to “Carb up” pasta, pizza, pasta and more pasta! Catch the drift? They can also have red meat, potatoes, their greens but we recommend healthy ‘carbo loading’ the evening before the big day. If the plate is colorful then it is a healthy meal loaded with carbohydrates. On the day of the meet your swimmer should have a regular breakfast.

Some things you do not want to do.

1-Don’t feed your swimmer heavy pastries before a meet (no donuts).

2-Don’t feed your swimmer milk (in cereal or by itself) and then at the same time a glass of OJ. This combination is a recipe for tummy aches and possible vomiting. Either one is fine, but not together. At the meet, eat small portions and often. If nervous and cannot eat make sure your swimmer consumes Gatorade or Pedialyte to keep the electrolytes high. Chicken, salad, pizza, rice cakes, fruit, cold pasta salad, etc., are great meet foods as well.

## **DAY OF THE MEET**

A few days prior to the meet you will get an email with the warm up time, depending on age and host your warm up times will vary. For the most part the Warm up start time for 10 and under is the morning session aprox. 7ish and for 13 and older is afternoon so aprox. noonish. The 11/12 go back and forth from morning to afternoon session. The reason they break it down in age group sessions is so the swimmer and parent is not at a meet all day. Once you get your warm up time, plan to be at the swim meet at least 30 min prior to warm up so you can park, set up, check in, etc.

## **YOU ARRIVE AT THE MEET**

The first thing you do is send your swimmer to check in with the meet host. There will be a line for this near the entrance. Make sure the swimmer has their Star Card and writes the events and event #'s on the card and not their hands. After the swimmer checks in you can go set up your “camp” under the Team Tarps and send the swimmer to find their coach on deck for specific directions on warm up time, lane assignment for warm up. When going to see your swimmers coach have your swimmer bring their swim goggled, cap, towel, and Star card because your swimmer’s coach will ask to see it prior to the start of the meet to make sure it’s filled out correctly. If you get to the pool extra early, check in may not be set up yet. If you get there late you will have to check in with admin. (the starter area with all the computers and the people wearing white).

## **WARM UP**

Make sure the swimmer is on time for the specific warm up. In our experience when a swimmer is late to warm up it throws them off. We have seen many swimmers very upset about it and thus upsetting them before their first event. Swimmers are required by USA swimming rules to warm up with a coach so make sure you Find Your Coach, and if you can’t find your coach, find any Star Coach to get your swimmer warmed up. You will have a specific lane and warm up workout given to you by your Coach. At the end of Warm up the swimmer will do 2 dive sprints from the blocks under the supervision of their coach, and then as a team we will meet in a designated area to do a team cheer following the last dive sprint.

## **HEAT and LANE ASSIGNMENTS**

There is a board posting for the swimmers heat and lane assignments. Somewhere at the pool the event number will be posted whether it be on a dry erase board, paper numbers, or on the score board. You look at the event number it's on and check 2 to 3 events prior to the swimmers event. Keep checking back until it's posted, some postings are fast and some cut it close to the time of the event. You must be vigilant or your swimmer may miss their race. Find the event number on the sheet and find the swimmers name; write the heat and lane on the STAR Card and have the SWIMMER ONLY bring it to their Coach in the Coach/Swimmer deck Tarp. At that point the Coach will give some racing tips, words of encouragement and good luck.

## **WARM UP BEFORE YOUR EVENT (RISING ONLY)**

Shooting swimmers tend to be younger so we do not require them to warm up prior to each event. However Rising needs to warm up a 200 to 300 yard swim prior to each swim. You would have to figure out how to judge the warm up time, generally 2 to 3 events prior depending on the events prior.

## **SWIM THE RACE**

Generally, the swimmer can go in places where the parent cannot venture. This tends to be mostly behind the blocks waiting for their race. Make sure you don't get there too early and also don't get there too late either. Generally the event before your swimmers is enough time. Make sure the swimmer knows their heat and lane; make sure the swimmer is behind their lane; **make sure the swimmer asks the timer if their name is on their list.** Once the swimmers heat is up, follow the referees whistles for ready position to race and at the beep, RACE!

## **AFTER THE RACE**

The swimmer is to immediately get their time whether it be from the score board or the timer, they have to write the time in the Final time on the Star Card right away so they don't forget it.

## **WARM DOWN**

After that they go to warm down. They must swim to get the heart rate down and loosen the muscles so they don't get cramps. Shooting 200 yards and Rising 200 to 300 yards warm down AFTER EVERY EVENT.

## **BACK TO THE COACHES AND SWIMMER DECK TENT**

After warm down they go back to the Coaches tent to talk to their Coach about aspects of their swim with their Star Card and all its times.

\*We repeat this process for every event.

## **D.Q. (DISQUALIFICATION)**

This is similar to a 'fix it ticket'. Meaning, the swimmer did something illegal in their swim. The Referee will approach the swimmer to explain what they did wrong. Please have your swimmer relay the DQ and explanation to their coach. If the swimmer does not understand the referees ruling, your swimmer's coach will be able to explain more thoroughly. **AT NO TIME SHOULD A PARENT ARGUE WITH A REFEREE'S JUDGMENT CALL ON DISQUALIFICATIONS.**

## **MISSING AN EVENT/SCRATCHING AN EVENT**

If your swimmer misses an event they are taken out of the next event as a punishment for missing the first event. IF THIS UNFORTUNATELY OCCURS, go immediately to your swimmers coach and both coach and swimmer must present a viable reason for missing to the meet admin. If the reason is accepted by the meet admin your swimmer may possibly be allowed to swim the next event. Please do not hesitate to speak with your swimmers coach. The quicker this is dealt with the more likely your swimmer will not be DQ'd from the next event that she/he is scheduled to swim.

If your swimmer plans to scratch themselves from an event, please speak with your swimmers coach first and explain the reasoning. DO NOT SCRATCH FROM AN EVENT WITHOUT SPEAKING TO YOUR SWIMMERS COACH FIRST.

## **AREAS TO GO AND NOT TO GO**

Each host has different areas designated for parents and swimmers. Some hosts call a closed deck so no parents are allowed on deck. Only Swimmers, Officials, and Coaches are allowed. Some hosts use Barriers or Caution tape and designate areas usually with signage around the area. Some hosts don't block off areas, so the general rule in this situation is 'no parents in the coaches tarp on deck which is designated for Coaches and swimmers only. If you specifically have a question, comment, or concern send the swimmer to get us and we will get up and come talk to you after the meet or during a break. Text messages work as well but we do have other swimmers we need to coach/time/observe. Please ask that you respect the meet host rules in this area especially. We do understand "other people don't follow the rules" but we don't want to be those people. We want STAR to follow rules, because in most cases, the rules are due to insurance liabilities for the meet host. The USA insurance only covers the Athlete and Coach.

## **RIBBONS**

Swim meet hosts award ribbons for the fastest 6 in each division and age category. A STAR Coach picks these up at the end of the meet and then your swimmers coach will have a 'Swimmer and Coach Meeting' during the beginning of a practice the day after the meet to hand out the ribbons.

## **BUDDY UP**

If you feel like you need a family to link up with the first meet let your Coach know so he/she can ask a family for to assist. Some like to figure it out on their own, some are prior swimmers, and some simply don't need help. But if you do need help, don't hesitate to ask and we will do what we can.

## **TIMING ASSIGNMENTS**

Any swim meet your swimmer is entered in be aware that you will be required by STAR Aquatics to time for part of the meet. We will have the list on our website prior to the meet so you know your time slot. The swimmer is to get to their events on their own or with the help from their other team parents/friends etc while the swimmers parents fulfill their timing assignment. Without the volunteer timers the swimmers would not get times so we appreciate your participation in this team duty.

## **SET UP AND TEAR DOWN**

We give team hours for setting up the Team Tarps and taking them home from the meet. For more information on this get in contact with Julie Renaud (equipment manager).

I hope this information helps you in the process of gearing up for a meet. If you have any questions please feel free to email me at [brendapellerin@yahoo.com](mailto:brendapellerin@yahoo.com) so I can help. See you on deck and lets swim fast at the first meet.

Coach Brenda Pellerin