

All you need to know about OCSC SWIM MEETS

Hello, OCSC swimmers and families!

What is a swim meet? This is a fun, competitive event that allows swimmers to compete, coaches to coach and parents to cheer!

Swim meet information can be found on the OCSC website or the SportsEngine app under the “Events & Jobs” tab. On the app, open the “Events and Meet Entries” and you will find a list of swim meets/events. If you click on a swim meet/event, you will be able to locate the following:

- Date (s)
- Location
- Deadline for sign up
- Meet Landing page (see below for more info on this)
- Livestream link if available
- Meet format
- Document of meet information, typically in PDF format

How to sign up for a swim meet:

1. Log into your SportsEngine account
2. Navigate to the “Events & Jobs” section on the website/app
3. Choose “Events & Meet Entries”
4. Locate the swim meet/event that you would like to declare yes/no for
5. Click on the “Declare/Run” tabs
6. Click “My Members”
7. Answer the question “Sign up *your swimmer’s name* for...”
8. Select the days/sessions that you would like your swimmer to participate in. Swimmers should plan on participating in only one session per day.
 - i. Certain events require qualifying times. If your athlete qualifies for the event, their best time will be displayed in black. If they don’t qualify, it will be displayed in red.
 - ii. Swim meets are divided into AM and PM sessions according to age groups.
9. Add any relevant information that you would like the coaches to know in the comments section. Examples of communication in this section include that they are unavailable for relays, only available for specific times/events, or even if there are specific events your swimmer would like to participate in.

The coaches will sign your swimmer up for their individual events and relays.

Relay assignments will be assigned by the coaches. They carefully consider each swimmer’s abilities and strength to create the most competitive and cohesive relay teams. Keep in mind that the coaches can modify the relay teams during the swim meet. Your swimmer may not be in a relay every swim meet.

The psych sheets (tentative timeline) comes out the week of the swim meet. The heat sheet (more definitive timeline with events, heats, lanes) typically comes out on the Thursday or Friday of the meet week.

All fees associated with each meet, including entry fees or additional charges will be calculated and billed directly to your SportsEngine account. This typically happens on the first of the month. You are able to view and manage your billing information through your SportsEngine account. Fees for the swim meet are non-refundable after the meet deadline.

What to take to a swim meet:

→ Clothing

- ◆ Team suit or black swimsuit (no other team's logo should be on the suit)
- ◆ Team swim cap and an extra one to store in your bag
- ◆ Slip on shoes such as crocs, slides, flip-flops for when not on the pool deck
- ◆ T-shirt, hoodie or warm up jacket

→ 2 pairs of goggles! Make sure that the goggles are worn for warm ups so that they are a good fit.

→ Towels, would recommend 2 per swimmer

→ Books or activities to do in between events or if there is a lengthy break, and only to use when not cheering on teammates

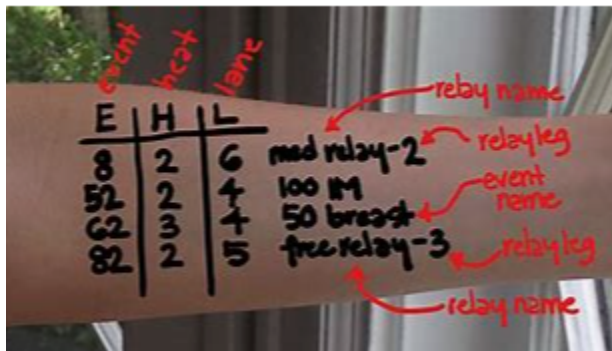
→ Snacks (no junk food!): granola bar, yogurt, cereal, sandwich, fruit, vegetables, pasta

→ Drink: Gatorade, water

- ◆ No glass bottles
- ◆ 7) Permanent black marker for marking on swimmers arm
- ◆ 8) Highlighter and printed out swim meet heat sheets or a way to follow along on the heat sheets (ie phone, ipad)

Before the meet starts:

1. Please write on your swimmer's arm BEFORE warm ups (see below for example).



- 2.
3. ONLY swimmers are allowed on the pool deck and in the locker rooms. This is in accordance with USA Swimming rules. Would highly recommend creating an after-meet location to reunite with your swimmer.
4. Parents/guardians should head to the bleachers, find other OCSC supporters and get ready to cheer for the SHARKS!

5. Swimmers MUST attend warm-ups.
6. After warm-ups, swimmers should return to the team area until their events are called.
This is a good time to use the bathroom, touch base with family/supporters and hydrate.

During the meet:

- Swimmers should sit together, cheer on their teammates, and wait for their next events.
Swimmers should be sitting as a team, not in the stands with parents/guardians.
Swimmers should not leave the meet without talking to a coach.
- Coaches coach, parents/guardians CHEER LOUD!

You may find yourself asking, what happens if my swimmer is disappointed by their swim? Talk about the good things that happened. Ask what the coach said. Talk about the negative things in a constructive way. Ask how they will work on the specific thing in practice. Set goals for the next meet. It is VERY common for ALL swimmers to be disqualified (DQ) from a race. This happens to even college and Olympic swimmers.

If you have any questions, please feel free to email welcome@oregonswimclub.com.