

## Welcome to our guidelines for a successful swim meet!

### How to sign up for a meet:

1. LOGON to our web site to review **Meet Information (including deadline to register) and register if interested through link or through OnDeck account under 'Events'**.
2. Sign-up for days/sessions based on eligibility and your availability.
3. Coaches will select events for your swimmer. Use Notes to indicate preferences.
4. Warm-up times are sent after schedule is finalized. The host web site is a source of information, but do NOT contact the host team. Your interactions are w/DFAC.

### How to help swimmers the day before the meet:

- Bring your swimmer to practice; coaches adjust the workouts prior to meets.
- Remind them to get meet gear ready: suit, caps, goggles, water bottle, towel, healthy snacks
- support a good night's sleep and healthy meals

### How to help your swimmer and our team on the day of the meet:

#### 1. Be on deck 10 minutes before warm-ups.

This gives the kids time to get ready with goggles and caps, a few minutes to talk with friends and coaches, and time to receive some directions so that we can best use our warm-up time. During warm-ups, coaches make relay

replacements for missing swimmers, so please be on time.

2. Cheer on our swimmers, praise effort and progress, set a good example for sportsmanship, support coaches, officials and hosts. Enjoy the day!

3. Do not leave until your child has checked in with us. We may need help on a relay or with counting. Your swimmer must be in the care of an adult attending the meet.

### Please remind your swimmer of their responsibilities:

- to be at the blocks before their event
- to put on goggles and cap before stepping up to the starter blocks
- to step up at the time of their event
- to congratulate those in adjacent lanes
- to ask for the time after each event
- to see a coach before & after event
- to stay with team on deck, and to let coach know when leaving deck
- to keep track of belongings and clean-up after themselves and team
- to show good sportsmanship & teamwork
- to check-in with coach before changing and leaving meet

### To support the team, coaches will:

- Promote team spirit and sportsmanship.
- Provide an appropriate warm-up for the team within the warm-up schedule.
- Remind swimmers to get to blocks on time and, when required to do positive check-in.
- Provide advice and encouragement before and after events.

-Encourage proper hydration and healthy eating.

### How can we minimize missing races?

- Swimmers who stay with the team on deck are usually less likely to miss a race
- We teach the kids how to read the current event/heat on the scoreboard.
- Staging for kids under 8 events may be done by the host team. At staging, swimmers are lined-up and walked to the blocks.
- Have your swimmer ask the coach if it is OK to leave the deck. A reminder will be given to come back soon.

### What if my child misses a race?

All swimmers miss races, and serves as a learning opportunity. Sometimes, coaches and officials may get them into another heat, but this should not be expected, nor will it occur at championship meets.

### Interested in a time trial?

You must get approval from Head Coach.

### Swim Meet Terminology

**Cut:** time needed to swim at certain meets

**Fly-over starts:** swimmers start event with the previous swimmers in the water. This does not occur for backstroke.

**Long-course season:** spring/summer when 50m times take precedence over short course times for seeding purposes

**Marking for events:** On body, list the event (E), heat (H), and lane number (L) for each event

<u>E</u>	<u>H</u>	<u>L</u>	
9	4	5	50 FR
12	2	3	100 BR

**Open swims:** events for which there is no age restriction, but intended for 15&O.

**Positive check-in:** signature confirmation at meet and by deadline that swimmer is present and will swim a specific (long) event.

**Qualifying Time:** see Cut

**Relay A, B, C...:** specific relay groups.

**Seeding:** making heat/lane assignments based on submitted performance times.

**Short-course season:** fall/winter when 25y or 25m times take precedence over long course times for seeding purpose.

**Staging:** Swimmers are lined-up in a staging area before the start of their event.

Swimmers must still get to the staging area at the appropriate time.

**Time trials-** an event for the sole purpose of attaining a specific time in an event.

### A typical day at a swim meet

1. Arrive ready to go 10 minutes before the start of warm-ups, and in time for positive check-in when needed.
2. Coaches lead warm-ups.
3. Mark body with event/heat/lane.
4. Relay teams stay together with the team and at the blocks.
5. Swimmers see coach for race advice, and encouragement before each event.
6. Swimmers go to blocks before the start of each race with DFAC cap and goggles in place. Swim fast!
7. Swimmers congratulate those in the lanes next to them with a handshake, and ask for time from timers.
8. Swimmers see coach after each race for review and praise.
9. Swimmers stay with the team during the session, and stay hydrated.
10. Results are posted for review throughout the day and awards collected.



### DFAC MEET BROCHURE

Please know that the coaches care about your child as a swimmer and as a young person.

We work hard to know our swimmers' skills, goals, and motivations.

We also recognize that there are many factors, including maturity and emotions, which can affect performance. We also understand the rules and regulations of meets and will handle all interactions with officials.

We want the best for all our swimmers,