

Meet Fees: 1 day meet \$40

2 day meet \$50

3 day meet \$60

Payment will be billed to your account before the meet. If you register for the meet but decide not to go and the deadline has already passed, you are still billed for the meet, as we are billed by the host swim team for each of our swimmers.

Other important things to consider:

- 1. Arrive at the pool 15-30 minutes before warm-ups begin.** This will give your swimmer time to orientate him/herself, check in with the coach, have his/her events written on his/her arm or leg, etc.
- 2. WSL has a **No-Device Policy** on deck.** Swimmers should not be on their phones/ipads etc on deck. This is to encourage Swimmers to cheer for their friends and generally be aware of the timeline for the meet so that they are ready for their events
- 3. Prepack Your Swim Bag with the following:**
 - Goggles (2 pairs in case one breaks), WSL swim cap(s), Swimsuit, Team T-shirt (if you have one)
 - Towel
 - Flip-flops or crocs
 - Sweatshirt/sweatpants or warm-ups
 - Games: travel games, coloring books, books, anything to pass the time.
 - Water Bottle, Gatorade
 - Healthy snacks for your swimmer. Concession food is usually not healthy at most swim meets but kids don't need to eat a ton between their events and might not have enough time between events. they need a water bottle or sports drink (not too much sugar) and healthy snack (eg. pretzel & hummus, apple slices & peanut butter, fruit, fresh vegetables, hard boiled eggs, Gogurts, beef jerky, cheese sticks, etc).

PARENTS items

- Bleacher chair (optional, but highly recommended) Note: West Fargo pool has stadium seating
 - Wear lightweight/short-sleeved clothing. *Most pool are very warm!*
 - Cash for meet programs (usually \$5/\$10)
 - Highlighter (to highlight your swimmer's events in the program)
 - Pen (to write your swimmer's time in the program)
 - Permanent marker/Sharpie (to write events on your swimmer)
 - Extra dry clothing in the car for your Swimmer after the meet. Just in case!
- 4. Create a grid on your swimmer's arm or leg.** By writing your swimmer's schedule on his/her arm or leg, he/she will be able to watch and listen for his/her events. This will also allow him/her to check whether he/she is in the correct heat and lane. It looks like this:

Event	Heat	Lane	Stroke
7	2	5	25 Back
12	5	3	50 Fee

***If you have questions or feel overwhelmed, ask another swim parent.**

We are a team!

Let's help and cheer each other on!*

Parents: Sign up athlete for meet / Commit to events

— Parents/Non-Admins

Declaring/signing up your athlete(s) for events is easy in TeamUnify. Note: See below link if you are using OnDeck.

1. Sign In to your team's TU website.
2. Go to the Events or Calendar page.
3. Click the **Attend/Decline** button.
 - a. On the Events page, it looks like this.



- b. On the Calendar, it looks like this.



4. Click the name of your athlete whom you want to attend.
5. Click the *Declaration* dropdown and click **Yes, please sign [name] up for this event** (or **No, thanks, [name] will NOT attend this event**, enter any *Notes*, and then click **Save Changes**).

Pumpkin Invitational (Oct 20, 2017 - Oct 22, 2017)

Member Athlete:
Emily Black

*Declaration
Yes, please sign [Emily] up for this event

Notes:
Emily cannot attend on Sunday.

6. Enter any *Notes* you want the coach to see.
7. If a team admin has allowed you to select events, check the boxes of the events you want your athlete to enter.

Day 1 Session 1		Max Entries this Session IE = 0 Rel = 0 Comb = 0								
Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time		
NT	Not Qualified	<input type="checkbox"/>	<input type="checkbox"/>		1	G	Open 1000 Free	<=14:59.99Y	<=12:59.99L	
<input checked="" type="checkbox"/>	22:12.42L	<input checked="" type="checkbox"/>	<input type="checkbox"/>		3	G	Open 1650 Free	<=25:59.99Y	<=23:59.99L	
Day 2 Session 3		Max Entries this Session IE = 5 Rel = 1 Comb = 6								
Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time		
NT	Not Qualified	<input type="checkbox"/>	<input type="checkbox"/>		45	G	Open 400 Medley	<=6:27.99Y	<=6:59.99L	
NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		47	G	Open 50 Free			
<input checked="" type="checkbox"/>	1:19.89L	<input checked="" type="checkbox"/>	<input type="checkbox"/>		49	G	Open 100 Back			

- a. Red times indicate your athlete is not qualified to enter those events.
 - b. Events you choose are subject to coach approval.
8. Otherwise select which days and sessions your athlete will attend and a coach will then pick which events your athlete will enter.

Please select the Days/Sessions that this Athlete would like to attend below:

Day 1/Session 1

Ev#	Best Time	Gen	Event	Qualifying Time
1	NT	G	Open 1000 Free	<=14:59.99Y <=12:59.99L
3	22:12.42L	G	Open 1650 Free	<=25:59.99Y <=23:59.99L

Day 2/Session 3

Day 3/Session 5

- a. You may click a day/session button to see what events are scheduled.
9. Click **Save Changes**.
10. Repeat for all other athletes you may have.

Be an Awesome Swim Parent

The swim parent lifestyle is a soggy, herculean and often thankless one. There are all of the early morning practices, the weekend-long swim meets, the fundraising, helping with the board, chaperoning, the fees, the carpooling, and the food. Most importantly, there is the most fundamental and irreplaceable role you have as a swim parent: cheerleader and support staff to your little athlete.

Parents and Coaches who are supportive, but who still allow the young athletes to own their sport and subsequent performances. With that in mind, here are some ideas:

1. Encourage accountability.

- At the end of the day you want swimming to be your swimmer's sport. *Their* thing.
- Let them take ownership of the sport by letting them have their own goals, and encourage them to evaluate and track their workouts to further instill a sense of control of their swimming.
- If they have their own reasons for swimming and showing up every day to work hard they are going to be more intrinsically motivated to stay (and succeed) in the sport.

2. Avoid over-identifying with your swimmer's performance.

- How they swim isn't a reflection of you.
- Don't fall down the over-identification trap where your child's swim performance is a reflection of you, leading you to ignore how they feel about the sport and focusing on your feelings. Taking the burden for their swimming also removes accountability on your swimmer's part.
- The more likely it's their thing, the more likely they are to be successful.

3. It's the process.

- If they are getting better, and learning the process of mastering something they are learning and benefiting far more than just having a win-at-all-costs attitude.
- It's what they do every day—mastering the process of becoming a better swimmer—that matters more than what they do at meet-time.
- A swimmer who is able to master the grind will always outperform an athlete who magically shows up at meet time.

4. Set the standard for how they should react.

- I cringe when I see a parent who lacks emotional control at swim meets. You can see the discomfort of those nearby as well, as in, "*Jeez buddy, it's just a swim race.*"
- These parents not only tend to end up bumping and spitting all over nearby parents and swimmers, but also provide a classic example of poor sportsmanship and set a low standard of self-control for their own swimmer to emulate. At the end of the day you are your swimmer's strongest role model. Not the swimmer on the Wheaties box.

5. Don't mistake sacrifice for investment.

- Swim parents are absolutely *unbelievable* in terms of sacrifice. They spend a metric ton of time, energy and money in helping the sport go round. From all of the time spent organizing fundraisers, driving back and forth to the pool, countless swim meets, hotel rooms, flights, and more we sacrifice a lot for our swimmers. Swimming (and sport in general) isn't something that can and should be measured in terms of dollars and cents. The time spent in the pool now shouldn't come with a balance sheet later. The gold medals they don't win today still translate into healthy lifestyle choices they carry with them for life.

6. When issues come up with coach, address them privately and directly.

- There will be times where as a swim parent we have questions or concerns regarding our kid's swimming.
- Set a time to meet with the coach that you can talk distraction-free (blindsiding them on the way to their car after practice doesn't count).
- Undermining the coach, whether it's giving contradictory technique and training instruction out of the water, only serves to confuse and put your little swimmer in a place where they have to choose between listening to you or coach when they are at practice. In ideal situations, parents parent, and coaches coach.
- WSL is fortunate to have experienced, professional coaches working to develop our children into better swimmers, and more importantly, teaching and instilling important life skills. These skills include time-management, self-discipline and sportsmanship. As parents, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose and the Head Coach oversees the direction of the staff.

7. Let them unplug outside of the pool.

- Swimming isn't and shouldn't be the only thing in anybody's life.
- Once they leave the aquatic center in the morning or at night-time they should be able to leave it behind. Constantly having to rehash practice or meets in the car, at home, and over the dinner table is mentally exhausting.
- Have some perspective about where swimming truly ranks in the scheme of things. Being a great swimmer is cool, but being a young person with enough perspective to realize that it's just a race or just one practice is even better.

9. Just be there for them.

- More than anything, your little swimmer just wants you to be there for them.
- Encouragement: Win or lose, all they really want to know is that their swimming, and by extension their identity, isn't a prerequisite for you being there for them. Don't make your love conditional on how they swim. All they want to know and feel is that first or last, whether they are world record holder or local sharks-and-minnows champ, that you will love 'em.