



# MEET CHEAT SHEET

## For New SUSA Parents/Swimmers

(Also known as Frequently Asked Questions)

### Where do we find out what and when my child is swimming?

- If you are logged in, you will be able to see the events your child is signed up for under the Events tab.
- Next to the event should be a code (d1/s1 or d2/s3 or something like that). The first code is the day of the meet – d1 means Day 1 (usually Friday); s1 means Session 1; d2 means Day 2; s3 means the 3<sup>rd</sup> session of the meet, not the 3<sup>rd</sup> session of the day.
- Check in times, warmup times and start times are posted on the website. **DO NOT BE LATE.** Each group has a designated warmup and warmup time. Plan on being there for Check In. **BEING LATE UPSETS THE FRAGILE SYNERGY OF WARMUP.**

### How will I know when my swimmer's races are?

- Typically, the scoreboard will let you know what Event (E) and Heat (H) the meet is in the water.
- You can also look for signs of which events are in the water – girls or boys? Younger or older? What stroke? What swimmers are behind the block?
- The swimmer should check in with their coach a couple of events before theirs. Older swimmers and Track 2 (High Performance) athletes are expected to do a pre-event warmup before talking to their coaches.
- Keep in mind, sometimes events will be skipped, so be aware of (by looking at the posted heat sheets) and plan for those occasions.

### What does my swimmer need for the meet?

- Team cap, team suit and team t-shirt. We usually have extra caps at the meets. Everyone gets one with registration, but after that, caps are \$10 each. Most of the swimmers will get caps at practice (since they are also required for practice). T-shirts are **ONLY** handed out at meets. Team suits can be ordered through our online Team Store (see webpage).
- A quality set of goggles is helpful. Recommended brands are on our Team Store, but you can also get good, durable ones online or at Target, Dick's and Big5 (in season).
- At least 2 **towels**...one for drying off and one for wrapping up in. A **deck parka or jacket** is useful to keep your swimmers warm. **Parkas** can be ordered in the Fall (they will be online with the meets). **Shoes and socks** can also help keep swimmers warm.
- A **swim bag** to keep their stuff. Teach your swimmers to pack their own stuff – the items above, a water bottle or two and healthy, non-messy snacks for the meet. Preferably **NO** snacks that easily spill like trail mix or goldfish. And the fewer wrappers, the better.
- A sharpie for writing events on their arms. We do not write on everyone, but we do for newer swimmers or younger ones.

- A notebook for recording feedback with a couple of working pens or pencils. Keep these items in a large Ziploc baggie

## What do we do when we arrive?

- The first thing that swimmers should do when checking in is find their coach (if their coach is not there during that session, they will have told the swimmers which coach to check in with).
- Parents and other spectators who are not volunteering should sit in the upstairs gallery. The swimmers should sit with their team.
- Parent volunteers or other volunteers should check in at the Clerk of Course (computer table).

## What should I do during the meet?

- **Volunteer!** Every session we host requires at least 25 volunteers. Job descriptions can be found online. Officials and computer volunteers must be trained. Everyone else will receive instructions at the meet, either when they check in or just before the meet begins.
- If you wish to train as an official or computer ops, please contact Coach Dani at 435-669-6093. It is not hard to do, but it does require some preparation on our part.
- **Encourage your swimmer to TALK TO THEIR COACH.** The most important thing that happens during a meet is the communication between coach and swimmer. The swimmers need to check in with their coach BEFORE AND AFTER races. For Royals, they will go to their coach immediately after racing. Stingrays and Seniors should cool down after their race before talking to their coaches.

## What do we do when we leave?

- Before you leave, please check with your coaches to make sure your swimmer is not in any relays or other events.
- Make sure your swimmer/family cleans up their area before leaving.

## How long are meets typically?

- Warmup is usually about an hour. Meet sessions last from 2-4 hours after that.
- Typical meets are three-six sessions.

## What do coaches watch for in the meets?

- **If your swimmer has anxiety about competing**, they are not alone. Most new swimmers experience it, and even more seasoned swimmers get nervous from time to time. Coaches typically watch for specific **techniques** (like a good racing streamline at the front of breaststroke), **habits** (like not breathing into turns), and yes – sometimes certain **splits** (their time for a portion of the overall race). But not to worry, times are not always the most important thing, and neither is placement (winning/losing). Most important is the communication that happens between the swimmer and the coach. In large part, this is where trust is learned.
- Ask your coach for feedback (have the swimmer ask). Feedback could range from “Good job on your streamlines,” to a breakdown of splits, to a review of items to work on in practice. It is a smart idea for your swimmer to keep a **notebook of specific race feedback**.