

# Winchester Swim Team



## Long Course Swim Meet Information

(3 minute read)

**June 19 - 21, 2020**

Our team hosts an annual USA Swimming Long Course swim meet to give our swimmers the opportunity to swim close to home. One of the commitments you have made as a part of your team registration is to help work at the home swim meet, June 19-21, 2020. Since WST is a volunteer, nonprofit, parent-run organization, we cannot operate without parental involvement so volunteering is vital to the success of the team. **Every family of year-round swimmers is required to volunteer 8 hours during the three day meet. If the 8-hour commitment is not met then a volunteer fee of \$250 will be charged to the family's account.**



## Why host a swim meet?

### **ONE**

Financial.

On some teams, the meets are an important source of revenue for the team. Without hosting several meets a year, dues would be raised significantly, or in the worse case scenarios, services cut, or the team not survive. By helping out and making a meet successful, whether or not your child is swimming, is a win-win.

### **TWO**

Community.

Donating your valuable time to something other than your immediate family, and doing something for the greater good of the community has many benefits. You'll find unique satisfaction in taking the time to volunteer.

### **THREE**

Role modeling.

Getting involved directly shows your children what it means to be a good citizen. You're leading by example by spending time helping others. Our children learn so much from our actions. You're teaching your child to be a contributor, not a taker.

### **FOUR**

Team bonding.

There's nothing like a meet to get all parents working together for a common goal. When everybody is busy together, working hard, you'll form a tighter community within your team's families.

## **FIVE**

Thinking on your feet.

At meets, something is bound to go wrong. Whether a lane line snaps in two, or there's a plumbing problem in the bathroom, we are forced to think on our feet, problem solves, work together, plus put our best face on it.

## **SIX**

Customer service.

Being on the serving end of a meet, whether it's in the snack bar or under the admin tent, reminds us what it's like to be a gracious host, no matter what difficult person stands before us. Also, it's a nice reminder to be a little more empathetic with the host team when you're at an away meet.

## **SEVEN**

It's not all about your swimmer.

When you're involved all weekend hosting a meet, it's an eye-opener. You're not wearing blinders, focused only on your swimmer and their needs. You'll see a swimming world full of swimmers, parents, grandparents, coaches, administrators, officials—a whole world to be thankful to be a small part of.



## What jobs can I volunteer to do?

### **Head Timer:**

Confirm enough timers in each lane at least 5-10 minutes before the start and throughout meet. Notify Meet Director or Volunteer Coordinator asap if timers are missing. Start 2 backup watches at the beginning of each race and trade with timers as needed. Help keep unnecessary people away from the starting area. May be asked to train timers.

### **Timer:**

Three timers work each lane and clock swimmers with hand-held stopwatches. (One of the best seats at a meet.)

### **Runners:**

Timing Line Runner: Be available before the meet start to help prepare and pass out timer sheets. Collect timing sheets after each event throughout the meet.

Computer Runner: Be available before the meet start to copy/distribute heat sheets. Post results throughout the meet. Deliver paperwork, etc. as requested.

### **Clerk of Course:**

Assist swimmers during the 12 and under session, ensures that the swimmer is in their correct heat and lane prior to the start of their event.

### **Concessions Worker:**

Work at the concession stand. Prepare and serve concessions to swimmers and spectators attending the meet.

### **Hospitality Worker:**

Work under the direction of the Hospitality Manager to prepare and deliver food to coaches, officials and meet workers during the meet.

### **Meet Marshal:**

Enforce safety rules throughout the meet venue, including the warm-up/warm-down area. Marshals work from the beginning of warm-ups through the end of each session. A roving meet marshal will relieve pool marshals, maintain safety in locker rooms and warm-up pool. Report to the Meet Director 15 minutes before the beginning of warm-ups for instruction and to start the shift.

### **Volunteer Table Worker:**

Man Volunteer Table from before the beginning of warm-ups, well into the meet. Sign-up, train and answer questions from volunteers. Work closely with the Volunteer Coordinator to help fill volunteer needs at the meet.

### **Heat Winner Awarder:**

Give awards to heat winners at the end of every heat. (Great spot to watch the meet.)

**Facility:**

**Set-up**

Set-up venue before meet.

**Clean-up**

Help clean-up venue after meet and return equipment.



## Minor Athletic Abuse Prevention Policy, what do I need to know as a volunteer?

**No cameras (including cell phone cameras) or other recording devices are allowed behind the blocks at any time.**

If you see a camera you should:

Inform the camera user of the policy and request that it be put away.

Inform the Meet Director or Facility Manager of the camera use. Do this even if the camera user puts the camera away when asked.

Exception: a credentialed, official Meet Photographer identified by the Meet Director, stated in the Meet Announcement and available to all athletes is allowed behind the blocks after the start.

**Good sportsmanship is expected at all times.**

Bullying or taunting is prohibited at all times on deck. Bullying is defined as any severe word, act or gesture directed at someone that a reasonable person believes has the effect of causing harm, the fear of harm or a hostile environment. Taunting is defined as expressing contempt or ridicule.

If you see these behaviors:

Stop the behavior immediately.

Inform the Meet Director or Meet Referee and let them handle the situation.

**Deck Changing is prohibited at all times on deck.**

If you see someone deck changing you should:

Inform the swimmer of the rule and instruct the swimmer to go to a locker room or other designated changing area.

Inform the Meet Referee or Meet Director of the swimmer involved and your actions.

**Rubdowns and massages are not allowed except by a Licensed Massage Therapist or another certified professional who is not a coach.**

If you see this behavior you should:

Ask to see their Meet Deck Credential or check with the Meet Director.

Ask them to leave the deck if they do not have a Deck Credential or if they are not authorized by the Meet Director.

Inform the Meet Director or Meet Referee of anyone on deck without authorization.

**Swimmers are not allowed to sit on the lap of any coach or another non-athlete member that is not part of their family.**

If you see this happening you should:

Remind the adult of Article 305.1 of the Athlete Protection Policy and ask them to stop the behavior.

Remind the adult that this is a Code of Conduct violation. [https://www.usaswimming.org/docs/default-source/safe-sportdocuments/safe-sport-basics/2017-athlete-protection-policies.pdf?sfvrsn=24885032\\_4](https://www.usaswimming.org/docs/default-source/safe-sportdocuments/safe-sport-basics/2017-athlete-protection-policies.pdf?sfvrsn=24885032_4)



For questions and concerns please contact the  
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