



Swim Meet Parent Guide

Parents,

Congratulations on registering your child for a swim meet! This will be an exciting and rewarding experience for your athlete as they take the next step in their swim journey. Please read the guide below so you can gain an understanding of what swim meets are all about and what it takes to set your child up for success!

Readiness - Is your swimmer ready to compete?

- ☐ Can dive off the blocks with a fingertip first entry and a straight body?
- ☐ Can swim with legal strokes?
- ☐ Has adequate endurance for age and ability level appropriate races?
- ☐ Can follow directions without multiple prompts?

If you can check YES to all of the above, your child is ready!!

How to Sign Up for a Swim Meet

1. Go to the Blaze website: <https://www.gomotionapp.com/team/iajbcs/page/home>
2. Click "Events" and find the swim meet you intend to participate in.
3. Follow the prompts to register for events and make sure you click "save" at the end of the registration. You should get an email confirmation that you did indeed register.
4. Remember that the swim meet registration deadline is a hard deadline. There will be no additions to the meet after the deadline has passed.

What happens after I sign up for a swim meet?

After the swim meet deadline, Olivia will send out a "Meet Event Roster". This is your opportunity to double check your child's events for accuracy. You can also pull out of the meet without charge at this time or edit/adjust meet events. After this "check period" is over, you are stuck with your events and paying for the meet fees no matter what.

FAQs:

- *What if my child gets sick on the meet day and cannot swim? Do we still have to pay?*

Unfortunately, yes. Once we enter a swim meet, the host club does not offer refunds unless they cancel the entire meet or make huge adjustments to the session times.

- *How do I pay my swim meet fees?*

You will be automatically charged for the swim meet on the Tuesday after a swim meet via your card on file in your Blaze account.

- *A few of my swimmers events that I registered for were changed, why did this happen?*

Parents sometimes sign their kids up for events they are not ready for or cannot legally do yet. The Head Coach has the authority to change or reject events as needed for each swimmer.

- *My child missed their race at a swim meet, can I get a refund or a do over?*

Unfortunately, we cannot get a refund or a do over most of the time. It is a lesson to pay closer attention to the meet flow so we do not miss races. There are situations where a timer or official confuses the athlete causing a missed race. If that happens, coaches will attempt to get the swimmer into another heat if one is available.

- *My child got a DQ at a swim meet. What does this mean?*

A "DQ" means disqualified. It is not a big deal. It simply means they broke a swimming rule during the race and therefore will not receive a time for their event. It happens to everyone and it is a great learning opportunity!

- *If I have questions at swim meets, who do I talk to?*

Feel free to sit near other Blaze parents at swim meets and connect with those that are experienced swim parents. They can fill you in on the ins and outs of the swim meets. You can also send a coach a Band message. Coaches will be very busy on deck, so a response is not going to be instant.

USA Swimming - Good Standing Membership is Required

You must have a USA Swimming Membership that is in good standing in order for your child to compete. This membership should be updated and in good standing well before a swim meet. If your child competes without a USA Swimming membership, you will be fined up to \$200. Before each meet, the IASI Registrar will check on the status of all athlete memberships to make sure they are good to go. If your swimmer gets flagged, you will need to update that membership ASAP to avoid fines and having to withdraw from the meet.

If you need to update or purchase a USA Swimming membership, please contact Olivia Crawford, Blaze Head Coach and Aquatics Coordinator.

Meet Information Flyer

Prior to each meet, you should read the meet flyer in its entirety as it contains vital information. For example, swimmers doing long distance events MAY be required to provide their own timers, lap counters, and must check themselves in. Certain meets also require volunteers and it is required for each team to provide timers or other volunteers. You want to make sure you are aware of any special requirements that pertain to each meet. I try to relay this information to parents as well, but I do not always put every little detail out there since it is already in the meet info packet.

Meet Prep

The night before or morning of each swim meet, here are the things you need to do!

- ☐ Arm marking (writing events)
- ☐ Pack swim bag
- ☐ Check Band and email to keep up with any last minute info
- ☐ Make sure you know when warm ups are, do not skip warm ups!

Arm Marking - What is this and how to do it!

- Use this website to learn HOW to mark your child's arm prior to a swim meet. Coaches generally will not have time to do this on deck for each swimmer.
<https://windsboro.swimtopia.com/arm-marking>
- To arm mark, you need the HEAT SHEETS and/or MEET MOBILE so you can figure out the EVENT, HEAT, and LANE assignment for your child. They will need to reference this during the meet quite a bit.
- *HEADS UP!*: Sometimes the meet host does not release the heat sheets until very late the night before or early the morning of the swim meet. This can make things challenging as we are then in a time crunch. If this happens, do not panic, coaches can help.

Meet Mobile - I highly recommend getting this app!



Meet Mobile is an application for tracking real-time results and information for competitive swimming events. The app, developed by ACTIVE Network, is used by fans, swimmers, and coaches to follow meets as they happen, from the smallest local competitions to large national trials. \$\$ It does cost money!

Heat Sheets

Heat sheets are found on the meet hosts website. This document shows you the swimmers in each event, their seed times, and heat/lane assignments.

What should we wear/pack for a swim meet?

- ☐ Team suit - please wear the current Arena plumb suit if possible
- ☐ Team cap X2 - please wear the white Blaze caps
- ☐ Goggles X2
- ☐ Towels X2
- ☐ Deck shoes like flip flops or crocs
- ☐ Parka or warm up suit
- ☐ Non-glass water bottle or gatorade
- ☐ Permanent marker
- ☐ Light, healthy snacks

Swimmers, parents, and fans should wear Blaze apparel if possible!

We arrived at the swim meet venue, now what?

Come inside the pool area and make sure your swimmer gets onto the pool deck, sees a Blaze coach, and immediately checks in with a coach. Parents are NOT allowed to go on the pool deck no matter what. Once your swimmer is in the Blaze camp area, Blaze coaches will take over supervision of your child until the swim meet session is over. Parents must sit in the stands for the duration of the meet. We do not recommend that your child bounce back and forth from spectator seating to the camp area because this makes it hard for the coaching staff to make sure your child is not missing their races. If you have an issue that you need to pull your swimmer from the meet or talk to your child, please use the BAND app to communicate with the coach on deck, we will make sure to keep our notifications ON for the Band app and check our messages when we can.

During the swim meet

Your swimmer needs to stay in the Blaze camp area on deck. We cannot help swimmers get to the blocks on time if they are roaming around the facility. Swimmers should bring something to do while they wait for their events if they get bored easily. Swimmers should hydrate, eat a light snack, and rest between events.

After the swim meet

When your swimmer finishes their last race of the day, they are free to go! Make sure you have a designated meet up spot so your swimmer knows where to find their parent/guardian after the meet.

Awards

Sometimes, swimmers will get awards like ribbons or medals from a swim meet. If a swimmer earns an award, they can pick it up at their next practice from a coach.

Championship Meets that are outside of “regular season”. We also use the term “State meet” interchangeably with “Championship Meets”

- IASI Regionals (Any swimmer can participate)
- IASI Age Group Champs (Must have a Q Time)
- IASI Short Course Champs (Must have a Time)
- Midwest Regionals (Must have a Q Time)

Qualifying Times (Q Times) also known as Time Standards

There is a list of times called “Q Times” that a swimmer must meet in order to participate in the championship meets. You can find the list of updated Q times on our website here:

<https://www.gomotionapp.com/team/iajbcs/page/season-information/team-documents>

Words to Know

- IASI (Iowa Swimming Incorporated) Our governing body for our sport here in Iowa
- USA Swimming the overall governing body of our sport

- SCY - Short Course Yards which refers to the size of competition pool from Sept - February
- LCM - Long Course Meters which refers to the size of competition pool from April to July
- Regular Season - Part of the season where there are no qualifying times enforced in order to participate in the competitions
- Safe Sport - USA Swimming is committed to providing a healthy and positive environment free from abuse for all its members. USA Swimming's Safe Sport program, a comprehensive abuse prevention program, consists of a multi-layered approach to keep kids safe, including: required policies and best practice guidelines; mandatory screening, including criminal background checks and employment screening; training and education; monitoring, supervision and mandatory reporting. These measures are informed by experts in the field of child safety and are among the strongest safeguards found in youth-serving organizations.

Other Notes About Swim Meets

- Swim meets will often have concessions
- Swim meets will often have a swim shop vendor there selling suits, goggles, caps, meet shirts, ect...
- There are separate bathrooms for coaches/officials, athletes and spectators. Please read the signage on the entrance to the bathroom before you enter. This is a Safe Sport rule.
- Certain meets also require volunteers and it is required for each team to provide timers or other volunteers. Please be prepared to help out as needed.

Thank You,

Blaze Swim Coaching Staff