

## **SWIM MEET BASICS**

Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and as detailed as we possibly could. If you have any questions, please ask your coach.

### **BEFORE THE MEET**

1. Before arriving to the meet, write each event-number and event they are swimming on his/her hand in sharpie (i.e. "Event 1 50 Fly"). This helps him/her remember what events he/she is swimming and what event number to listen or watch for. Before the meet starts swimmers will be able to write their heats and lanes next to the events.
2. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed in the meet information on the website.
3. Find check-in (usually located inside the entrance before swimmers enter the locker rooms).
  - o When swimmers check-in they need to highlight their name and the events that are posted to confirm that they are present and swimming. Check-in is required so that the people running the meet know who is in attendance. If a swimmer does not "Check-In" they will not be allowed to swim in that session. After check-in, the meet administrators "seed" the swimmers into heats. Heat and lane assignments will be posted for the swimmers to write their heats and lanes on their hand.
4. Once the swimmer is on deck, make sure they check in with his or her coach! The team sits in one place together, so look for some familiar faces. Find a place to put your towels, swim bag and chair to sit on (depending on the meet if needed).
5. Your swimmer should now get ready to swim and report to the coach for warm-up instructions. It is very important for all swimmers to warm-up with the team and on time. A swimmer's body is just like a car on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.
6. After warm-up, your swimmer will go back to the area where the team is sitting and wait there until their first event is called. This is a good

time to make sure he/she goes to the bathroom if necessary, gets a drink/snack, or just gets settled in.

7. Per USA Swimming rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to a coach. He or she in turn, will pursue the matter through the proper channels.
8. Heat Sheets will be posted for the swimmers before the meet begins. Heats sheets will also be available for spectators to purchase close to the beginning of the meet which lists the actual heat and lane swimmers will be competing in.

### **MEET BEGINS**

1. It is important for any swimmer to know what event numbers he/she is swimming (again, why they should have the event numbers and events they are swimming on their hand). He/she may swim right away after warm-up or they may have to wait awhile.
2. All meets are computerized. The swimmers will report directly to his/her lane for competition several heats before he/she swims. Check with your coach for specific instructions.
3. The swimmer swims his or her race.
4. After each swim:
  - He/she is to ask the timers (people behind the blocks at each lane) for his/her time.
  - Depending on the coach's instructions, the swimmer may be asked to do some recovery swimming if a "warm down" pool or lanes are available.
  - The swimmer should then go immediately to his or her coach.
  - The coach will discuss the swim with each swimmer. Some coaches may wish to talk with the swimmer before their recovery swim.
5. Generally, the coach follows these guidelines when discussing swims:
  - Positive comments or praise
  - Suggestions for improvement
  - Positive comments
6. Things you, as a parent, can do after each swim:

- Tell your swimmers how great they did! The coaching staff will be sure to discuss stroke technique with them. You just need to tell your swimmer how proud you are of them and what a great job they did.
  - The swimmer should be relaxing with the team and cheering for their teammates in-between races.
  - This is another good time to go to the bathroom, get a drink or something light to eat.
7. The swimmer now waits until his next event and starts the process again. When a swimmer has completed all their events they can leave. Make sure your swimmer checks with a coach before they leave to ensure they have completed all their events and are not in any relays. If your swimmer is expected to swim in a relay, it is not fair to the other swimmers in that relay if your swimmer leaves early.
8. Results are usually posted somewhere in the facility. Awards are sometimes handled out at the meet to the swimmer. They are usually gathered for each team and given to the coach at the end of the meet. The coach will bring the awards to South to be filed in envelopes with swimmer's names on them.