



OSHY SWIM MEETS 101

BEFORE SWIM MEET

1. What to bring to a swim meet? See **Swim Meet Checklist**
1. 2. Check in with coach and be on the pool deck ready to swim **15 minutes** before scheduled warm up time.
2. Find rest area and "set up camp" (i.e. pool deck, gym, soccer area, etc)
3. When time permits before events start, **write events on swimmer's arm/leg** in permanent marker in grid form. (When heat sheets can be printed from home, this task can be done before you head to the meet!) ****see veteran parent the first time you do****
**** Example grid: E=Event; H=Heat; L=Lane**
4. After warm up go to rest area and wait for events
5. Parents should be in spectator areas unless volunteering

DURING THE SWIM MEET

1. **If child is 8 & under**, most meets have 8&U seeding. Help child to this seeding area several events before they are scheduled to swim. Volunteers will get your child to the block on time.
2. **If child is older than 8**, child needs to report behind the blocks ready to swim
 1. three heats before scheduled swim. **** Take note of how many heats are in the previous event, especially if child is in the first heat of an event.****
 2. Swimmers **report to coach** after each event to discuss swim.
 3. Go back to rest area and wait for next event.

AFTER SWIMS COMPLETED

1. When done, **check with coach** before you leave to make sure not in another event.
2. After each event or at end of swims, **check child's results** for awards. These are usually displayed on a wall near the awards hand out area.
3. If your child was not able to complete the race/stroke within the rules, a DQ (disqualification) will be next to child's name on the results. This happens to all level swimmers as the rules are the same for swimmers of all ages. Correct technique takes time!! Let the Coaches work on developing technique. Your job is to be encouraging and emphasize the positive aspects of their race!!!!
4. Pick up child's **awards**, if appropriate, before you leave. Know your child's event number and place this will make the line go faster.
5. **Tell your swimmer how proud you are of them** for all their hard work and effort! Swimming is hard work! Let them know you know!!