



VICENZA MAKO SHARKS

Guide to Swim Meets

1) What to Pack?

Start packing for your meet the night before, and don't leave home in the morning in until you double-check that you have everything. There's nothing worse than showing up to the pool without your swimsuit!

Here's what to pack:

Swimsuits – Pack your competition suit (either a solid black suit or the team suit) and one extra suit.

2 pairs of goggles

Swim cap – Team cap and one extra

2 towels

Robe/Parka and flip-flips/deck shoes - for walk between the gym and pool

Warm lounge clothes – Before and after your swim events, you'll want to keep your body warm and your muscles relaxed at all times. You won't have time to change out of your suit between heats. So bring a towel, some sweatpants, a hoodie and some tennis shoes to keep your body warmed up all day.

Lunch & snacks – Swimming fast makes you hungry! Our concession stand will be available with lots of healthy options but you may want to also pack some healthy options that are filled with protein, fiber, and carbs. Pack snacks like string cheese, fruit, granola bars, peanut butter, or granola. It's also important to stay hydrated! Drink water or a sports drink all day long to prepare your body for your races.

Foldable "Camp" Chairs or sleeping bag

Electronic hand held games

Cards, Travel Games

Books

iPod, iPad

Ball-point pen, magic marker, highlighter

Book, paper, magazine, homework

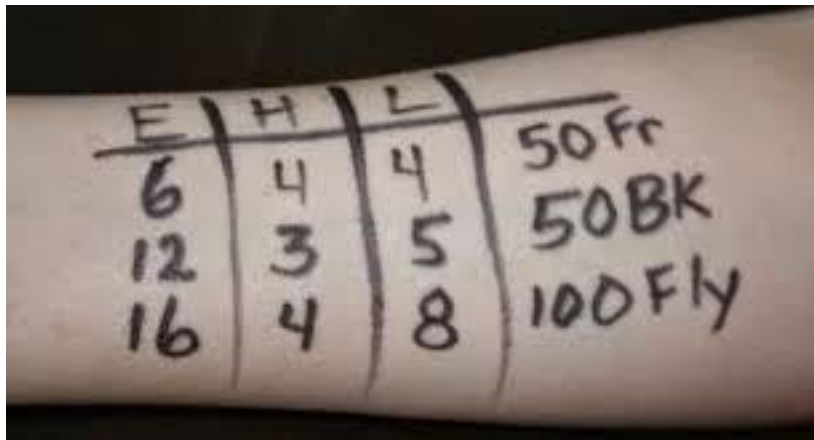
Remember to label all your items and keep an eye on your things! Theft can happen anywhere.

2) Show up early

Report to the basketball gym at the assigned time. Put your personal items in the team area near the bleachers and get your cap and goggles to meet the coach for warm-ups. Remember to bring shoes and a robe or towel.

3) Know what time you're swimming

After warm-ups coaches and older swimmers will help everyone write out their events. From the Heat Sheet you can know which events you are swimming. Most swimmers transfer their events into arm markings.



The first number represents the event number, the second the heat number and the third the lane number and finally the distance and stroke abbreviation.

6/4/4 50 Fr = Event 6, Heat 4, Lane 4 in the 50 free
12/3/5 50 Bk = Event 12, Heat 3, Lane 4 in the 50 Back.

4) Marshaling

Between events the swimmers will hangout in the basketball gym. Swim meets are very social since they can last a full day sometimes. The swimmers enjoy this downtime in the gym.

Marshals will call event numbers in the gym. When your swimmer's event number is called (this is the first number on their arm under the "E") they proceed to the marshaling area of the gym to be given their cards and put in line order on the bleachers. Swimmers are responsible to listen to the marshals and know when they are to report for marshaling. The marshals will escort them to the pool for their events. After events the swimmers return to the basketball gym. Once back in the gym throw on some warm clothes, grab a snack and some water and rest! Whether you have another event to swim or not, your body is going to need to recuperate.

5) Swimmer Disqualifications

It takes time and lots of practice to master the technical aspects of competitive swimming. Throughout your child's swimming career, they will increase their knowledge and improve their starts, strokes, turns and finishes. During a sanctioned meet, officials and judges monitor the competition to ensure that starts, strokes, turns and finishes are done in accordance with rule requirement. **ALL** kids will at some time in their career, experience the disappointment of being disqualified (DQ'd) in an event. Remember that this is a learning opportunity and the DQ is an excellent tool to help your child. Though it may be disappointing, you can help your child by offering support and encouraging them to always do their best. The coach receives the DQ slips from the officials and will talk to the swimmers about the DQ.

5) Race Results



Meet results will be posted in two ways. Hard copy print outs of results will be posted on the wall at the end of the gym near the hallway. Results can also be accessed through the app "Meet Mobile". There is a \$5 subscription fee for Meet Mobile but it is a very handy app to download and use throughout the season.

The Meet Mobile meet code will be posted on the wall by the hallway doors. For home meets it will be VZA+the date in the following format VZA191005

Ribbons and trophies are awarded for most meets. Ribbons are usually given for 1st through 6th place finishes in each event. Ribbons are distributed at the monthly team potluck dinners.