

Swim Meet 101

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Topics to be covered

- Meet memos
- Registering for meets and events
 - Where to find it
 - How to do it
 - What to register for
- Meets themselves
 - What to bring
 - When to arrive
 - What to expect

Meet memos

Always, always, always read the meet memos!

Terri and Dave are very thorough about explaining:

- Who this meet is for (either by group or level of swimmer)
- Where it is at and when
- What sessions are available and when information can be expected
 - We are often at the mercy of the hosting club re: when we get specifics like timelines and heat sheets, please be patient and we'll get this stuff to you as soon as we have it!
- Timelines and deadlines for registering

Registering for events

ALL OF THIS INFORMATION is on the Sea Devils website under the “Meets/Events” tab.

There is a post called “Registering for Meets” that will walk you through the registration process step-by-step! Reference it!

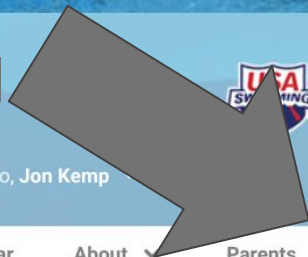
Seriously, we can't emphasize enough how helpful these pages are to you. Please reference them first as they will explain *everything!*



SEA DEVILS SWIMMING

What the Mind Believes, the Body Achieves

Seriously, everything is here!



MINNESOTA
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Hello, Jon Kemp



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Registering for Swim Meets

Registering for swim meets is done entirely through our web site. All meets are set up at the beginning of the season and will initially include the date(s), host team and location, and eligibility. We post more detailed information about each meet as the host teams release it.

Some key things to remember when registering for meets:

- **Eligibility** - Each meet will including information on whether all swimmers are eligible or if certain time cuts are required. If this is your first meet and you are not sure if your swimmer is ready, check with their coach!
- **Sessions** - Some meets may be multiple days with multiple sessions. You do not need to participate in all days or all sessions. Look at the Order of Events (OOE) for an idea of what events are scheduled for what day/session.
- **Registration Deadlines** - The registration deadlines are set by the host team, and late entries are not allowed. We have to send our file of all entries to the host team by that date and once it is sent, it cannot be modified!

What should I register my athlete for?

- 1) You can always just write “coach’s choice” and we will select the events for you, just bear in mind you are still covering the meet/event registration fees
- 2) You can always ask us - either quickly before/after practice or via email!
- 3) Consider a good balance between comfort and challenging - if your athlete has swam a lot of 50s, it’s probably time to try a 100 (but maybe not a 200... yet...)
- 4) We will adjust athletes’ registrations if we truly believe that an event will not be beneficial to them, but we will also push them to try one or two new things when they are ready for them!
 - a) For example, your athlete will **NOT** benefit from swimming a 100 breaststroke if they cannot legally swim a 25, but they may be ready to do a 100 freestyle if they have been successfully swimming 50s
- 5) Be aware that back-to-back events could have very quick turnaround times for the swimmer, especially if they are in the last few heats of one event and then the first few in the next.

For brand new athletes

We typically start with 50s of freestyle and backstroke at swim meets. This is to help them get comfortable not just with racing but with the pacing and atmosphere of the meet itself.

For the meet on May 6-7, all new swimmers should sign up for the **50 free** and **50 back**.

What should my athlete have at the meet?

A good rule of thumb is to have extras... of everything.

- **Towel** (ideally two, especially if swimming multiple events)
- **Suit** (never a bad idea to have a spare - rips are rare but you never know!)
- **Goggles (at least two pairs** - at some point they will break and your child will panic if they do not have a back up!)
- **SDVL cap** (we will give them one if they do not have it with them, but you **will** be charged for it!)
- **Warm clothes to wear between races**
- **Water bottle**
- **No kickboards or fins**
- **Bag** to put clothes into (a plastic grocery bag works great, and keeps their clothes dry and [more importantly] all in one place)
- **Snacks** - avoid candies, focus on easy carbs (crackers), simple sugars (fruits, fruit snacks), and stuff that is easy to digest
- **Something to sit on** (blanket, lawn chair - some meets will have chairs out, other times you'll be in a gym or on the grass, this will be mentioned in the meet memo)

When should we get there?

We get that stuff always comes up, but we have the following recommendations

Arrive at least 15 minutes prior to warm-ups (shared in the meet information on the website), **not just their first event**

- This helps your athlete get settled, chat with friends, get cozy, and check in with coaches if need be

Yes, your athlete should warm up!

If your athlete is part of a relay (check the program), they MUST be there for warm-ups as their absence may mean we have to scratch a relay and it will impact other swimmers' races.

Getting to events on time

How will they know it's time to go?

At many meets we will have a coach or volunteer designated to get athletes to events when they should, but this will not always be the case.

Your athlete should stay within our team area whenever they are not swimming - this is where we will look for them for events!

What to expect

Meets can be busy and hectic at times, here's what we can tell you!

Don't rely too heavily on the timeline (other than the start of the meet) - they can run behind easily, so event and heat numbers are more reliable for timing

- For example, the program might say that your heat starts at 10:37am - it could very easily start at 10:34, 10:45, 10:51, or anywhere in between! Follow the event heat and number at the meet.

Make sure your athlete knows what they're swimming BEFORE they get there (more on next slide)

They get warm and loud - dress/plan accordingly!

Prepping your athlete's events

A simple tool that everyone uses

Scan the **entire program** for the events your athlete is in and note:

- Event number
 - There may be multiple events if they break up the race by age groups (which they often do)
 - E.g. 8 & Under 50 free might be event 101, 9-10 might be 102, and 11-12 might be 103
- Heat number
- Lane number (1 - 8)
- What the event is (50 free, 200 im, 100 back, etc.)

Write them down in a grid on your athlete's forearm or leg with a permanent marker (see next slide)

The grid: E(vent) | H(eat) | L(ane) | Description

Use a Sharpie and write this on your athlete (usually a forearm)
or put it on a piece of paper in a ziploc bag for them to have at
the meet!

E	H	L	
113	2	4	50 freestyle
132	4	1	100 backstroke

Please, please, please do this prior to arriving at the meet. While we want to help your athlete however we can, we have like 20-30 kids to keep track of!

Post Race Chat

Instant feedback from a coach

After every race, the swimmer should check in with their coach for feedback on the race before going to parents/guardians.

- Instant feedback on how the race went
 - Time
 - Things that went well
 - Things to work on in practice

Cheer!



We **love** to see all our team members cheering each other on (sometimes even other teams).

This creates a fun, inclusive environment for all swimmers!

Finally, this should be **fun**.
Hype them up! Don't fixate
on times right away. Nerves
are normal, but swimming
and participating in meets
really helps the athletes feel
more confident!

Questions?