



## **NEW COMPETITIVE SWIMMER PARENTS!**

As a swim parent you will play an integral role in your child's development as a swimmer. It is important for you as parents to show good sportsmanship at all times, this includes towards coaches, officials, and swimmers. For your swimmer winning a race, setting a record, or attaining a time standard will feel great, but it is important for you as a parent to not let this be the primary focus. Setting goals, growing as an individual, and having fun are all key elements to enjoying the swim team experience. Each time a swimmer competes they will gain a new experience, this will help them improve over time. It is important to know that this improvement does not always happen quickly, especially as the swimmer gets older.

One way to support your swimmer is by getting involved. Volunteer and become part of the Bluefins network of parents who assist in ensuring each swim meet runs smoothly. You can assist with the canteen, through fundraising, or by serving as an official on deck. Becoming an official is a fun and rewarding experience that will give you up close and exciting memories for a lifetime. Swimming is only successful because of the large number of volunteers that dedicate their time and work together to provide the best experience for everyone.

## **SWIM MEETS:**

The Bluefins attend a number of provincial swim meets (on island), regional meets (off island) and national meets (Eastern's) per year. See below for what your swimmer will be attending.

Prior to each swim meet the coach and athlete will pick events based on what the coach feels are best for the athlete's long term development. All swimmers are expected to participate in the relays and should plan to stay until the end of each session.

## **At the meet:**

- Team up with other parents, they can be invaluable to help you understand how things are working
- Dress comfortably, it is a long, warm day
- Purchase a program - it will help you keep track of when your swimmer is swimming
- Bringing a highlighter &/or pen can help keeping track easier



### Reading the program:

- The meet is divided into sessions - EXAMPLE: Friday evening, Saturday morning, Saturday evening, Sunday morning
- Events (ex. 50 Free) are assigned to certain sessions, all who are swimming that event will swim it in assigned session
- All swims (ex. 50 Free) are divided into two events - girls and boys (smaller meets may do mixed swims)
- Each event is subdivided into heats, consisting of 4-8 swimmers depending on the number of lanes in the pool
- Swimmers who have not previously swum an event will be listed as No Time (NT)
- Lanes are assigned based on seed times, the center lanes contain the fastest times
- Final relays are not posted until warm ups of that session, swimmers should always consult their coach to see if they are on a relay

### Results:

- Results are scored according to age groups and sex; male and female of the following age groups, 12 & under, 13-14, 15 & over. (dependant on the meet 12 & under can be split into 10 & under and 11-12)
- Disqualification (DQ) posted in the results indicates that the swimmer made an error during their swim
- Points are awarded to the top 3 - 8 (depending on type of meet) swimmers in a category for individual and team scoring
- At the conclusion of the meet there is usually a ceremony where the "Top Achievers" and "Top Team" are announced

### Swim Meet Progression

Competitive swimmers are always encouraged to participate in as many swim meets as possible. It is understandable that sometimes swimmers must choose which meets work best with their family situation, therefore, it is important that at the beginning of each season parents review the upcoming seasons meet schedule and discuss with the coach which swim meets would be the best for your swimmer.



**Meets to expect:**

Level	Who Participates	Details
Time Trials	All Competitive Swimmers	Usually take place during Saturday morning practice. Details will be distributed through emails and can be found on our website.
Provincial Invitational Jr. or Sr.	All Competitive Swimmers Jr. or Sr.	- Offered every 4-8 weeks -Details found on our website -There is a meet fee and coaching fee applicable
NL Championships	Qualified Swimmers Time Standards	- Happens twice each year, short course and long course - Swimmers must qualify for these meets - Swimmers can qualify with either long course or short course times, these times will last until swimmers change age groups
Eastern Nationals	Qualified Swimmers Time Standards	- Is an open swim meet (no age groups) that is a small step down from Senior Nationals - Takes place in April and coincides with Western Nationals -Meet location rotates through the largest pools in Eastern Canada
Jr Nationals	Qualified Swimmers Time Standards	- Is the top level of swimming for jr swimmers in Canada -Takes place in late July



Other Off Island Meets	Qualified Swimmers	<ul style="list-style-type: none"><li>- Each year the Bluefins will travel off island, in the past this has included the Pointe-Claire Provincial Invitational, Atlantic Cup and Ken Dunn LC Championships.</li><li>-These meets provide opportunities to race new opponents</li></ul>
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