



H2O Otters

Hoosier Hills Swim Club, Inc

Competitive Meet Orientation Information

As you enter the world of competitive swimming, many questions will arise. We are hoping this document will help answer some of those questions. This document should help everyone know what to expect and will allow for a more enjoyable swim meet experience. We hope you and your child will enjoy the competitive experience, but realize it will take several years to learn all about our sport. Be patient, ask questions, but most of all relax and have fun with it.

Our team uses a site called Team Unify (<https://www.gomotionapp.com/team/inhho/page/home>) to manage our team roster, billing, and register for meets. During registration, you will set up your team unify account, and your USA swim account.

Meet dates will be posted on our team website at the beginning of each season.

Signing up for a meet

As meets become available for registration, an email will be sent through your team unify account letting you know it is time to register. All swim meets have entry deadlines. Please be sure to check your email, and register for meets before the deadlines. You will need to login to indicate if your child will be attending the meet or not. Then you will choose the events your child would like to swim and submit these selections. If you are new to the sport, and unsure what events your child should swim, please discuss with the coach prior to making selections.

If you register for a meet and cannot attend, please notify the coach as soon as possible.

Meet Letter

All necessary meet information will be located on the site under the meet calendar on our team website. The meet letter is a PDF file the host club provides. This letter contains every bit of information you will need to know about the meet, such as age group event information, meet schedule, fees, directions to their location, area hotel and eatery destinations, and more. Please be sure to review this document as the meet draws close.

Meet Fees & Payment Procedures

USA meets are voluntary and there are charges for participation. Each swimmer is charged an event fee and surcharge (set by the host club), and a H2O club coaching fee. Meet fees will be



billed to your team unify account by H2O after the meet occurs. The fees will be charged on the 4th of the month after they are billed.

Any on deck entries will need to be paid for in cash the day of the event.

Schedule of Events

Each meet is broken down into multiple sessions (morning, afternoon, and evening) and typically on Friday, Saturday, and Sunday. It is very important to consult the meet letter to see which session your swimmer is scheduled to swim. Coaches will send a message a few days before the meet to let you know what time your swimmer should be on deck and when warmups will begin. You can anticipate a session to last up to 5 hours from the warm-ups to the last event.

What to bring to a meet for your swimmer

Your swimmer will be in and out of the water several times through the course of the day. It is important that they bring several towels, sweatshirts, and/or swim parka so they can dry off and stay warm. Here is a recommended packing list for your swimmer:

- Swimsuit - the team has an optional team suit that can be purchased and used for meets. If you do not wish to purchase one, any one-piece swimsuit will work.
- Team swim cap - these will be provided by the coaches and replaced as needed
- Goggles - we recommend having at least 2 pairs of goggles
- Sharpie - will be used to write your events on your arm
- Towels - at least 2
- Team gear - t-shirts, sweatshirts, etc.
- Dry clothes to wear home
- Healthy snacks - swimmers will not want to overeat during a meet, but it is a good idea to have snacks available for them as it is a long day and they are burning calories quickly. We recommend fruit, veggies, trail mix, sandwiches, cheese, milk, etc.
- Water bottle - swimmers need to stay hydrated in order to perform their best.
- Entertainment - while our club encourages cheering on other swimmers and swimmers do a lot to entertain each other, we also recommend they bring something to pass the time between events (i.e. book, cards, games, etc). We ask swimmers to stay off electronic devices and phones during meets to stay engaged with teammates + events.

What parents should bring

- A collapsible chair and/or bleacher chair will quickly become your best friend as a swim parent.
- Wear layers - most facilities keep the pool area very warm for the swimmers, but it can be very warm for spectators.
- Bring some money for entrance to the meet, and for heat sheets

- Snacks and water.
- Entertainment - bring something to pass the time (from warmups to the last event the meet could last up to 5 hours)
- Highlighter - to mark your swimmers events on the heat sheet
- An encouraging attitude - a swim meet is no place to focus on the negative aspects of swimming. Your child's coach will review their swim with them at the end of their race. Provide positive encouragement to your child during the race day.

What to Expect when you Arrive at a Meet

- Prior to arriving at the meet, write your child's event on their arm or leg using a sharpie pen. You should include their event #, event name, and a spot for heat and lane. Heats and lanes will be added later as they become available.
- Look for other team members to establish a team area; send your child over to this area to begin to get ready for warm-ups.
- Purchase heat sheets, typically available about 30 minutes prior to meet start
 - Highlight your child's events, noting their heat and lane number
- Your child will report behind the blocks approximately 3 heats prior to their race.
 - It is the child's responsibility to monitor the events and arrive at the block on time; coaches will assist younger swimmers with this during their first few meets.
- If your child is not on the starting block upon the call for their heat, they will be prohibited from swimming that event. At some events, this will prohibit them from swimming the rest of the day.
- Parents are not allowed on deck (at most meets), or behind the starting block.
- Parents are not allowed to talk directly to an official. If you have a problem understanding the infraction they should communicate with the coach as long as it doesn't interfere with coaching of athletes.

Heat Sheet

Coaches are required to submit all entries by a deadline designated by the host club. These entries tell the host club what events each swimmer from a visiting team would like to swim. There are thirteen events in the sport of swimming. Events are defined by the sex and age of the swimmers as well as the stroke (or combination of strokes) and the distance to be swum.

Once the host club receives the entries, they enter them into a computer program that sorts all entries by event. Within each event, athletes are listed according to their entry time. Swimmers are placed

Event 1 Girls 13 & Under 50 SC Meter Freestyle					
Lane	Name		Age	Team	Seed Time
Heat	1 of 5				
1	Flopp	Bell E.	13	NRST	NT
2	Beach	Sandy	9	PSW	NT
3	Wata	Unda	8	UVIC	36.27
4	Birthday	Abby	10	NRST	34.92
5	Gator	Ali	13	NRST	36.19
6	Rest	Anita	9	KISU	37.18
7	Clare	Heidi	11	VPSC	NT
8	Climb	Hilda	10	Rapids	NT
Heat	2 of 5				
1	Teaks	Ann	12	CHENA	34.55
2	Maide	Taylor	10	LLSC	34.06
3	Turner	Paige	11	NRST	33.54
4	Car	Lisa	12	PSW	33.12
5	Anna	Louise E	10	NRST	33.15
6	Wagon	Patty	9	UVIC	33.85
7	Kane	Candi	13	HYACK	34.51



into groups, the size of which is determined by the number of lanes in the host pool (typically 8). These groups are called heats. Within each heat, swimmers are placed into lanes in accordance with their entry time. Lane 4 is designated for the fastest entry time in the heat. The program will seed (place) swimmers fastest to slowest in the following lane order: 4,5,3,6,2,7,1,8.

Some meets run heats fastest to slowest while others run slowest to fastest. Some alternate boy's heats and then girl's heats. Every meet is different but this should provide you with a general understanding of what to expect.

Your swimmer will not have an entry time at their first meet. On the heat sheet under the seed time (entry time) category there will be an NT which stands for no time. All swimmers who have never competed in a meet automatically gets placed in the first or slowest heat.

The number in front of the swimmer's name is the lane number in which the swimmer will be competing. The heat number, age, team, and seed time are all self-explanatory.

Warm Ups

At some meets there are hundreds of swimmers trying to warm up in the same pool at the same time. Warm ups are normally swum in the hour prior to the official start time of the meet. Larger meets will have 2 warm up sessions. Warm ups allow swimmers to get used to starting blocks and prepare to swim fast.

After your child has swam

- Times will typically be available on an electronically board or through an app called Meet Mobile.
- Immediately after they have swam, the swimmer should go talk to their coach. The coach will discuss their performance and offer constructive criticism, positive encouragement, and technical advice.
- The swimmer should swim cool down laps after meeting with the coach.
- DQ or disqualification - when a swimmer does not swim the technically correct stroke, the official will tell the child when he or she gets out of the water that they are disqualified. This should be looked at as a learning experience. As their stroke techniques improve, their frequency of disqualification will drop.
- Before leaving the meet, your child should clean up their area, thank their coach, and let them know they are leaving.

Out of Town Meets

Out of town meets are a great opportunity for teammates to build deeper friendships, and to race other competitors they may not know. It also allows them to handle a new environment. We encourage our athletes to enjoy this aspect of the sport. Each parent is responsible for their child's travel to and from swim meets as well as overnight accommodations. In situations where



a parent is unable to attend a meet with their child, the parent is responsible for making arrangements with another parent to take their child to the meet and serve as that child's chaperone.

Short Course and Long Course

Short course swimming is done in 25 yard pools. Short course meets makeup fall/winter season.

Long course swimming is done in a 50 meter pool. The long course meet season in the summer. Long course is used at the Olympics and most major competitions in the sport of swimming.

Other Information

- Deck entry - if you have previously entered your child into an event or a meet, you may be able to deck entry your child if space is available. Speak with the coach if your child is interested in this. The average cost of deck entry per meet is double the meet entry fee and will need to be paid in cash at the meet prior to the event.
- If your child is hesitant to swim in an event that he/she has previously entered, please have him/her discuss with their coach prior to the event.
- Relays - at most meets there are two types of relays per age group. There is a freestyle relay and a medley relay. In a freestyle relay the swimmers only swim freestyle. In a medley relay the swimmers will swim a particular stroke (backstroke, breaststroke, butterfly, and freestyle, in that order). The coach will determine who will participate in the relays and assign the stroke and order.
- Swimming is a team event - we ask that swimmers sit with the team, and cheer on their team.
- Please stay positive no matter what your child's performance may be. Swimmers tend to be very self-critical and they know when they have not turned in a good performance.
- Please do not approach a coach during swim events as this is their busiest time.
- Final results will be posted outside of the pool area. Typically these can also be found on meet mobile.
- The OnDeck app can be used to track your child's performance, and see how close they are to divisional and state cuts. You can download the OnDeck app, login using your team unify account information, and then look under membership/best times to review your child's results.
- Please encourage your child to pick up trash around the team area and thank the volunteers.

Personal Best Times

Heat sheets will have your swimmers personal best time recorded. You can also find this in the OnDeck app. This information is a good way to help motivate your swimmer to concentrate on improving their best performance rather than on final placing or medal counting.

What is [USA Swimming](#)

USA Swimming is the National governing body for amateur competitive swimming in the United States. USA Swimming interacts with 59 Local Swimming Committees (LSC's), athletes, coaches, and volunteers at all levels to provide a variety of services. They are charged with the responsibility to formulate rules, conduct national championships, disseminate safety and sports medicine information, select competitors to represent this country in international competition, insure the development of its' member clubs and age group swimmers. Athletes must pay a registration fee to compete in USA Swimming sanctioned meets.

Our LSC is [Indiana Swimming](#). Indiana is a member of the central zone.

USA Swimming levels of achievements

There are different age group classifications. Not all age group classifications are offered at every meet. The swimmers age on the first day of the meet will govern the swimmers age for the entire meet.

Within each age group there are different nationally recognized levels of achievement based on times. All swimmers begin as "C" swimmers. As they improve they advance from "C" to "B", "BB", "A", "AA", "AAA", and "AAAA". The times required for each ability level are published each year by United States Swimming. This permits fair, yet challenging, competition on all levels. Some swim meets set certain qualifying standards. In order to swim in a certain classification, a swimmer must have achieved the qualifying time for that particular classification.

Types of Meets

What are sectionals? Futures? Junior Nationals? This path begins at the Junior Olympics (Age Group Championship), progresses to State, then Zones and Sectionals, and then moves onto the national stage at Futures Championships, then Junior Nationals, National Nationships/US Open, and culminates with the Olympic Trials. These meets progressively get harder to get into (cuts get faster) as the meets get closer to Olympic Trials.

More information to follow:





Developmental meets - these meets generally do not have qualifying times. Most of the time they offer each one of the competitive strokes in the two distances offered for each age group. Each swimmer is typically allowed to enter 5 events per day. Most are just one day meets.

Invitational - These are usually open meets for swimmers of all levels and abilities.

Qualification meets - these meets have some type of qualification time standards that a swimmer must achieve before entering the meet.

Age Group Championship Meet - Indiana swimming has divided the state into 4 divisions. At the end of each short course (winter) and long course (summer) each division will host a divisional championship meet. To participate in this meet the swimmer must achieve a "B" single age time standard to participate. If the swimmer has a state cut in an event they will not be allowed to swim that event at the divisional meet. (the cut can be short course or long course)

Age Group & Senior State Championships - at the end of each short course (winter) and long course (summer) Indiana Swimming will host a championship meet. To participate in this meet the swimmer must achieve a "AA" single age time standard to participate.

Age Group Zone Championship - zones are held after the State Championship meet in the summer. Indiana is a member of the Central Zone. A swimmer must achieve an "AAA" age group time standard to participate. Zones are the championship meet for age group swimmers. At Zones, swimmers will compete as Team Indiana.

Central Zone Speedo Sectionals - sectionals is a qualifying meet held at the end of each season (winter and summer). Sectionals are the championship meet for senior swimmers. Sectionals have no age or speed limit.

Futures - Futures championships provides swimmers with a stepping stone between sectionals and junior nationals. Futures are open-age meets not limited to 18 and under. There are separate meets for each zone. This meet is a long course meet usually held in July.

Junior Nationals - this competition is for swimmers age 18 and under that have achieved a certain time standard. They compete against athletes across the Nation. This competition is split into two meets: a winter short-course meet in December, and a summer long-course one in August. There are separate winter and summer meets on both the east and west coasts.

Phillip 66/USA National Championship (Senior Nationals) - Other than the Olympic Trials and the World Championship Trials, each of which is held every four years, Seniors is the highest level of competition. Competition is held with the fastest swimmers in the Nation regardless of their age. There is 1 National Championship meet at the conclusion of each season across the county.



Olympic Trials - Olympic Trials are held once every 4 years. Since this meet offers such a coveted prize (a spot on the Olympic Team) it never fails to attract the absolute fastest in the sport of swimming in the United States. Because of this, the entry time standards are even faster than the National Championships.