



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Tidal Wave Swim Meets – What to Expect

What is a Crash Area?

When you arrive at the meet there may be a “crash area” available for swimmer’s to hang out in during the meet. If there is such a space then you may take all of your belongings to that area and set up your crash space. This is where the kids hang out between events. They typically play cards or other games, read, work on homework, listen to music, talk with friends or sleep. Food and coolers are usually allowed in crash areas (except at the U of M). Most kids bring a sleeping bag to use for their crash space. If the space is not available at the time you arrive the coaches will let the swimmer know where to keep their belongings until the space can be used.

What happens after we arrive?

1. First put your belongings in the crash area or other safe spot.
2. Find the coaches and let them know you are at the meet. You will then get your numbers.
3. After you have received your numbers you should change into your suit and get your belongings arranged so you are ready for warm-ups. Parents can get their spot for watching the meet.
4. Coaches will announce warm-ups. All swimmers should be with the team during warm-ups until they are dismissed by a coach. The coaches will give a location and time to meet for all relay swimmers.
5. After warm-ups swimmers may have a short time to get a snack.
6. We will be arranging swimmers in the first relay groups prior to the first event so swimmers must meet when and where they are told.

What are Numbers?

Each event that a swimmer will be competing in has an event number. These numbers are called during the meet for swimmers “on deck” and those racing. The event numbers for each swimmer is written in permanent marker on their arm so they remember what they are swimming. All swimmers, including those who are 15 and up get numbers.

What happens during the meet?

Once the first relay group is done the swimmer must watch the call board for their numbers. This is a board which will have numbers that are being lined up to race. Once they see their number on the call board they will go check in with a coach. We will expect swimmers to pay attention so that they do not miss their events. Swimmers need to remember to bring their goggles with them when their events are called. Once their race is up and they are behind the blocks they should check with the timer in their lane to make sure they are in the right lane and event. After the race they should check with a coach for feedback on their race. Coaches will also be taking notes and giving feedback though out the next week of practice. There are now 3 relay events in each meet so swimmers must pay close attention to directions on where and when to meet for relays.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swimmers should be in the pool area or crash area during meets. They can be in other areas if there is a concession stand or other vendors, but they need to get back to the crash area or pool deck as soon as possible so they can be found. After the meet it is each swimmer's responsibility to pick up all of their belongings and trash.

How does a swimmer show good sportsmanship?

*A swimmer should never speak unkindly about any other swimmer or team.

*When lined up waiting for their race a swimmer should be polite to their competitors. Many swimmers become friends with their competitors from other teams over the years. Please ask parent's permission before you share e-mail addresses or phone numbers with other swimmers.

*At the end of a race all swimmers should remain in the pool until all competitors have finished.

This is especially true if you win that heat.

*Swimmers should congratulate their competitors no matter what place they finish.

*Swimmers should be ready for their race by showing up when called with their goggles and cap. They should stay in line so the meet can continue with any interruption.

What to bring to a meet?

Swimsuit goggles and cap

Several towels

Comfortable clothing such as sweatshirts, sweatpants (or PJ bottoms), t-shirts, shorts

Footwear such as sandals to wear between the crash area and pool

Lock for your locker

Sleeping bag to use for crash space

Another blanket and pillow if you want to sleep

Something to do between events: cards, books, board games, homework, music, etc.

Food and drinks: Water, Gatorade, cheese, chips, fruit, etc. You will get hungry during the meet so it is a good idea to have snack items. Most people bring a cooler filled with snacks.

If you have any questions talk to other parents or the coaches. Feel free to give us a call.

CASIE CARLSON **P 952 838 3682**
MEAGAN MATREJEK **P 952 582 8265**