

## Let's Compete

All hard work at practices pays off when your swimmer begins to compete. Competitions can be a great deal of fun for your swimmer if you follow a few simple steps that will make a confusing event go smoothly for swimmer, parent and coach.

As the meet approaches, you should check the LDSC Team Unify website for the meet information. Write down the event # and name of events your child will be swimming. You will need this information the day of the meet.

**Prepare for the meet:** Pack a bag, or help your swimmer do so, the night before the meet. The bag should include: suit, goggles and a swim cap for girls. The bag should also contain at least four towels. Your swimmer will be in and out of the water many times during the course of a meet. Dry towels are necessary to help keep swimmers warm between swims. An extra towel or small blanket is also necessary for your swimmer to sit on while on the deck. Warm clothes should be included in the bag. A sweatshirt and pants to wear over wet suits during the meet need to be included. Dry clothes to wear home are a good idea.

Small items to keep your swimmer entertained can also be included in the bag. If you choose to allow your swimmer to bring electronics such as a phone, ipod or DS to the meet, please understand that our club or host club is not responsible for lost or stolen items. There will be times that your swimmer will be away from his/her bag. Encourage them to put all items in their bag when they are not near it. Water or sport drinks can be sent with your swimmer. Most clubs have concession stands available if you need to purchase drink or food while at the meet. You can send small, non-messy food items with your swimmer, but many schools do not allow food on the deck.

**Meet day:** Please write your swimmers events on their hand/arm in waterproof marker before they arrive at the meet. Plan to arrive at the meet 15 minutes before warm-up begins. When you arrive, go to the sign-in table and sign your child in. If you do not do this or if you arrive late and the sheets have been picked up, your swimmer will not be allowed to participate in the meet. NO EXCEPTIONS!! Getting the meet ready is a very complicated process. Host teams are under time constraints so late check-ins are not allowed. Once checked in, walk your child to the pool entrance. PARENTS ARE NOT ALLOWED ON THE DECK AT ANY TIME!!!! Coach Sherry, Coach Sumaiyah, or Coach Alyssa will be on deck looking for swimmers to arrive. Send them in and tell them to look for us. We will take it from there.

**During the meet:** These meets tend to be fast paced. Your child will stay with the coaches on deck unless they have a great deal of time between their events. Please understand that if your swimmer leaves the deck to visit you, get food, etc., you are responsible to get them back to us before their next event is lining up. If they are not at the blocks when their next event is up, they will not be allowed to swim that event. You must be aware of what event number your child swims, and what event is in the water. Swimmers need to be back to a coach three events BEFORE their next event. Coaches will not come searching for swimmers!!! We will be busy throughout the meet.

Discuss with your child where you will meet him/her after he/she is done swimming. Swimmers are allowed to leave immediately after they are finished swimming all their events. Outside the pool door is probably the best place. These meets can be crowded. You should not let your child wander the halls looking for you. Again, the coaches are busy with swimmers, so we cannot track your swimmers once they have left the deck.

**Awards:** Any ribbons or metals your swimmer may earn will be given to them at the next practice. The host club decides what race place finishes will receive awards, so your swimmer may or may not receive awards for a meet.

Please do not coach your child either before or after the meet. Your swimmer wants your encouragement and praise before and after a meet, not your criticism. Coaches will try to talk to every swimmer after every swim about their performance. They don't need to be coached again after they leave the deck. At that point, just knowing you are proud of them will make the competition experience a positive one!!