

# NEW PARENT GUIDE TO A SWIM MEET

Tsunami

## What To Bring

- Tent, Chairs, Blankets, Sunscreen
- Swimmer Gear—suit, goggles, PCST cap
- Towels – several
- Layers – to keep warm between events
- Hydration – water/sports drinks
- Snacks – or money for concessions
- Heat Sheets – range from \$5.00-\$20.00
- Sharpies/Highlighters – for marking
- Activities – for between events

## Swimmer Must Knows

- ✓ Check In With Coaches
  - Upon Arrival
  - Before and After each event
  - For warm down instructions
- ✓ Warm ups – Do Not Miss
  - Attend all warm up sessions
  - Be there on time or early
- ✓ Stay Hydrated
- ✓ Be prepared
  - Have goggles/cap ready
  - Be behind the block on time
  - Stay focused on the swim

**Pay close attention to the scoreboard and announcer to keep track of your event and heat. Some events move very quickly and once it is time for you to get on the block, you must be prepared and in place. Check with coaches to see when you should return for your next event.**

**Do not leave the meet until you have checked with your coach to see if you are on a relay.**

## Important Reminders

- No flash photography is allowed during starts
- No video or photography is allowed behind the starting blocks
- Hospitality is for Coaches, Officials and Volunteers only
- Coaches and Swimmers ONLY are allowed on the pool deck.

## Parental Support

Remember to be positive and supportive of your swimmer. They may not always have their best swim, but they are likely trying their hardest.

The coaches are skilled at helping swimmers see where they can improve. They will give them both positive feedback and constructive advice.

## Parent Must Knows

***Swimmers will not be retrieved by the coaches prior to each event.*** Plan to purchase the heat sheet, mark the events and follow the program closely. (Please note that deck-seeded events will not be listed in the heat sheet as they are seeded after positive check-in on the day of competition. Swimmers must check with the coach to get heat and lane assignments.) Be sure to have swimmer at the pool on time and have them check in with coaches immediately upon arrival.

Bullpen areas are utilized at most meets for 8&U swimmers. Please send your swimmer to the coaches and they will help them to the bullpen or send them to the blocks. ***Parents are not allowed behind the blocks or in the starting area.*** If your swimmer misses an event, the coaches will try to place them in another heat.

Officials are the individuals that you will see working around the pool deck, usually dressed in white tops and khaki bottoms. These individuals are Volunteers that have been trained to ensure that all swimmers are competing on a level playing field by judging the swim meet in accordance with the USA Swimming Rules and Regulations. Officials are **not allowed** to engage in conversation with parents or swimmers during the meet. If you have a question about a disqualification in an event, please speak with the coach. They will address it with the Officials if they feel there was an error.

It is not unusual for new swimmers, especially younger swimmers, to disqualify in an event for an illegal maneuver or stroke infraction. DQs provide valuable information to the coaches and provide opportunities for a swimmer to learn proper technique and make corrections.