

## **SWIM MEET SURVIVAL GUIDE**

We encourage each swimmer to attend and participate each swim meet, however, it is not mandatory for them to do so. We do ask your cooperation in good communication between the coaching staff on whether you will be involved in swim meets.

### **Event Sign up**

Entry sheets and meet information will be posted on the team bulletin board 2 weeks prior to the meet. Entries will be sent by the Head Coach to the hosting team 1 week prior to the meet. Entries may also be emailed to the Head Coach prior to being sent to the hosting team. **It is the swimmer's responsibility to sign up for individual events.** Coaching staff will make the relays; every attempt will be made to include all swimmers in the relays.

### **Event Information**

1. Swimmers may swim a total of 5 events per meet...3 individual and 2 relay.
2. Swimmers must have 3 participated in 3 sanctioned Y meets to go to sectionals/state.

### **Pre-Meet Preparation**

1. Nutrition
  - Eat properly before the swim meet – no junk food or soda.
  - Plan nutrition for the meet, before the meet.
  - Hydrate, Hydrate, Hydrate (before, during, and after).
2. Sleep
  - Get a good night sleep before each day of the meet.
3. Equipment
  - Have all equipment packed for the meet – usually a good idea to do this the night before.
  - Make sure all equipment is in good condition/ working order.
4. Check the Blue Wave website for updated information, directions, schedule of events, etc prior to the meet.

### **Day of Meet**

1. Arrive On Time.
2. Wear official Blue Wave clothing if available.
3. Wear/ bring team suit for races.
4. Check In With the Coach
5. Check the event list posted in the team area or with the coach. **WRITE DOWN THE EVENT NUMBERS!**
6. Warm-ups
  - It is very important to do a proper meet warm-up. Don't cut corners here!
  - Listen to coaches for warm-up instructions.
  - Locate proper lane for team.
  - Swimmers will do one or two starts. If swimming backstroke, do a backstroke start especially if at an away meet.
  - Backstrokers should also get a stroke count from the flags to the wall at race pace.

### **At the Meet**

1. Swimmers should stay in the team area at the meet.
2. Conserve energy. Don't use up energy playing around at the meet. Save it for the race.
3. Eat properly and hydrate.

4. Cheer for teammates.
5. **SWIM EVENT**
  - **Each swimmer is responsible for getting to his/her event. Listen/ watch carefully so as to NOT MISS A RACE.**
6. Display sportsmanship
  - Stay until meet's end in support of teammates.
  - Respect officials and opponents.
  - Congratulate teammates after their events.
  - Swimmers are to accept without question the decision of meet officials; any protest must originate from the coach.
7. Notify coaching staff immediately if sick or unable to compete.
8. Clean up all team areas before leaving.

## Disqualification

A disqualification means the swimmer is not eligible for medal/ ribbon placement and the time will not be valid.

Swimmers may be disqualified "DQ'ed" from a race for a number of reasons. During a race, this includes improper stroke technique, false start, improper turns, or other rule infractions. The coaching staff will notify the swimmer immediately if an official reported a DQ on the swimmer during an event. Swimmers may also be DQ'ed for unacceptable conduct during the meet relating to behavior, attitude, or facility/ meet rule infringement.

## What to Bring

All swimmers are responsible to bring their own gear for a swim meet. See the following list for needed and recommended items to bring:

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|--------------------------------------|--------------------------------------|
| ▪ Mom and Dad/Family                 | ▪ team t-shirt/ clothes              |
| ▪ swim cap                           | ▪ books/magazines                    |
| ▪ competition swim suit              | ▪ cards                              |
| ▪ goggles                            | ▪ money for concessions              |
| ▪ extra equipment for "just in case" | ▪ heavy socks, deck shoes or sandals |
| ▪ games                              | ▪ showering items                    |
| ▪ food and drink (water)             | ▪ sleeping bag or blankets           |
| ▪ plenty of dry, warm clothes        | ▪ 2-3 towels                         |
| ▪ hat (sock hat for warmth)          | ▪ Music/ mp3 player                  |

\* Items should be marked with name/ team. Don't bring jewelry or valuables.

## Travel

A team bus will be organized for away meets. Carpooling is encouraged for families not riding the team bus, but not facilitated by the Marshalltown YMCA-YWCA. A swim team roster with names and phone numbers is available from the coach or Aquatic Program Director. Directions and maps are available for your convenience on the website.

## Cancellation

In case of cancellation due to inclement weather, the coaches will notify the Y service desk, the Aquatic Program Director and parent support group. We encourage all parents to call the Y service desk at 752-8658 if the weather appears to be uncertain for running a meet.