Parents, if this is your first season or first swim meet, there are some things that will behelpful to prepare for the meets.

ARRIVE EARLY! Warm ups will start at a certain time. It is your responsibility to know this time and it is usually posted in the meet flyer or sent in an email from your coach prior to the meet. Please DO NOT pull into the parking lot at the warm up time.Allow for travel time, traffic, and parking. Always check your emails because sometimes these warm up times change!

Bring cash and purchase a heat sheet! It is good to have cash incase you need to purchase snacks and to purchase a heat sheet. KEEP your heat sheet for the entire weekend. It will have all of your athletes events in it (event, heat, and lane). See How toRead a Heat Sheet. Some teams use Meet Mobile (see info below about Meet Mobile app) as their heat sheet as well. It is at the hosting teams discretion how they will display their heat sheets. Not all teams do the same thing.

HIGHLIGHTERS & PERMANENT MARKERS are helpful and you will always want them for a swim meet. Highlight your swimmers name. Go through the heat sheet and find your swimmer listed under the events your coach has put them in.
Please check the events they are swimming in on the website or On Deck app before the meet. If you have trouble finding your swimmer listed, please ask another parent orPSC member for help.

You or your swimmer will write their events for the day on his/her arm or leg….its a swimmer thing. Use a sharpie. It should be written as E/H/L/S(that is the event #, heat #, lane#, and stroke). Example: under each corresponding letter youwill write the number. 2/3/4/50free (this is event #2, heat #3, lane#4, 50 free)

Your swimmer should talk to their coach before and after their races.

Your swimmer will need to pay attention to the meet and know when they need to get behind the blocks. They should be behind the block 3-4 heats PRIORto their heat. 25's and 50's go fast, so they might want to be there earlier. It is helpful to find a friend who might be swimming in the same event or ask your coach for help. If you are playing or not sitting in the bleachers with your team, you might miss your race.

Your athlete is encouraged sit with our team. At home meets, the PSC (athletes only) will sit on the bleachers or under the team tent. Parents are encouraged to have their swimmer sit with the team. This is very good for the athletes as they build friendships and strong team structure. This also teaches the athlete to be independent and less dependent on parents at swim meets.

Volunteer!!! Not only is it easy, but it is required. Job sign-ups are posted under the event page on the website or On Deck app

Be kind and courteous to the timers, officials, meet marshals, and volunteers! They are volunteers. Refrain from using inappropriate language with thevolunteers or officials. Officials reserve the right to have you removed from deck and your swimmer kicked out of the meet if they feel it is inappropriate.

Don't panic when your swimmer misses a race! This does happen and a learning experience. They will learn from this. Remember they are new to the sport andeveryone has misses a race before. This is important because your swimmer needs to pay attention to when they need to be behind the blocks. The meet will not stop if the athlete is not behind the blocks. Most of the time the coaches will not come looking for the swimmer who is not behind the blocks…it is the athlete's responsibility and we are encouraging them to learn at a young age to be attentive at a swim meet.

Don't get mad at your coach, your swimmer, or the officials when they getdisqualified. It happens to everyone at some point and at all ages. 1st DQ? Take them to Dairy Queen…only the first one, however.

You can leave after your swimmer's last race but we encourage staying till the session is over to promote team support. Sometimes your swimmer will swim the last event or you will be volunteering for the session. It can take the swimmersome time after their last event…they will need to speak with their coach, warm down, clean up their area, and sometimes change clothes.

When your swimmer competes any race, whether it was good, bad, orugly…say "GREAT JOB" or "How'd that feel?' And that's it.
• 	Send them to speak with the coaches
• 	Please refrain from "coaching" behind the blocks, behind the coaching table, inthe car, or in 	the stands.
• 	Trust your coaches

CHECKLIST FOR PARENTS:
○ 	Extra towels. Especially if it's raining or cooler outside
○ 	Cash for heat sheets and snack bar. Kids love going to the snack bar…it is funplus anything spent 	supports our team.
○ 	Snacks
○ 	Water...it's important to stay hydratedSunblock
○ 	A book or magazine
○ 	Credit Card. If a swim vendor is at the meet you might want to go shopping
○ 	E-Z up tent for shade. Again….swimmers should be sitting with their team, butparents are 	welcome to set up tents outside the pool gates.
○ 	Chairs

CHECKLIST FOR SWIMMERS:
- Leave your wet bag at home. It is only for practiceTowel(s)
- Swimsuit, goggles, and PSC swim cap. Always have backups of these in their bag. Fun swim caps are for practice…PSC caps are for meets.
- Things to do in between races: card games, coloring, books, small toys…butPAY ATTENTION TO WHEN YOU SHOULD BE BEHIND THE BLOCKS
- Snacks and Water!

Swim Apps you will want to have:

ONDECK: this is connected to our Team Unify Website. You can register for meets, job sign ups, and see the time standards to follow along. See a PSC member, coach or parent for help if you need.

MEET MOBILE: Most meets(not all) will be on Meet Mobile. This is good to follow along and see your athletes' times during the meet. Also, some teams use Meet Mobile as their heat sheet as "paperless" is the way to go. Sometimes you will need topurchase the heat sheet through Meet Mobile. It is completely at the team's discretion as to how they decide to have heat sheets.

Time standards:
A=State qualifying
B= Regional/Junior Olympic qualifyingC=everything
else

Acronyms:
SCY=Short course yards SCM=Short course
metersLCM=Long course meters