

SWIM MEET FAQs

What time does my swimmer need to get to the pool for swim meets?

The check in time for the meets is normally 15 minutes prior to warm ups. This means that your child needs to be on deck in their suit and team cap, ideally with their event numbers written on their hand/arm with a Sharpie. During the meet, if your swimmer wants to come up to the stands to visit with you or to leave the deck to go into the locker room they must check with a coach first. The coaches are responsible for your children while they are on deck and need to know where they are at all times.

NOTE: In accordance to YMCA guidelines, only swimmers, coaches and parent volunteers (timers, officials, console operators, runners, etc.) are allowed on deck during the meet.

Swimmers may leave after they have finished their last event. Before leaving they *must* check in with their coach to let them know they are leaving with you.

What should my swimmer bring/wear?

Clothing/gear: Swimmers should bring two pairs of goggles and an extra cap (ideally, as they are prone to break at the most inopportune times,) at least one towel (keep a second one for changing when they're done,) a t-shirt (the team t-shirt would be great!) or sweatshirt and shorts to wear between events. Everything they bring on deck will be soaked by the time they are finished, so please keep this in mind when packing their bag. It is a good idea to send a camp chair for your child to sit on when we go to away meets-- there isn't always enough bleacher space provided for visiting teams. And please remember to have your child's name written on anything they bring!

Entertainment: Meets are long so many kids bring coloring books, cards, Mad Libs, books, school homework etc. to stay busy between events. For a lot of kids this is the most fun part of the meets themselves as they get to hang out with their fellow team members, chat and have fun!

NOTE: If you choose to send electronic devices such as I-pods, I-pads, DS games, etc. with your child please remember that everything on deck will be very wet, the deck is very hard and the Y is not responsible for any broken, damaged, lost or stolen items.

Food: The ONLY food allowed on deck is water in non-breakable containers. All food that you have for your child must be eaten outside of the pool, in the mezzanine or lobby. We recommend that swimmers don't eat too much right before a race, and that snacks are light and healthy. The concessions area at our pool always has a great selection for parents and swimmers alike, and will be open for the entire meet.

I want to be a supportive swim parent. How do I talk to my swimmer at a meet if they didn't swim well?

Encourage your child by letting them know that you know they did their best and you are proud of them regardless of if they won or lost. Often other swimmers support each other by sharing stories of their own races, good and bad. It is not unusual that swimmers, especially new swimmers may DQ (disqualify.) Just remind them that they did their best and next time will be even better.

Be a supportive Team Parent!

Please remember to cheer for the other swimmers on our team--it's disenheartening for the swimmers when no one cheers for them. We like to think of the Tsunamis as one big family--so show your support and cheer for everyone!