



NCSA Coaches recommend attending a competition every 6 weeks. Swimmers need time to change skills/train and improve between meets for a healthy competitive mindset.

Some meets have qualifying time standards which means in order for your swimmer to be eligible to attend, they need to have times at or faster than the standard. Your coach will let you know which meets your swimmer is eligible for.

Please note that you will receive club wide communication for meets that your swimmer is not recommended or eligible for.

How to sign up for a meet:

Sign in at www.ncsaswim.ca

Your ONDECK app uses the same email address and password as the website.

Click on **SWIM MEETS** - 3rd tab

Beside the name of the meet your swimmer is to attend, click on **EDIT COMMITMENT**

Here you are able to commit or decline the meet. It is recommended to respond to all meets so your coach knows you are aware of the upcoming meet.

Your coach will select your swimmer's events.

You will be able to select how many sessions or which sessions your swimmer will attend. Some meets take place over one, two, or more days. Your swimmer does not have to attend all sessions or days of a meet.

Your account will be charged after the meet for each race that your swimmer is entered in. Please note that there is a \$5 surcharge per in town meet and a \$10 charge for out of town meets to cover partial relays and coaches cost.

If you see the word "prelims" before the event, this means that the meet has finals.

Meets that have finals is where the top swimmers return to race again that evening. The number of swimmers that race in finals often is dependent on how many lanes there are in the pool.

For example - the Airdrie pool has 6 lanes, so if the meet has A finals, the top 6 swimmers come back that evening for each event in each age category.

All this information is found in the meet packages, however your coach will let you and your swimmer know this information as well.

Warm Ups - it is recommended to have your swimmer at the pool at least 15 minutes prior to the start of warm up unless otherwise outlined.

What to Bring to a meet:

Mandatory: NCSA team suit, team shirt, team racing cap, and team track suit or team shorts.

It is highly recommended that your swimmers wear socks and clean runners or at the very least, flip flops. Swimmers get chilled if their feet are bare on the cold wet cement and this will affect their performance.

Swimmers will need different clothes to go home in, extra towels, snacks (healthy options only), water, juice and STUFF to do. If it is something that will bring tears if it goes missing or gets wet, leave it at home. Theft is not common at swim meets but has happened in the past. Bring your own lock if they are leaving their clothes in the change rooms.

If your swimmer wears glasses, please have them give their glasses to their coach while they race, if they leave their glasses in their bag, they could get stepped on.

If you want to ever see your swimmer's belongings again, label everything.

What to expect:

Unless you are there very early, when you first walk into the pool, expect to see CHAOS!!!! To the newcomer, it appears much worse than it is.

What to do – have your swimmer find their coach.

Although they have some running around to do, coaches try to be on the deck. If you don't see them right away - don't panic - just keep looking around.

After the last race, please don't leave without your swimmer talking to your coach first.

This will avoid missed events or relays.

Tips for Parents

At your child's first swim meet, the priority is that they have fun and enjoy the thrill of competition. If we accomplish this, then we have set the stage for unlimited improvement.

Dress for a hot, humid pool. Some pools have great ventilation systems and will keep the spectator area quite comfortable, other pools do not .

Bring a book. There can be quite a bit of time between races. You may want some reading material or something to keep yourself busy.

You may want to bring a small cooler with some food and drinks.

Please do not reward your swimmer with material things. This is going to be a long journey and if you start rewarding your swimmer materially, it's going to be a very expensive sport. Many valuable life lessons are taught in this sport and a major one is the sense of pride of accomplishing something, that realizing a goal is the reward.

On the other side of it, if they have their hopes on an expensive gift, it makes the disappointment of not achieving their goal time that much greater and takes the focus away from the process of self improvement.

No matter your swim background, please do not coach your swimmer. Not only is it a relationship disaster, it will cause confusion. All that is required or desired from you is a hug and words of encouragement.

Competitive swimming is a great sport. It teaches dedication, discipline, and time management while instilling confidence.

Trust the process.

If you have any questions or concerns with regards to your swimmer's progress or performance, please discuss this with your swimmer's coach directly. We want to ensure that we are cultivating an environment of positivity and support for your swimmers. Complaining or spreading negativity in the stands creates divides and mistrust within our program which in turn takes our focus away from what we are here to do.

Dream it, Train it, Live it!

