

Parents Role:

As parents, our role is to support and cheer on all of the Palatine swimmers. We are also expected to time for one lane at away swim meets. We need **everyone's** support for this responsibility. We would be happy to pair you up with someone who has timed before.

“How To”:

1. One to two weeks prior to a meet, check our website at www.ppdswim.org for events your child is swimming under “Meet Schedule” located at the top of the home page. Scroll down to find the specific meet your child is swimming. Entries are listed: girls/alphabetically then boys/alphabetically. Click on “entries” to find the events your swimmer is swimming. Click on “information” to find required arrival times, warm up times, and session information. If this is not enough information you can check most other swim clubs websites by double clicking on the USA swimming symbol on our Home page then clicking “Links”. You will find the clubs listed alphabetically down further on that page.
2. Directions to pools may be obtained by www.mapquest.com or www.maps.com.
3. We recommend printing or writing down the events for your swimmer especially if they are new or a young swimmer. (Some kids write the events on the back of their hands.)
4. Plan to arrive at the pool at the “Positive check in time” noted on the information page link for that meet on the website. Note: The arrival time is usually 15 minutes prior to the start of warm-ups. **DO NOT** arrive at the time noted as “Meet starts”. You will have missed the mandatory positive check in and will not be swimming.
5. Swimmers **MUST** check in at position check in table or they **WON'T** be swimming for that day or possibly that meet.
6. After checking in, your swimmer should check in with their coach on deck to let them know they have arrived
7. If they can't readily locate their coach, please have your swimmer locate other Palatine swimmers. Usually the coaches may be found at the end of the swim lane for Palatine.
8. Swimmers usually sit together in one location. (Note: The coaches may ask/require swimmers to sit in one location.) Parents also usually sit together in the stands.
9. Warm ups usually last about 45 minutes with a slight break before the meet begins. This is when the coaches provide information to the swimmers.
10. Plan to commit the morning or afternoon to your swimmer. Most meets usually last 3-4 hours. **DO NOT** leave without having your swimmer ask the coach if they are in a relay. These are not listed on the “events” listed on the website. If you leave and your swimmer was to swim in a relay, the other 3 swimmers have lost the opportunity to swim.
11. After each swim, your swimmer must check in with their coach immediately. They do not come to see you until they have seen their coach.
12. Most pools have 6 or 8 lanes. Each heat will have 6-8 swimmers with the exception of maybe the first heat. This will help guide the length of time between events.
13. You may purchase a psyche sheet at admissions. The psyche sheet will give you an overview of the competition and timing, but not the heat and lane assignments for your swimmer. This will be posted on deck for swimmers after positive check in closes.
14. Suggestions for what to bring:
 - Swimmer: Team suit and cap
 - 2-3 towels
 - Flannel pants
 - Palatine Swim Parka
 - Sandels
 - Snacks/drinks (most pools have concessions)
 - Cards or games to play in the event the meet is running late
 - Extra swim caps, goggles, and suits in the event one rips
 - Old sleeping bags for kids to sit on
 - \$ for any t-shirts or swim apparel sold. This make a great treat for a “job well-done”.