

Why should you go to a meet?

A swimmer should participate in at least one meet a month. At practice we train and build technique and it is essentially for the swimmer to be able to apply these skills in race situations. The best way to measure progress and to observe weak areas is to swim in a meet.

What do you need to bring to a meet?

Most of the meets that we go to are at outdoor pools so you'll want to bring appropriate clothing: suits, goggles, swim caps, extra towels, sunscreen, t-shirts, parkas, etc. You will also need to bring a black marker to write their events on their arm.

--Arrive on time: Get to the meet early enough to settle down into a 'spot' with your team and be ready with your cap and goggles on when the warm-up session starts. Meet warm-ups are often short and crowded, so it's important to be on time.

--Folding chairs: Please bring chairs for yourself and your swimmers. We will supply tents for you to sit under. Depending on the meet, parents may have bleachers to sit on, but it is a good idea to always have a chair.

--Snacks: Most meets have a concession stand, but you can also bring a cooler. Swimmers should snack during the meet on things like power bars, bagels, fruit, goldfish, string cheese, etc. Bring plenty of water, Gatorade, etc. to drink. It is very important for your swimmer to have plenty of fluids.

--Heat Sheets: All meets are different - some have you pay for the heat sheet at sign up and others sell them at the meet. If you see a \$2 fee at sign up for heat sheets then you print off and take with you but if not, you will have to buy at the meet and pricing varies \$5 and up.

How many days are swim meets?

Most meets are 3 days - Fri-Sun. When your swimmer first begins competing, one day of a meet is fine. As your swimmers becomes more experienced 2 or 3 days are preferred.

Meet T-shirt Shirt Colors

Friday - Black TBAY t-shirt

Saturday - Red TBAY t-shirt

Sunday - White/Gray TBAY t-shirt

To sign up for a meet?

To register for a meet, login to your account on the TBAY Lakeland website - www.tbaylakeland.com. Click on the attend/ decline tab to the right of the meet name. This will bring you to the meet information page. Here you can enter your swimmer's events. Meet fees will be invoiced to your account. If your swimmer is entered in a meet, and ends up not swimming for any reason, the meet fees are still due. This is because we are charged for every swimmer entered, regardless of whether they swim.

The parent's responsibility at a meet?

It is the parent's responsibility to bring their swimmer to the meet and to tell them good job at the end. It is the coach's responsibility to coach them once they are there. We will warm your swimmer up, make sure they get to the blocks to swim and talk with them after their events. After each swim it's important that the swimmer talks with their coach so they can discuss the race and things that can be improved on for next time. A best time does not always mean it was a great swim and quite often a great swim can result in a slower time.

We hope that your swimmer will want to swim for many years. We welcome you to TBAY Lakeland.