



ASTS Competition Meeting

2024-2025



AGENDA

Overview

Types of Meets

Signing up for Meets

Preparing for Meets

At the Meet

Championships

COMPEITION OVERVIEW

- Vital manner by which coaches can assess swimmers
- Every meet is not going to be perfect
- There will always be a first place and a last place, but this is not a measure of individual achievement
- It is all about the ducks!!!!



ASTS COMPEITION PHILOSOPHY - SWIMMER



We seek to be the best that we can be



After working hard in practice, it is time show what we can do



We are not perfect, but we strive to be the best



If I can see them, I CAN BEAT THEM



Hard work and dedication will pay off



ASTS COMPEITION PHILOSOPHY - PARENT



I will be my swimmer's biggest cheerleader win or loose



I will support my swimmer on this long journey through the sport



I will trust that my team/coach is working hard for my swimmer's success



I will keep an open line of communication with my coach.



Hard work and dedication will pay off

ASTS COMPEITION PHILOSOPHY - COACHES



Work hard to achieve great things



We plan to challenge your swimmers



We are not perfect, but we strive to be the best



Hard work and dedication will pay off

USA SWIM MEETS

- Open Meets
- Invitationals (inside of LSC)
- Invitationals (outside of LSC)
- Mini-Meets
- Qualifying Meets
- Championship Meets



Meets: Opens

- Sponsored by LSC
- Hosted by a volunteered team
- Planned 1 year in advance
- Participating teams are assigned to a designated site
 - Claude Moore,
 - Fairland Aquatics, and
 - Lee District
- Intent: Athletes achieve times in events never swam and improve upon current times
- Open to all USA swim registered swimmers within the sponsored LSC
- Age range: 9 and up

USA SWIM MEETS – INVITATIONAL MEETS

- Sponsored by the hosting team
- Planned and agreed to by LSC 1 year in advance
- On average swimmers MUST have a time
- Intent: Athletes improve upon current times
- Open to all USA swim registered swimmers
 - Within LSC has priority
 - Outside of LSC is secondary
- Age range: determined by host team
- Information Located on meet announcement and populated by Meet Director

USA SWIM MEETS – MINI MEETS

- Sponsored by the hosting team
- Planned and agreed to by LSC 1 year in advance
- Intent: provide opportunities for 8 and under (sometimes 10) swimmers that are being first introduced to the sport of swimming
- Open to all USA swim registered swimmers
 - Within LSC has priority
 - Outside of LSC is secondary
- Information Located on meet announcement and populated by Meet Director

USA SWIM MEETS – CHAMPIONSHIP

- Sponsored by the hosting team and /or LSC
- Planned and agreed to by LSC 1 year in advance
- Swimmers MUST have a time
- Intent: Athletes improve upon current times
- Open to all USA swim registered swimmers
 - Within LSC has priority
 - Outside of LSC is secondary
- Age range: determined by host team and/or LSC
- Information Located on meet announcement and populated by Meet Director and/or LSC



Meets: Qualifying

- Sponsored by the hosting team, LSC, USA Swimming, FIN, or sponsoring company : TYR/Speedo/Phillips 66 etc.
- Planned and agreed to by LSC , USA Swimming, or FINA a 1 year in advance
- Swimmers MUST have the designated qualifying time
- Intent: Qualify for other higher profile qualifying meets
- Open to all USA swim registered swimmers with qualifying times
- Age range: determined by the sponsor
- Information Located on meet announcement and populated by Meet Director and/or LSC



MEET SIGN UP

- Meets are posted to www.accokeekstroketechnique.com
- Parents receive email communications with event information
 - Deadline for sign up
 - Date
 - Location
 - Age Group and target swim audience
 - Volunteer sign up



DECLARE OR NOT TO DECLARE

10 and under Rockhopper meet

Oct 27, 2019 (07:00 AM) - Oct 27, 2019 (12:00 PM)

My Account:

Banks, Dominique

301-300-9078

[Q Change Account](#) (Admin Only)

Registration Deadline:

10/10/2019

Meet Name:

[2019 PAC 10 & Under RockHopper Penguin Meet](#)

Location:

Fairland, , Laurel, MD 20707, USA

Course:

YO

Meet Type:

Start Date:

10/27/19

End Date:

10/27/19

Age Up Date:

10/27/19

Use Date Since:

10/27/17

Enforce entry based on [Qualify Times]: **No**

Restrict entry [Best Time] to same [Meet Type]: **No**

Event Declaration Setting: **Commit by Event** » [Edit](#)

Maximum Event Entry Limitations » [View](#)



Allow Course Conversion for Relays: **No**

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Qualify Time]: **No**

[View/Edit All Meet Events](#)

[Go Back to Event Home Page](#)

Click on Member Name to declare for this Event:

Member Name	Member Commitment	Coach Approved	Last Updated
Halle Banks *Active	 Undeclared		
Jasmine Banks *Active	 Undeclared		

Special Needs Meet Accommodations

- **Send Site Coach / Head Coach an email detailing the disability and accommodations**
- **General accommodations:**
 - **Vision impairment / blindness** – a swimmer can be moved to a lane nearest to the starter to hear the buzzer
 - **Deaf or hard of hearing** – a swimmer can be moved to a lane to visually see start make hand gestures for the start of a race
 - **Mental conditions/autism/intellectual disability-** a coach can be near the swimmer while on the block
 - **Physical disability/wheelchair bound-** a swimmer can start from the side and exceptions can be made for the inactive limb in the water

Meet Preparation

MEET DAY CHECK LIST

- Make certain that you review email communications to stay abreast of any timeline changes
- Review your swimmer's events chosen in collaboration with your swimmer's coach
- Remind swimmers of events they are swimming
- **SWIMMERS SHOULD HAVE**
 - Healthy snacks (fruit, muffins, sandwich, etc.)
 - Water and/or Gatorade
 - Goggles
 - Towels
 - Team gear
 - caps

Nutrition for Competition

There is no way to fuel for a particular race. It is important to maintain constant energy, blood sugar levels, and hydration by snacking and replenishing throughout the competition. Have a meal immediately following the session. Shown below are some recommendations for “competition cuisine.”

One Hour or Less to Go	2 to 3 Hours to Go	3 to 4 Hours to Go
Fruit and vegetable juice such as orange, tomato, or V-8	Fresh fruit and vegetable juices	Fresh fruit, and fruit and vegetable juices
AND/OR	AND	AND
Fresh fruit such as apples, watermelon, peaches, grapes, or oranges	Breads, bagels, English muffins with limited amounts of butter, margarine, cream cheese, or peanut butter	Breads, bagels, baked potatoes, cereal with low-fat or skim milk, low-fat yogurt, sandwiches with a small amount of peanut butter or lean meats and cheese
AND/OR	AND/OR	AND/OR
1 ½ cups of a sport drink	4 cups of a sport drink	7 ½ cups of a sport drink

ASTS Swim Team Meet Etiquette

Be on time to Warm-Ups- It is important that swimmers get proper warm-ups prior to their swim

No Electronics on Deck: Electronics have become a distraction for swimmers on deck at meets causing them to miss races. Also, there is high probability of these items becoming damaged or stolen. Coaches are not responsible for items misplaced stolen or damaged.

No Parents on Deck or in Locker Rooms: Parents on deck at a swim meet that are not volunteering is in direct conflict with USA Swimming Safe Sport rules. ALL officials and coaches are certified and have current background checks to interact with swimmers.

Dress for Competition: Swimmers should come to the meet dressed and ready to swim. Parents are also NOT allowed into the locker rooms to help swimmers change.

Stay with Teammates: Swimmers MUST always stay with their teammates on the deck until all races are complete.

Bathroom Break: Swimmers must tell a coach on deck they will be going to the bathroom during the meet

Duck Hunt!!!

ASTS mascot is the ducks !!! Your swimmers will come home with ducks for outstanding achievement in meets !! At the end of the year, the swimmer with the most ducks achieved in each swim group will be crowned king/queen duck

1. For every 1st place in a heat a swimmer will receive **1 duck**
2. For every 1st place overall in the event a swimmer will receive **2 ducks**
3. Championship Finalists will receive **2 ducks**
4. Top 5 achieved in finals swimmers receive an additional **2 ducks**





Disqualifications : The Dreaded DQ's

- USA Swimming is stringent on disqualifications
- DQ's are learning tools to get swimmers better
- Age group swimming / it is apart of swim life
- **Most Popular DQ's by Stroke**
 - **Freestyle** – Not pushing off the wall on a flip turn
 - **Backstroke** – Delay of initiating the turn
 - **Breaststroke** – scissor kick, pull down below waist, no two-hand touch
 - **Butterfly** – non-simultaneous arms, flutter on dolphin kick, no two-hand touch

National Age Group Motivational Times

- USA swimming national age group times are reviewed every 4 years and establishes time standards for swimmers of every age group that range from B to AAAA to give swimmers benchmarks for goal-setting and to track improvement.
- That is, these time standards are intended to motivate swimmers in each age group to work their way up from a B standard to a BB standard and then to an A standard, an AA standard, an AAA standard and finally to an AAAA standard.
- These times also determine eligibility for qualifying championship meets and invitationals.





RESULTS



- Event results are determined by a touch pad, timers, and plunger
- Meet results are typically sent to participating team first and then published to www.pvswim.org.
- Age group motivational times are developed by USA swimming and team website has a reporting feature to recognize these times and how far off a swimmer is to achieving their next goal
- ASTS recognizes achievement and will send out results after every meet

