

## **Swim Meet Tips**

### **PARENTS:**

- Accept or decline the swim meet invite when notified by email. If full meet attendance is not possible, indicate the sessions your swimmer is able to attend.
- Get your swimmer to the pool 15 minutes before the start of warm-up.
- Consult the meet package, your coach to know the start time of the swim meet.
- Advise your coach by text and/or email if you are running late or if your swimmer(s) is no longer able to attend.

### **COACHES:**

- Work with group parent to communicate the times of the swim meet, send reminders and disseminate the meet package to parents and swimmers.
- Ensure parents have your text/email.
- Remind swimmers of their responsibility to check in and out with coaches during the swim meet.

### **SWIMMERS:**

- Check in with your coach as soon as you arrive to make sure the coach has seen and knows you are on deck.
- Check out with your coach when you are finished racing and wish to leave the pool deck.
- Stay for the whole session to cheer on teammates. Always wear your CBAC swim cap (while racing) and CBAC clothing on deck.
- Check to see if you have a second swim in finals that evening.
- Check to see if you have been placed on a relay even if you don't have an individual race in the evening.
- At away swim meets swimmers will be expected to return at night for the warm ups, and to cheer on teammates at finals.

### **CBAC IDENTITY**

- Swimmers are expected to wear CBAC clothing to inspire a team culture and self-confidence.
- CBAC crested swim caps distributed at the beginning of the season and are expected to be worn by swimmers while racing.
- When not racing, swimmers are expected to wear their CBAC t-shirts (distributed to each swimmer at the start of the season) and/or crested Team parka, tracksuit, or hoodie (all of which are available for order through the CBAC website).