

NWAA Parent Education Series | October 2025

Presented by: Coach Mary-Catherine Ivey

TOPICS REVIEWED:

Ш IV П What is a Swim Meet & Volunteering & Support: Meet Prep In-season vs. Championship Meets: Why it matters How to register Ways to stay involved **Event Selection** Performance and why it is important How to plan for the big expectations at various stages in the season and day development Managing expectations Supporting your athlete



ABOUT ME:

Over 19 years of experience in club development/athlete development, aquatics and recreation, having coached with all levels from the developmental swimmer to Olympic Trial qualifiers, both in Georgia Swimming and MV Swimming. Joined NWAA staff in fall 2025.

Experience:

- Swam for the Aiken-Augusta Swim League (ASL) for 6 years until college.
- Graduated with a B.S. in Exercise and Sports Science with a minor in Business from USC.
- Aquatics Manager USC-Aiken Natatorium 2005 -2008 managed a staff of 12+ part-time, organized numerous special programs for the university including staffing, training and promoting.
- ASL Aiken Site Director, National Team Asst. Coach and Swim School coordinator 2008 2015 managing 110 families, staff of 5 part-time coaches and 4-6 swim school instructors
- Served as Interim Program Director summer/fall 2015 managed 350+ members over three sites, 2 full-time and 12 part-time staff; only coach to serve on national search committee for new Program Director (Head Coach)
- Moved to Kansas City in 2015 to coach for the KC Blazers for three years as Head Site Coach overseeing two sites of 160 athletes and staff of 6 assistant coaches/instructors
- Advanced to National Team coach in the last three years with KCB in addition to managing the website, team dryland and became a certified yoga instructor (RYT 200).
- Lead coach for high performance age group (11-14) and communications manager for Wichtia Swim Club 2022-25.

ABOUT ME:

Professional Mentors

- Adam Byars (Former Aiken-Augusta Swim League (ASL) Program Director, University of Arizona)
- Gary Mauks (ASL; RIT Head Coach; Kent State University '79-'81)
- F. Andrew Eberheart, PA-C, ATC/L, CMT; (ASL/USA Swimming High Performance Network)
- o Russell Mark (Performance & Education Advisor ASCA/Former High Performance Manager USA Swimming)
- Jodi Huff (Former ASL Board President/ASL Team Administrator)
- Kristen (Erndl) Schlegel (Former coach/Former ASL Program Director)
- Rebecca Harper (Former ASL Board President/Author)
- Mila Padgette (USC-Aiken Director of Campus Recreation & Wellness)
- Ken Heis, Mason Manata Rays (Former Coach)
- George Adcock (Head Coach, Kansas City Blazers)
- Neil Harper, (Former ASL Program Director, University of Arkansas)
- Mitchell Wagner, (Former WSC Head Coach, Jenks Program Coordinator)

WHAT IS A SWIM MEET & WHY IT MATTERS

Every swim meet serves a unique purpose within the season, depending on each swimmer's training group and stage of development. Priority meets are typically selected to assess performance, while alternative meets may focus on training goals, or completing IMR/IMX events, giving swimmers the opportunity to experience a variety of events before advancing beyond the age group program.



Swim meets are competitive opportunities where swimmers compete against others in races to achieve a best time. Events are organized by age, competitive category (gender), and stroke, featuring various distances for strokes like freestyle, backstroke, breaststroke, and butterfly. Swimmers are assigned to specific lanes within "heats," which are individual races within a larger "event," and ribbons or medals are awarded based on their performance in the final event.

Why it Matters: Swimming is a team sport! Swim meets offer athletes the opportunity to further develop and hone their skills set throughout an athletes growth, while experiencing a sense of community and camaraderie with friends, teammates and competitors alike. Swimming is a life-long sport where the tools gained and relationships formed extend far beyond the competitive arena; USA Swimming Club programs (NWAA) build a strong foundation for a lifetime of good health, by teaching healthy fitness habits.

Role of Meets in Swimmer Development

- Motivation and confidence building
- Goal-setting and accountability
- Learning how to race and manage meet environments

WHAT IS A SWIM MEET?

Types of Swim Meets: Swim meets vary in purpose and level of competition, giving swimmers opportunities to develop skills, gain experience, and challenge themselves as they progress.

Types of Meets:

- Intrasquad Meets: Local, low-key meets designed to provide a positive, nurturing racing experience for new, multi-sport or younger swimmers and promote team unity.
- In-Season / Invitational Meets: Essential to athlete development and progression. These meets help swimmers refine racing skills and inform training for an end of season performance. Performance expectations will vary given training group and time of year.
- Qualifier Meets: Qualifier Meets have qualifying time standards for entry; these are posted to the meet information. Not all in-season (regular) meets have entry standards.
- Mid-Season Championships: A key opportunity to gain experience outside the local area and compete against. In some cases, athletes may rest and wear high performance swim wear.
- Championship Meets: ARSI LSC Championship meets are qualifying meets that represent the culmination of training and dedication throughout the season. Eligible swimmers are expected to attend. Athletes will taper and wear high performance swim wear.
- Travel or Specialty Meets: Occasionally, NWAA may attend an out-of-town meet. These are excellent team-bonding and growth experiences but may have specific requirements to be eligible to attend.

Which Meet, How to Register & Event Selection
How to plan for the big day: What to Bring & What to Wear
At the Meet: Tips and Reminders for Swimmers & Parents
Managing expectations & supporting your athlete

WHICH MEET, HOW TO REGISTER & EVENT SELECTION



Which Meet, How to Register & Event Selection

Registration: Which meet do I sign-up for? Refer to the **meet schedule** on your **training group page**, which outlines meets specifically selected for your swimmer's training group. Each training group has recommended meets specific to the objectives of that group.

- Sign-in to NWAA's team website. In the side menu, click Events & Competition > Team Events.
- Click your desired [Meet] event's Attend/Decline or Edit Commitment button. Click the name of the athlete whom you want to attend. Click the Declaration dropdown and click Yes, please sign [Name] up for this event (or No, thanks, [Name] will NOT attend this event,) enter any Notes, (availability, etc.) and then click Save Changes.
- Select which days and sessions your athlete will attend, and a coach will then select the events your athlete will enter. (You may click a day/session button to see what events are scheduled.) Enter any **Notes** you want the coach to see. When finished, click **Save Changes**. Repeat for additional athletes.
- o To remove your swimmer, follow the same steps prior to the deadline, or contact your primary coach.
- Swimmers must be registered by the deadline listed on the meet page. Late entries/changes may not be accepted. Apart from unavoidable conflicts, illness or injury, do not wait until the week of a swim meet to confirm entries or request changes. By this point, typically only scratches are permitted, depending on the meet host, and you will still be billed for the events entered.

Which Meet, How to Register & Event Selection

Event selection is outlined at the beginning of the season, working backwards from an athlete's championship opportunities, with respect to the meets an athlete is available to attend.

Coaches will select events. Events are selected based on eligibility (qualified events), championship prioritization/event requests, seasonal trends (percentage of time dropped), with respect to event order, recent swims, and practice attendance.

Athlete feedback--Goal setting & check-ins: Athletes discuss event selection in goal sessions, learning to create a seasonal outline as to when/where to swim certain events. It is an ongoing discussion with participating athletes from November - July.

Meet selection and prioritization: Priority meets are selected based on the time of year and often coincide with training cycles when possible. Facility and level of competition are also considered when determining priority meets.

- o Priority meets are to assess performance around which our season plan is designed. For these meets, swimmers are looking to swim events in their Championship line-up (primary events), aiming to have at least 6
 - 8 weeks between swims.
- Alternative meets are meets to accommodate schedules or where swimmers are encouraged swim an event from their IMR/IMX line-up, in addition to primary/choice events.

Event Selection: What is IMR/IMX

Why IMX? The purpose of the program is to promote versatility in age group swimming while advocating greater participation and development across a range of events that are integral to long term success in swimming. We are an IM based program, implementing USA Swimming's IMR/IMX program as a means of encouraging our athletes to prioritize skill development while utilizing the competitive opportunities available and further diversifying their competitive portfolio as they grow and progress.

An IMX score is only established after a swimmer has swum all of the events required for their age group in a sanctioned meet since the start of the current season; both short and long course seasons start September 1 and end August 31 for IMX purposes.

- A swimmer must complete all of the events in the same course (SCY or LCM) to have a score in that particular course
- Athletes must legally complete the required five or six events and the time achieved is assigned a power point score for each swim, earning a combined score (IMX Score). These scores are ranked by single ages, with rankings and recognition available on the USA Swimming website from national rankings to rankings within your zone, your LSC and on your club.
- Using Hy-Tek's Single-Year Age Group Power Points, all USA Swimming registered athletes earn an "IMX Score" based on the cumulative point total of the combination of IMX events for their age level. The overall IMX score, as well as the swimmer's current best score for each IMX event, appears on the athlete's My USA Swimming page for each season. As times in these events improve, the swimmer's IMX score is automatically updated.

HOW TO PLAN FOR THE BIG DAY: WHAT TO BRING & WHAT TO WEAR



A little preparation goes a long way toward a smooth and stress-free meet day! Swimmers should arrive ready to warm up on time, with everything they need for a full day of racing and team fun.

What to Wear:

- Team suit, cap, and goggles (bring an extra cap and pair of goggles just in case!)
- Team shirt or warm-ups for before and after races show team spirit!
- Comfortable clothes between events (dry shorts, hoodie, or parka)
- Flip-Flops or Crocs--Footwear that is easy to slip on and off is helpful. Label your athlete's gear to avoid lost items!

What to Bring:

- Two towels (one for swimming, one to stay dry)
- Healthy snacks and a water bottle. It is crucial for swimmers to stay fueled and hydrated between races
- Sharpie marker, pen and highlighter. For marking events on your swimmer and highlighting your heat sheet.
- Something to sit on (folding chair, towel, or small blanket)
- Entertainment (book, cards, coloring, homework) for downtime
- Positive attitude and team pride!

Remind swimmers: Arrive early, check in, see your coach before and after every race, and stay with the team to cheer for others.

HOW TO PLAN FOR THE BIG DAY

What to bring and What to Wear: High Performance Swim Wear Overview

Our swimwear guidelines are designed to support athlete development, team unity, and family affordability. The goals are to help swimmers prepare for higher levels of competition, perform their best at key meets, and present a consistent, professional team image. Suit choices depend on factors such as age, physical and technical development, level of competition, and cost. For most regular season meets, swimmers should wear the standard NWAA team suit.

High-performance (tech) suits are reserved for Championship meets only, as determined by your swimmer's primary coach. At this stage of development, swimmers gain more from skill and effort than from advanced suit technology. Any exceptions will be made by the coaching staff based on individual circumstances.

- Swimmers ages 13 & over may wear tech suits for end-of-season meets, with coach approval.
- Swimmers 12 & Under: USA Swimming rules prohibit 12 & under athletes from wearing technical suits. However, performance-style suits designed for 12 & under swimmers (not classified as tech suits) may be worn at Championship meets with coach approval. For Reference: <u>Tech Suit Restrictions for 12-and-Under Swimmers</u> | <u>FINA Approved Tech Suits for 12 & Under Swimmers</u>

D&J Sports is our team supplier. Show your Shark team pride and spirit both on and off the deck! As a Speedo-sponsored team, purchases made through D&J Sports directly support our team's partnership with Speedo! Storefront link on our website!

AT THE MEET: TIPS AND REMINDERS FOR SWIMMERS & PARENTS



For Swimmers: Meet Day Expectations

Swimmers represent NWAA at all times. Respect for volunteers, officials, coaches, teammates, other athletes, and the facility is expected and reflects our team values.

- Warm-ups: All swimmers are expected to participate in the entire team warm-up session, unless otherwise discussed with a coach. Please arrive 10–15 minutes before the scheduled warm-up time.
- **Event Markings:** Write your swimmer's event, heat, and lane numbers on their arm using a waterproof marker (Sharpie). This helps them stay organized and confident during the meet. Many parents wait until after warm-ups to write events once heat sheets are posted.
- Coach Check-Ins: Swimmers should check in with their coach before and after every race for event reminders, feedback, and next steps.
- **Be R.A.C.E. R.E.A.D.Y.:** Focus on Race Prep and Recovery staying hydrated, warming down, cheering for teammates, and staying engaged throughout the session.
- End-of-Meet Check-In: Before leaving any meet, each swimmer should check in with their coach. This ensures all events (and relays) are complete and gives the coach a chance to say a final "good job" and "see you next time."

Reminders for Swimmers & Parents: Swimmers - Be R.A.C.E. R.E.A.D.Y.

Athletes should prioritize "R.A.C.E. R.E.A.D.Y" during the Meets!

- ∘ R Rev your engine with a focused warm-up
- A Activate your body and mindset with your pre-race ritual; athletes are encouraged to create/fine-tune and/or implement their pre-race rituals—athletes can review <u>HERE</u>.
- \circ C Connect with teammates; cheer on and support your teammates and include your teammates from other groups.
- \circ E Eat well to fuel your swims with healthy snacks (no energy drinks).
 - A Guide to Nutrition for Athletes: What to Eat Before a Competition can be found <u>HERE</u>.
- R Rehydrate and replenish with water and electrolytes.
 - Sports and Hydration for Athletes: Q&A with a Dietitian can be reviewed HERE.
- E Engage with your team and not your screen; athletes are encouraged to limit screen time during their session(s) and remain present throughout the experience.
- \circ A Add layers to stay warm and dry between races. One towel per race is a good rule.
- D Do your cool down after each race; this is not optional. Cooling down is just as important as warming up.
- ∘ Y Your attitude sets the tone; bring the good vibes and stay neutral in mindset.



Parents: Meet Day Expectations

Swim meets are one of the best parts of the season — a chance to celebrate progress, connect with other families, and cheer on our athletes as they put their training into action. To help each meet run smoothly and safely, we ask all parents to follow a few simple guidelines. These expectations create a positive environment for every swimmer and ensure our team represents NWAA with pride and respect.

- Unless you're signed up to volunteer in an official role, please remain in the designated crash area. This helps reduce deck traffic and ensures a safe environment for all swimmers.
- Swimmers are encouraged to sit with the team and take responsibility for their own meet management it's an important part of learning and independence.
- Stay informed by joining our NWAA GroupMe for real-time meet updates and announcements.
- Ask for help! If you ever feel unsure or overwhelmed, reach out to another NWAA parent. We've all had our "first meets," and once you've attended one or two, it all becomes second nature, and a lot more fun!

Reminders for Swimmers & Parents: Parents — Understanding Meet Day Logistics

Flow of the Meet: How Heats, Lanes, and Age Groups Work

- **Age Groups:** Meets are divided by age (commonly 8 & under, 9–10, 11–12, 13–14, and 15 & over). Age is determined by the swimmer's age on the first day of the meet. Each group may have slightly different event offerings and distances (e.g., 10 & unders don't swim the 200 fly).
- **Events:** Each swimmer competes in specific events (like 50 Free, 100 Back, 200 IM). Within each event, swimmers are seeded by their entry times fastest to slowest.
- **Heats:** Because there are more swimmers than lanes, events are divided into heats. The first heat may not always be "Heat 1" for the fastest seeding can depend on meet format (slowest-to-fastest or circle-seeded for prelims).
- Lanes: Lanes are assigned based on seed times middle lanes usually go to faster swimmers (e.g., Lane 4 or 5 in an 8-lane pool). Placement in a heat doesn't always mean placement in the event final results are determined by time across all heats.

Reminders for Swimmers & Parents: Parents — Understanding Meet Day Logistics

Difference Between Prelims/Finals and Timed Finals

- **Timed Finals:** Each swimmer swims their event once and final placement is based on time only; no second swim. Most age group and developmental meets use this format.
- **Prelims/Finals Format:** Swimmers compete in preliminary heats during the morning session. The fastest swimmers in each event (usually top 8, 16, or 24 depending on the meet) advance to the evening finals.
 - Finals determine official placing and awards.
 - Encourages athletes to learn how to manage energy and race strategy.
 - Example: "If your swimmer places 7th in the morning prelims, they'll come back at night to race again in finals for official placing and points."

For Reference—The Meet Information: Meet Information is a PDF document posted to the meet page, that includes details about the meet, such as the location, meet format, order of events, qualifying time standards (if applicable), warm-up information, awards, etc. It's a good idea to briefly review the meet information when it becomes available, prior to signing up for the meet.

Reminders for Swimmers & Parents: Parents — Understanding Meet Day Logistics

How Times Are Recorded & Where to Find Results

• Timing Systems:

- Most meets use an automatic timing system (touchpads) with back-up timers using stopwatches.
- Final times are determined by official meet software that cross-checks for discrepancies.

• Disqualifications (DQs):

• If a swimmer is disqualified, no time is recorded for that event — a learning opportunity, not punishment.

• Where to Find Results:

- Meet Mobile App: Most teams use it for live results (mention that not all meets upload results instantly).
- o Posted Results: Printed sheets are often posted on a wall near the pool deck or hallway.
- Team Website or Meet Recap Emails: Many teams publish results afterward.

• Official vs. Unofficial Times:

- Meet Mobile times are unofficial until results are reviewed and finalized.
- o Official times are uploaded to USA Swimming's database (SWIMS) a few days after the meet.

MANAGING EXPECTATIONS & SUPPORTING YOUR ATHLETE



Swim meets are all about your swimmer gaining a valuable competitive experience while continuing to learn and grow in a healthy and supportive environment! You are your child's biggest supporter! Let your child know how proud you are of them!

Early season meets: At the start of the season, our focus is on skill execution, race strategy, and learning how each swim can inform future training. Fast times are exciting, but early meets are primarily about gaining experience and building habits. Swimmers are encouraged to stay process-driven and manage expectations.

| Missed a race while behind the block? Stay calm and report to the starter (official) or Coach.

Goals & Accountability: Each meet has its own purpose within the season, leading toward stronger end-of-season performances. As swimmers develop, they learn to take ownership of their attendance, effort, and daily habits, understanding how these directly influence meet results. We encourage athletes to focus on consistent progress over chasing times. Success looks different at every stage as swimmers:

- Explore all four strokes
- Learn to balance event lineups
- Gain confidence and racing instincts

Parents can help by celebrating growth and avoiding comparisons between swimmers; every athlete's journey is unique.

MANAGING EXPECTATIONS

& supporting your athlete

Parents, Parent & Coaches, Coach. Apart from expecting that they give their best effort in each race, avoid discussing your performance expectations with and/or coaching your athlete.

• Athletes will often associate your expectations of/behavior towards their performance with their self worth. It's important to help foster your child's confidence not only in their ability, but in our program. Contact your child's coach directly to discuss their performance as needed.

Fail Forward (Without Fear): Disqualifications happen to every swimmer—even Olympians! A "DQ" simply identifies something to improve, not a failure. Our goal is to fail forward, using mistakes as learning opportunities to grow in confidence and skill.

Comparison is the thief of joy; don't do it. Every athlete progresses at their own pace and one athlete's perceived success does not diminish the efforts and growth of another. We are a team—cultivating a positive, inclusive and supportive team culture begins with you as parents. All athletes should be celebrated and supported as they are learning.

| **Keep in mind:** "Your child's success or lack of success in sports does not indicate what type of parent you are. But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries their best IS a direct reflection of your parenting."

MANAGING EXPECTATIONS

& supporting your athlete

Trust the Process. Early season meets are for 'gathering information,' building toward peak performance end of season. Adding time is not indicative of a lack of effort or a "bad" swim. At this stage, athletes are learning to 'fail forward' as a means of developing the mental toughness and perseverance needed for long term success, while learning to navigate momentary disappointment without allowing it to impact other performances.

• Meets are long, mentally and physically and athletes need all the support they can get. They are often painfully aware of when a race could have been better. This is the time to try something new, remain confident and take chances

Six No-No Phrases for the Swimming Parent

swimtelligence.blogspot.com | 13 July 2009

Parents often ask what to say to their swimmers to help them succeed. The conversations that happen between a parent and child can have a dramatic impact in shaping a swimmer's attitudes toward swimming. Take a moment to read this short article for the phrases coaches have heard before [...] Each is an example of what not to say to your swimmer.

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IN-SEASON VS. CHAMPIONSHIP MEETS:

Performance expectations at various stages in the season and development.

Training vs. Racing Phases:

Early season → building fitness, technique focus, times may be slower.

Mid-season → implementing race strategies, gradual improvement, occasional fatigue.

Championship season → taper, peak performance, best times more likely.

IN-SEASON COMPETITION



Performance expectations at various stages in the season and development.

Early season \rightarrow building fitness, technique focus, times may be slower.

Early in the season, swimmers are still building fitness and refining technique, so times may be slower — and that's perfectly normal. These meets are about learning, racing smart, and setting a foundation for faster swims later in the season.

10 & Under: Focus on learning proper technique and developing good habits.

- Building endurance and confidence in racing all four strokes.
- Times may vary greatly effort and execution matter most.

11–12: Continued focus on technical refinement and aerobic conditioning.

- Expanding event lineup and trying new distances/strokes.
- Times may be inconsistent as swimmers grow and adapt.

13–14: Building aerobic base and refining race-specific skills.

- Technical changes may temporarily affect performance times.
- Reinforcing discipline in training and meet preparation.

15 & Over: High training load focused on endurance, strength, and technical precision.

- Emphasis on consistency and accountability in training.
- Race results take a back seat to building fitness and efficiency.

Performance expectations at various stages in the season and development.

Mid-season → implementing race strategies, gradual improvement, occasional fatigue.

10 & Under: Beginning to understand pacing and how to race multiple events in a session.

- Working on consistency and applying what's learned in practice.
- Some fatigue may show as training volume increases.

11–12: Developing race strategies and learning how to "swim smart."

- Balancing training fatigue with performance goals.
- More self-awareness in warm-up, recovery, and race preparation.

13–14: Increased strength and intensity — swimmers may feel tired or flat at meets.

- Focus on racing through fatigue and learning resilience.
- Evaluating progress through splits and execution, not just times.

15 & Over: Applying training to race scenarios; refining pacing and tactics.

- Managing fatigue, school, and recovery demands.
- Coaches and swimmers assess readiness and progress toward season goals.
- For our mid-season, we do a 2 week SSDL Peak Performance Preparation. It is our dress rehearsal for the end of the year.

Performance expectations at various stages in the season and development.

Championship season → Peak Performance Preparation, peak performance, best times more likely.

10 & Under: Goal is to put it all together — technique, effort, and confidence.

- Swimmers start recognizing how hard work pays off.
- Best times may happen, but focus remains on fun and skill execution.

11–12: Beginning to experience true taper and peak performance.

- Emphasis on racing confidently and executing strategy.
- Opportunities for breakthrough swims as training, growth, and maturity align.

13–14: Training volume decreases to allow for rest and speed.

- Targeted events and strategy execution are emphasized.
- Peak performances and personal bests become more consistent. We typically rest 2 weeks for the 14&Under.

15 & Over: Peak Performance Preparation and rest are key for peak performance.

- Swimmers expected to take ownership of race plans, warm-ups, and recovery.
- Focus on execution, mental preparation, and performing at their best when it counts most.
- SSDL Peak Performance Preparation for dryland is 4 weeks for the older swimmers. NWAA Senior swimmers rest no more more than 3 weeks, while some may get as little as 3 days.

CHAMPIONSHIP SEASON

CHAMPIONSHIP MEETS

Championship meets are the culmination of a season of hard work and should be a time of celebration for our athletes. At this point in the season, the work is done.

ARSI 14&Under Championships - 3.6- 3.8 (TBD)

Region VIII Spring Sectional Championships - 3.12-3.15 | Columbia, MO

ARSI Senior Championships - 3.20-3.22 (TBD)

NCSA Age Group Championships - 3.25- 3.28 | Orlando, FL



Performance expectations at various stages in the season and development.

Peak Performance Preparation is designed to reduce the workload or physiological stresses on the body in a controlled manner, resulting in amplifying the effects of the physiological changes on the body through the training process.

- It is the major adaptive period of the preparation.
- Period of Peak Performance Preparation for NWAA athletes can be 3 weeks to 3 days and is contingent on many factors including age, event load, length of meet, and training (attendance).
- Gradual reduction in volume and intensity. For senior athletes the volume on a week by week basis can be reduced to 50% or less of inseason volume in the week prior to competition. SSDL Peak Performance Preparation for dryland is 4 weeks for the Senior level athletes.
- Athletes swimming more/longer events will likely feel as if they are not, in-fact, tapering. The total volume of the meet is considered
- For this level, swimmers 11-12 are learning to establish a mindset towards taper that is functional to an end of season performance with respect to a season of training. We typically rest 2 weeks for the 14&Under age group.
- Swimmers are expected to prioritize practice, for a minimum of 75% in the 6 weeks prior to their end of season championship meet

VOLUNTEERING & SUPPORT:

Ways to stay involved and why it is important



WAA VOLUNTEERING & SUPPORT

Ways to stay involved and why it is important

Northwest Arkansas Aquatics (NWAA) is a non-profit 501c3 organization. Hosting local and regional swimming competitions is a big part of our program and team service is crucial to ensure our meets and Club run smoothly. NWAA relies heavily upon parent volunteers for swim meet execution and performance of many of the organizational and administrative tasks that are necessary to run the Club and provide your child with a great swimming experience.

Team service requirement (volunteer requirement) will be based on a specified number of hours per season (compared to the past requirement of sessions per meet). All signups will be through our Sports Engine website/app, and you will be able to track your hours.

Short Course Season: September-March - 8 Hour Requirement

Opportunities: BCC Backdoor Monitor • Winter Invitational Friday Night Frenzys • Block Party

Freaky Fast Last Chance • Age Group Champs • ARSI Senior Champs

Long Course Season: April-July - 6 Hour Requirement

Opportunities: Backdoor Monitor • ARSI Long Course Champs • Memorial Classic • Ragnarock

For questions reach out to nwaavolunteer@gmail.com

VOLUNTEERING & SUPPORT

Ways to stay involved and why it is important

Parent Volunteer Opportunities:

TIMER: operates stopwatch and plunger or timer sheet under the supervision of the Head Timer who is supervised by the Meet Referee

OFFICIAL: conducts races; ensures that strokes & turns are legal; works under supervision of the Meet Referee; USA Swimming certified; contact <u>Coach Mark</u> for more information.

HOSPITALITY: plan & serve meals, snacks, and drinks for coaches, officials, and volunteers during home meets

ANNOUNCER: announces warm-ups, races, and maintains the flow of meets under the supervision of the Meet Referee and AO

TECH CREW: supervises the set-up, operation, tear-down, and maintenance of timing, sound, and computer equipment

CLERK OF COURSE: processes scratches, deck entries, positive check-ins, and meet fees, and posts results under the supervision of the AO

COMPUTER OPERATOR: uses Meet Manager to pull in race times, record DQs, and assists with timing adjustments under the supervision of the AO

Additional Job opportunities can be reviewed in our NWAA Parent Handbook on Page 28!



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