



# WELCOME

to your **FIRST** meet as a MAC swimmer!

## Quick Reference

### Getting ready for your first meet

- Discuss which events you should enter in with your coach
- Enter the meet @ [macswimming.com](http://macswimming.com)
- Discuss arrival times with your coach

### Night before a Meet

- Pack a swim bag with goggles, team cap, towels, and dry cloths.
- Pack a cooler (optional); there is usually concessions available at meets.
- Bring chairs and blankets.
- Get a good nights rest

### Meet Arrival

#### **Swimmers:**

- Write your event numbers on your hand
- Check in with your coach.
- Warm-up

#### **Parents:**

- Locate team area and set up your stuff
- Buy or borrow a program to find your swimmers event numbers
- Support and encourage your swimmer!

### During the Meet

#### **Swimmers:**

- Stay warm/cool and dry (*Meets in the fall and winter can be very cold, make sure to bring blankets and jackets. Meets in the summer can be quite hot, drink a lot of water*)
- Listen for your event numbers (*remember officials will not hold the meet for you!*)
- Check board for your lane assignment
- Report to your coach two events prior to your event and after your swim
- Report to your lane prior to your swim
- Swim fast!

#### **Parents:**

- Try not to talk to officials during an event
- Help your swimmer get ready for their event
- Cheer for all of our MAC swimmers
- Ask for help from another MAC parent if you need it
- Enjoy the meet and your swimmer!

# Swim Meets 101

A LITTLE Q&A...

## Swim Meet Sign Up Made Simple!

### 1. Sign in to

[www.macswimming.com](http://www.macswimming.com)

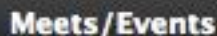
The 'Sign In' button is located on the left side of the home page towards the top.

A rectangular button with a white background and a thin grey border. On the left side, there is a small green icon of a person. To the right of the icon, the text "Sign In" is written in a dark grey, sans-serif font.

If you do not have a logon or have forgotten your username and password contact click the [Here] in the message below the sign in button. "If you forgot your password, please click Here to request your password."

### 2. Click on the Meets/Events menu

This is one of the horizontal menu buttons across the top of the home page.

A dark grey rectangular button with rounded corners. The text "Meets/Events" is written in a white, sans-serif font in the center.

### 3. Find the meet you want to sign up for and click "Attend this Event"

A rectangular button with a white background and a thin grey border. On the left side, there is a small green circular icon with a white plus sign. To the right of the icon, the text "Attend this Event" is written in a dark grey, sans-serif font.

### 4. Select "Yes, I will attend" or (No, I will not be attending" from the drop down box.

### 5. Add notes for coaches on event selection or specific days you will/will not attend.

### 6. Click SAVE... You are done!

#### *How do I know when the meets are?*

You will get email reminders when a meet is coming up. You can also check the team website. Login to see all the meets available. The coaches can tell you what meets they would recommend for you swimmer and you can also visit with other parents.

#### *Where are the meets?*

Meets are held throughout the state and in our neighboring states. MAC often participates in Sioux Falls, Brookings, Watertown, Yankton, Aberdeen, Pierre, and at home during the winter season. During the summer, many also go to Rapid City and Huron. Other meets are available.

#### *How much does it cost?*

Each host team sets fees and it should be listed in the meet invite. Most meets have three standard fees. You pay a per swimmer fee for use of the pool and a head tax fee. These two will usually total between \$4 and \$8. Then there is a fee for each event that your swimmer enters. It also varies anywhere from \$1.50 to \$4.00. You pay for individual events and fees.

#### *Who is responsible for transportation?*

Each family is responsible for their own transportation to and from meets.

#### *What time are we supposed to be there?*

You want to get to the venue with enough time to find a "camping" site, change into swim gear, and the coach and warmup lane. 15-20 minutes should leave enough time. Warmup times are decided upon once registration is closed therefore those times are not posted until a few days prior to the meet. Coaches may send them out via email or they will be posted on the team website.

#### *Why are warmups so early? Does it really matter if my swimmer is there on time?*

Swimmers do need to be here to stretch and have an opportunity to be in the pool. If a swimmer does not warm up, they will not be allowed to swim that day. Check with the coach if there is a schedule difficulty.

#### *What happens during warmups?*

The kids do some stretching and then go to the pool area to find the coach. They will need to wear suit, cap, and goggles. The coach will take over from there. Warmups are about 40 minutes, but sometimes the coach may make adaptations due to pool conditions or other circumstances. Swimmers will return to parents after warmups. They need to dry off and wear warm clothes that are easy to pull on over their suits. Sweats work well. Footwear is an important part of keeping warm. A swimmer may want to wear a stocking cap, also. There will be a half-hour to an hour lapse between warmups and the beginning of the meet, as an officials/coaches meeting must happen as well as additional warmup groups if the meet is large enough. Swimmers should eat during this time. The coaches recommend whole-grain carbohydrates, fruits, and water. Caffeine, carbonation, and chocolate are not good. Swimmers always want to be well hydrated. You may bring food from home or make purchases at the concession stand.

#### *What does the swimmer need to have?*

Swimsuit, cap, goggles, towel and spares. Footwear (sandals or shoes). Warm clothing to wear over suit between events. Clothing to change into after the meet. MAC caps and t-shirts show team spirit.

#### *What should I bring?*

Cooler for food from home if you like. Folding chairs, blankets or sleeping bag for swimmer or others who might want to take a nap. Something to read or do for between events. Money to buy program (usually around \$5) and concessions. There is no ticket fee to get in.

#### *What should I expect to find at the swim meet?*

Each pool is a little different. Talk with parents who have been there before to hear how a particular meet is organized. Some pools have more seating available than others. None have enough for everyone to be by the pool area so there is always a camping area. That's where you will set up your chairs.

# Swim Meets 101...

## *How will I know what the schedule is?*

The program will show the event name and number (1 – 25 freestyle) followed by a listing of the heats and each swimmer. You need to know what event, heat, and lane that your child is in.

Event 1 -- 25 freestyle

Heat 1

Lane 1 – Penny James

Lane 2 - Tammy Keen

Lane 3 – Ashley Hanson

Lane 4 – Jenny Thomas

Lane 5- Mary Ashland

Heat 2

Lane 1- Anne Jones

Lane 2 – Sami Land

Lane 3 – Brenda Ines

Lane 4– Kari West

Lane 5 – Nora Brown



If your child is Brenda, she is in the 25 freestyle, 1 – 2- 3 (Event, Heat, Lane)

You will write this on her arm or leg in a graph formation.

(event)	(heat)	(lane)
E	H	L
1-- 25 Free	2	3
15-- 25 Back	3	4

## *How do I help my swimmer remember the schedule? What should I do when my swimmer is scheduled for an event?*

Your child should be behind the blocks about 5-10 minutes before the scheduled race. The swimmer should report to their coach. Listen for first call, second call, and final call (that's when you panic – just remember that the world has not yet stopped due to someone missing an event.). The type and length of an event makes a difference as to how long it will be before your swimmer is up. You'll learn to adjust.

## *If it is a two-day meet, do we have to go both days?*

You may choose to swim which ever days work out for your family's schedule.

## *What about over-night stays?*

Again, this is up to you. You might want to consider choosing meets where you have family or friends. Or meets that are close enough to home to drive back and forth.

## *Our meet.*

You will be asked to help with the meets here in Mitchell. If you are scheduled for something or requested to do something that doesn't make sense, please ask. It can all be worked out.

## *Why go to a swim meet?*

For your child to compete and have fun. Each swimmer is in a race with themselves – that's not the easiest concept. You are there to be the cheerleader. The coaches will coach. Go with the flow and be positive and encourage sportsmanship!

If you are still fuzzy on anything...  
Don't be afraid to ASK questions!

**There is someone on the team that will know the answers!**