



SPARTAN Parents



Present ...

New Parent
Meeting/Meet Prep

*“What we all want to know ...
and just don’t know what to ask...”*

NEW PARENT MEETING/MEET PREP

What time do we get to a meet.....?

- Arrive at the meet venue at least 15 minutes before the designated Warm-Up time. This warm-up time will be posted on our website and/or e-mailed
- Get a heat sheet (some meets now require that you print your own heat sheet at home).
- Find your coaches & teammates (some meets will have assigned seating areas).
- Stage bags / blankets

NEW PARENT MEETING/MEET PREP

What should a parent bring/do to be prepared for the meet ?

- **MARK your children's items with their name.**
- Money for a heat sheet, usually \$2-\$3, but can be \$5-\$10 at large meets
- A highlighter to mark on the heat sheet
- A pen to write results in the heat sheet
- A fine tip Sharpie for marking arms
- Towel, if it is a large meet you may want to bring 2-3

NEW PARENT MEETING/MEET PREP

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- Do not forget a Swim Cap (possibly have an extra in case it tears or breaks)
- Goggles and an extra set of goggles or extra strap in case it breaks
- Folding chairs, larger meets seating is limited
- For smaller kids some small toys and a small blanket/large towel to sit on
- For older kids a charged iPod and headphones,
- electronic games and charger
- For colder meets, a blanket or swim parka to keep warm
- Get ready and stage for warm ups

NEW PARENT MEETING/MEET PREP

What gets marked on arms and why?

Mark across the top an “E” for Event, an “H” for Heat, & an “L” for Lane, some like to list the event description such as “50 Fly” to the right. It should look like this....

E	H	L	
23	2	2	50Fly
29	1	5	100Br

This is part of the swimmers developing responsibility by paying attention to the events being swum and what other swimmers are doing.

Swimmers should be behind their lane blocks at least two (2) heats before they swim their next event.

NEW PARENT MEETING/MEET PREP

What takes place after every race ?

- Get out of the water (some meets will do fly-overs starts where swimmers stay in the water until the next heat begins) and find their time (from the timer or on the scoreboard).
- Go straight to their coach...the coach will ask “what was your time?”, the swimmer should be able to answer as our coaches are often times watching several swimmers at once.
- The coach will give positive feedback, constructive observations, and
- direction on how to improve, and positive feedback again
- Swim-down in the warm-up/cool-down area (Seniors are expected to swim at least 200 between events and 500 after the last event of the day).

NEW PARENT MEETING/MEET PREP

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- It is very important that the parents be patient with progress and let the coach be the coach.
- Be supportive and help them to focus on the good that they have done.
- Remember, chances are they will be in the water shortly for their next event and should they have had a bad swim, they don't need to dwell on it, just relax and look ahead.

Most importantly, do not try to make you child faster than they are. It takes time and patience to develop each stroke. It will happen ! Do not create stress or pressure to progress faster than is natural...that is what you pay the coach for.

NEW PARENT MEETING/MEET PREP

How are the heats laid out?

Regardless of your child's age, heats are matched up with the most competitive 'seed' times

They are seeded typically with faster swimmers placed in the middle lanes and taper out to the outer lanes.

Do I have to stay to the end of the meet if my child has swum all of their events?

Once your child has finished their respective events, you are free to go ... though you are always welcomed to stay and cheer on the other swimmers.

NEW PARENT MEETING/MEET PREP

When We Host a Meet ...

Parent Jobs

Deck Police – This is unique to SPAR in that we are the only facility that does not allow food in the pool area, only water or sports drinks....carbonated beverages do NOT count as sports drinks. To maintain our relationship with SPAR, we must enforce their rules while hosting events. The “Deck Police” stands at the doorways to inspect all that enter ensuring that no food or unauthorized drinks get into the facility. Patrons may enter the north entrance with items and proceed directly to the seating area by the concession stand.

NEW PARENT MEETING/MEET PREP

Timer – Front Row Seating ! Responsible for logging swimmers times in a quintuplet redundancy timing effort. The primary is the touch pad, second and third are the plunger/buttons operated by each timers, and fourth and fifth are the independent stop watches operated by the timers. One timers will record the stop watch times on the *lane-timer sheets* at the finish of each heat.

Hospitality – Staffing the hospitality room, cleaning up after coaches and officials, keeping drinks hot or cold and food available and presentable.

Concessions - Sales of food and drinks as a source of fund raising.

NEW PARENT MEETING/MEET PREP

Runner – The primary duties are three: post results on the wall; pick up Lane Timer Sheets after every other race (and bring them to the Computer Operator); and, pick up Disqualification Forms from the Referee & bring them to the Computer Operator.

Colorado Timing System (CTS) Operator – Operate the automatic timing system and passing these on to the computer operator.

Computers – Run the Meet Manager software that sorts and records swims. This includes making corrections if there are timing errors and producing results for posting.

NEW PARENT MEETING/MEET PREP

What time should I show up before my
volunteer job assignment?

Volunteers that are to be starting shift should be at the meet at
least 30 minutes early, just to assure ease of continuity.

