

# MEET CHEAT SHEET

## **Before the Meet**

1. Make sure to check all meets you have signed up for! You will be billed for all meets that you sign your swimmers up for. If your swimmer is sick please call or email Coach Jeff (Jeff@cats-aquatics.com or 847-372-1541) or Coach Vlad (Vlad@cats-aquatics.com or 847-630-7253). Remember they will be at most meets so if one of them does not get back to you, leave a message!
2. Be sure to check your swimmers meet entries at least a week before the meet online by logging in and clicking the attend event button to see what events your swimmer was approved to swim.
3. Get a healthy meal in your swimmer at least one hour before the meet starts! Meets usually last at least 4 hours and it is important to be fueled!

## **Where do I find information about times/events/sessions?**

Meet Information for every meet in which we compete is posted on our website on the homepage for that meet. To view the information for any meet click on "**Meets & Events**" page at the top of the homepage. Find the meet in which you are interested and click on the meet name. On the page that loads, you will find a link titled "**Meet Information**". You will find all start times, event lists and information about the operation of the meet as part of this information.

## **What is a meet "session" and which one is right for my swimmer?**

Meets are organized into sessions to provide a limited time period for each athlete. Sessions are generally organized by Age Group. An example would be a meet that will have sessions on Saturday and Sunday. Each morning session may start at 8:00 am, with warm-up at 7:00 am and include events for 9-10 and 11-12 year old swimmers. The afternoon sessions may start at 1:00 pm, with warm-up at 12:00 pm and include events for 8 & under and 13 & over swimmers. Choose the session(s) that include events for the age of your swimmer.

### **What To Bring To the Meet**

1. Packed in a meet swim bag- Team Cap (get a cap with your name on it), 2 pairs of goggles, 2 towels, black team suit and team shirt
2. Warm-ups or sweats to stay warm between events, maybe an extra pair of socks.
3. Sandals or deck shoes we want to keep our feet off of the cold and dirty pool deck. Swimmers should have these at all times!
4. Extra towel or something to sit on during a meet in team area
5. Cards or another quiet activity to do between events (parents, it is recommended that you bring something for your to do during a meet as well).
6. Gatorade or Water Bottles and other healthy snacks. Pasta, Granola Bars, Power Bars, Fruits and Vegetables are great meet snacks! Most meets have concession stands so having some cash on hand would also be good!

### **How long do meets last?**

Meets are broken into sessions. Some meets are one day/one session, while others may go 2-3 or more days and sessions. Generally, each session of a meet is between 3-4 hours long. Dual meets may be shorter and some championship meets may be longer. Some meets offer one session per day for each age group, while others offer a prelim/final format where the fastest swimmers in preliminaries each day come back later that day to compete in finals and swim their events for a second time.

### **When should we get to the meet?**

Each meet session has a listed start time for warm-up for that session. Swimmers should be on deck, ready to swim at least 15 minutes prior to the listed warm-up time.

### **What to do Upon Arrival to a Meet**

1. Be sure to be on deck AT LEAST 15 minutes before the start of warm ups
2. Be sure to "Positive Check-In" before entering the pool deck. If you are unsure where check-in is, please ask! All swimmers will have to check in at all meets! Failure to check-in or arriving late and missing check-in will make it so your swimmer will not be able to compete!
3. Set up your space within the team area. Some meets we will be in bleachers, gyms or on the pool deck so be prepared!
4. Be ready to warm-up in your swimsuit when you arrive
5. Relays will be posted as quickly as coaches can get them done, be sure to check if you are in a relay as soon as this information is posted!
6. At the end of warm-ups stay in the team area. We will get heat sheets and will get this information to swimmers before the meet starts. Coaches will not go searching for swimmers if they are sitting with mom and dad or in the locker room or at the concession stand!

### **During the Meet**

Swimmers are to stay in the team area until they head behind the blocks for their race.

Swimmers can talk to coaches before they go behind the blocks or do what they need to do to prepare for a race!

AFTER A RACE SWIMMERS NEED TO SEE THEIR COACH TO GET FEEDBACK! This is the time for swimmers to learn about their swimmers and what we will work on with them going forward!

Parents are not allowed on deck during a meet unless they are working or volunteering. Parents are also not allowed in the locker rooms.

We would like to see our parents sitting together in the stands cheering CATS Swimmers on!

BE POSITIVE AND SUPPORTIVE OF YOUR SWIMMERS! Let the coaches worry about the swims be there for your swimmer!

### **At a Meet, how do I know which event we are on?**

Most meets include an announcer who will announce each event or heat as the meet progresses. In addition, the pool may have a scoreboard that will state the event or heat as it swims. Finally, many meets offer the opportunity for spectators to purchase a heat sheet or meet program that will list each heat of the session so spectators can follow along as the meet progresses.

### **What is a bullpen?**

For younger swimmers, host parents may operate a "bullpen" which gets all swimmers lined up and ready to go to the blocks for their event. It is a way for meet hosts to efficiently serve dozens of young swimmers without delaying the meet.

### **After the Meet**

Clean up after yourselves! We ask all swimmers and parents to pick up after themselves!

Coaches are not available to anyone but swimmers during the meet. Please contact coaches after meets or after practice for any questions or concerns!

### **Special Parent's Note**

The pool area is usually very warm. Therefore, you need to make sure you dress appropriately. Nothing is worse than being hot at a swim meet. It makes the time pass very slowly! At some of the meets, the parents are allowed to sit with the swimmers in the gym or field house and a gym floor is not comfortable, so, feel free to bring folding chairs to sit on. You can also bring stadium seats and padded seats to most meets. The stands do get very crowded and the space is limited. Just be mindful of the special issues in the stands.