



## A Guide to your 1st Swim Meet

We are so excited for this swim season. We'd like to go over what you need to do to prepare for a meet and what to expect when you are there. Learning the ropes is all part of being a new swim team parent so don't be afraid to ask questions.

### What do you need to bring to the swim meet?

**For your swimmer:** Team swimsuit, goggles, towel, team cap, t-shirt/clothes (Dundee Dolphins attire if possible) to wear and keep warm between races, a blanket to sit on if they'll be stationed in a gym, water, healthy snacks, things to do (Swimmers will be asked to stay off electronics. Card games are fun and easy to pack.) It's always a good idea to have an extra pair of goggles and an extra suit and cap in your bag, just in case.

**For you as a spectator:** Swim meets can be long and some pools don't have much seating on the deck and you may be asked to wait in a gym. We should know this ahead of time. If so, we recommend bringing a folding camp chair or blanket for you and your swimmer to sit on while waiting for your swimmer to race. We also recommend bringing drinks and food. Most facilities will have some sort of concessions, but if you'd rather pack your own food, please do.

### Where do we go when we arrive?

The first thing you will do is look for one of our coaches and check your swimmer in. This is how we know your swimmer is at the meet and ready to swim. **Check-in is usually at a table near the entrance of the facility. Swimmers will look for their name and highlight it. Sometimes check in is with the coach. It varies by meet, but we will let you know ahead of time in an email. Always have your swimmer find a coach and we can help direct.** Swimmers will be given a warm up time before the meet. Please arrive at least 15 minutes before warm up time to check in and get organized. Coaches may not be able to come to the team area to gather kids for warm-ups, so make sure your swimmer knows when they're expected to warm up and where their coach is stationed on deck.

While the swimmers warm up, it's a good idea for you to locate the heat sheets and figure out which events your child is swimming. Typically heat sheets are made after Check in is complete so please be patient with the meet hosts. **Please read the other attachment, Reading Heat Sheets, to walk you through how to read a heat sheet.**

After warm-ups, the swimmers will return to their team area. This may be on deck or in a gym. The national anthem will be played to start the meet. For most 10 and under races, there will be a bullpen. This is an area to organize the younger swimmers before their races. Swimmers will listen for their event number being called and report to the bullpen. Volunteers will help organize them by heat and show them where and when to go behind the blocks to swim.

Meet sessions last around 3-4 hours depending on the size of the meet. After swimmers are done swimming all of their events, they need to check in with their coach, but then, they can leave. Occasionally we have to find someone to fill in a spot on a relay so please be sure to check in before leaving, in case we need your swimmer to fill in.

**Do you have more questions?** Email Us: [dolphinsheadcoach@dtpd.org](mailto:dolphinsheadcoach@dtpd.org)

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