



Swim Seasons

- Our Season
 - September through July (11 months)
- Short Course Season
 - September through April (8 months)
 - 25 yard pool (High school pool)
- Summer Season
 - May through July (3 months)
 - 25 yard pool (High school pool)
 - 50 long course meter pool (Olympic size)

Meet Schedule

- Regular season meets
 - September through February
 - These meets are used to qualify for championship meets
- Championship or season culminating meets
 - February through April
 - Championship meets usually have qualifying times
 - Time standards available on our website under Achievements
- Summer meets run an abbreviated version of this schedule

Timed Final Meets

- Each swimmer swims their event once, and their final placement is determined by their time in that single swim
- Most regular season meets are timed final
 - Most of our home meets are timed final
 - Except Eagle Invite
- Championship meets can be timed final but they're usually in the prelim / final format

Prelim / Final

- Prelims / Final
 - A "prelim / final" swim meet has a preliminary session where swimmers entered in the meet compete to determine the "final" round, where the top swimmers from prelims race again to determine final placing
 - Most championship meets are prelim / final

Championship Meets

- Examples
 - Silvers (February) We're hosting!
 - Senior Mets (February)
 - Junior Mets (March)
 - Suffolk County Championship (April)
- Championship meets usually have time standards
 - Minimum qualifying time for gender, age and event
 - Time standards available on our website under Achievements
- Championship meets are usually prelim / final

Hosted Meets

- We host meets 10 - 15 meets a year
 - September Sprint
 - October Halloween
 - November Freestyle Frenzy - Nassau County
 - December Eagle Invite (4 day prelims & finals)
 - January Snowmageddon Splash
 - February - Metropolitan Silver Championship
 - 3 Summer Sprint Meets
 - Team only opportunities for last chance qualifier

Eagle Invite

- An annual tradition for our team and local swimming community in December
- 4 day meet with 11 sessions
- This meet is designed to be a mid season meet
- A great opportunity for swimmers to learn, grow, and set meaningful goals for their continued growth

Sessions

- Thursday
 - 8 & Unders Timed Final
- Friday
 - Open Timed Final
 - 12 & Under Timed Final
- Saturday & Sunday
 - Open Prelims
 - 11 - 12 Prelims
 - 9 - 10 Prelims
 - 9 & Older Finals

Qualifying for Finals

- Results and scratch table
 - Results posted and announced after the event is completed in prelims
 - 30 minutes to scratch finals
 - All should attend finals
- No finals for 8 & Under
- 9 - 10 fastest 6 swimmers from prelim
- 11 - 12 fastest 12 swimmers from prelims
- 13 and older fastest 12 - 18 depending on event

Terminology

- Session
- Event
- Heat
- Lane
- Timed final
- Prelims / final
- Awards
 - Heat winner
 - Medals and ribbons

Value

- Mid season meet
- Swimmers learn about prelims / finals
- They look to see if they've qualified
- They see what it takes to qualify
- They understand that the fastest swimmers qualify
- They set a goal to qualify for finals next time
- Year over year progress

Meet Day

- Admissions
- Arrive 15 minutes prior to the warm up time
- We take attendance during the warm up
- Plan for 2 - 4 hours of competition per session
- Swimmers must stay on the pool deck
- Parents can't come onto the pool deck unless volunteering
- Pack drinks, light snacks and entertainment
- Swimmers can leave when their finished

Apps

- Sports Engine
- OnDeck from TeamUnify - Enable Push Notifications
- USA Swimming
- Meet Mobile
- Google Sheets

How Can I Help?

- Parent volunteers are required to host meets
 - Back up timers
 - 14 per session (12 lane + 1 head timer + 1 back up)
 - Meet Marshal
 - 2 - 4 per session
 - Awards
 - 1 per session
 - Officials
 - 4 per session (1 referee + 1 starter + 2 stroke and turn)

Volunteer Requirements

- Each meet has a job signup
- 4 sessions per family
- Some families volunteer more
- Community service for older swimmers
- Volunteer fee and or removal from meet

Officials

- USA Swimming Registration
 - USA Swimming official membership
 - Background check
 - Athlete protection training
- Officials Training
 - Stroke and turn training on USA Swimming website
 - Apprentice sessions
 - Uniform
- Progression
 - Stroke and turn → starter → referee

Thank You

- Thank you to everyone who has signed up so far
- Thank you in advance to everyone who will sign up