

Dear Swimmers and Parents,

How exciting.... your first swim meet!! Swimmers, this is your time to shine. You've worked hard in practice, now show what you know!

I'm sure you have some questions about what to expect, so here are a few tips to help you understand the basics of participating in a swim meet. Please note some clubs charge an admission fee. This is how they raise money for their club. It is usually around \$5.00 per person. Swimmers are not charged.

1. Arrive at least 30 minutes prior to your warm-up time (morning or afternoon depending on your age level). Upon arriving at the meet, find the sign-in area. There will be sheets taped on a wall or on a table with all the participants' names. Find your name and highlight it (highlighters are provided). This tells the people running the meet that you are there and allows them to type the heat sheets. **IF YOU FAIL TO DO THIS, YOU WILL NOT BE ABLE TO SWIM!!**
2. Find the locker room and team "camp area". "Camp" is where your team gathers to hang out between events. This is usually in a gym, hallway, or pool area and the place where you can keep your swim bag, jacket, etc. It is not a good idea to leave anything in the locker room.
3. Bring a permanent marker with you, so you can write your event numbers on the back of your hand/arm. This helps you know what event to listen for when it is announced.
4. Get your cap and goggles and report directly to your coach to prepare for warm-ups.
5. After warm-ups (about 1 hr), stay with the team and listen for your event to be called. If you need to use the restroom, this would be a good time to do it, just make sure you tell the coach first. The meet usually starts 10-15 minutes after the warm-up time.
6. According to USA Swimming rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity.
7. Heat Sheets or Psych Sheets are sold in the lobby or concession area (usually \$3 - \$5). This has a listing of all the events, the participants' names, and the number of heats in each event. The heat sheets take some time to be printed so you may need to keep checking to see when they are available. They will start printing them after they announce that the sign-in sheets have been taken down.
8. Events are announced 3 times. When you hear your event announced the first time, the announcer will say something like, "First call for event number 12...9 and 10 yr old girls...50-yard backstroke". At that time, go to your coach for instructions. They will tell you which lane you will be in and when to line up.
9. After you swim your race, immediately go to your coach. Coach will then discuss the swim with you providing praise, positive feedback, and suggestions.
10. Now the process starts all over again as you wait for your next event. Again, go to your coach after you hear the first call unless told otherwise.
11. When you have completed all your events, check with the coach to be sure you are not in a relay race before you change to go home. Also, make sure you have all your belongings before leaving the locker room, camp area, and bleachers.
12. All swimmers' results are posted somewhere in the lobby or hallway. If you cannot stay to get all your times, as this sometimes take a while to be posted, ask the coach at your next practice. If you are to receive any ribbons, the coach will gather these at the end of the meet and give to you later.
13. Above all else...be a good sport, represent our club in a positive way and **HAVE FUN!!!!** Good luck to you all!!