

TSA Swim Meet Preparation

Participation in swim meets is a fun way for swimmers to compete, but it is not a requirement to be part of Topeka Swim Association. We have home meets hosted at the Capitol Federal Natatorium and the Blaisdell pool at Gage Park. TSA also attends away meets in the area throughout the year. Some meets are open to everyone, some are limited to certain age groups, and other meets have minimum ‘qualifying times’ the swimmer has to make to participate. **Talk to your swimmer’s coach if you have questions about whether your swimmer can sign up for a meet.**

If you decide to sign up – here are the steps to do so:

1. Login to the TSA website, or sign in to the OnDeck app.
2. Open the ‘Meets/Events’ tab.
3. To the right of the meet you want to attend, you will see a red box – ‘Edit Commitment’.
4. This will open the meet info page. Scroll down to your swimmer’s name and click on it.
5. This will open another tab. You will see a *Declaration box.
6. Click the down arrow and select ‘Yes, please sign (your swimmer’s name) up for this event’.
7. In the Notes section you can write anything you would like to coach to know – For example: ‘We can only attend the meet on Saturday’, or ‘Evan prefers not to swim the backstroke’.

If you decide not to swim in a TSA hosted meet, it helps the coaches to declare your swimmer won’t be there. In the *Declaration box select ‘No, thanks (your swimmer’s name) will NOT attend this event.’. This is not required, but helpful!

If you attend a home meet (hosted by TSA at the Natatorium or Blaisdell), you will be required to volunteer for 2 sessions. There will also be a green box by the ‘Edit Commitment’ box that says ‘Job Signup’. Please choose 2 volunteer slots for the meet. There is a \$75 per session fine for not volunteering if your swimmer participates in the meet. If you volunteer more than 2 sessions, you will earn a \$15 credit to your account per session up to 3 (\$45). If you choose not to participate in the meet, you can earn a \$15 credit for every session up to 3 (\$45).

Here is how to tell what events your swimmer is in and when they will be swimming: Log in to your Team Unify account (our website) or the OnDeck app. Click on Meets/Events, then click on the red ‘Edit My Commitment’ box by the Voorhees Maxfield Meet like you did to sign up for the meet. You should see the events your swimmer is entered on that page. You will probably also see a code like ‘D2/S3’ and ‘D3/S5’. This gets confusing. This is where the Meet Information document helps.

The Meet Information Document can be found by going back to Meet/Events, then clicking on the name of the meet. This will open a new box describing the meet. Scroll down and find the ‘Meet Info’ pdf. Open that document and find the Order of Events. You will see the sessions (Friday Session 1, Friday Session 2, Saturday Session 1, etc.) and all the events in each session. So if Friday is Day 1 and your swimmer has an event in Session 1, so that code would be ‘D1/S1’.

About 1-2 days prior to the meet, the coach will email warm-up times for the meet. Try to arrive at the pool 15 minutes prior to the start of your warm-up session so your swimmer can get set up in the ‘crash area’ and get on the pool deck with the coach. Depending on the size of the meet, things can be confusing so allow plenty of time.

The Night Before the Meet:

- Pack a swim bag with an extra towel, pair of goggles (in case of breakage), swim cap, and possibly an extra suit.
- Bring a chair or blanket for the crash area.
- Bring a non-glass water bottle and snacks like fruit / nuts / protein bars / or a PB&J sandwich.
- Maybe bring headphones, a phone charger, or homework. Put your name on EVERYTHING.
- Bring a permanent marker to write events / heats / lane assignments on your swimmer’s arm.
- Bring cash in case there are heat sheets for sale, or admission fees. Many meets are now on the ‘Meet Mobile’ app, but don’t count on it.
- Eat healthy and go to bed early.

The Day of the Meet:

- Remember you are there to cheer on all TSA swimmers. You are not your swimmer’s coach :).
- Get there in time for warm-ups. Sometimes younger or first-time swimmers don’t want to sit in the crash area with the team. That is OK, but as your swimmer gets more experience, please encourage them to sit with the team.
- Swimmers should know where the coach is on the pool deck during the meets and talk to him or her before and after each event.
- It is common for swimmers, especially new swimmers, to miss an event. This can be upsetting, but it happens to everyone. They need to go straight to their coach if this happens, because something might be arranged for the swimmer to make up the event.
- You will see officials at every meet. They wear white shirts and watch all aspects of the events. If a swimmer does not have a correct start on the blocks, or their swim form is incorrect for a stroke, or they don’t execute a turn correctly they may be disqualified. This is called a ‘DQ’, and it can be very upsetting for the swimmer. It happens to all swimmers and is generally a good learning experience.
- Longer events like the 500 or mile require a ‘positive check-in’. There is a sheet on a table, generally near the console / start area, where your swimmer can declare if they are swimming the event or if they have decided to scratch.
- In Championship meets if your swimmer qualifies for finals, they must attend finals or scratch if they do not want to be fined. Again – there is a sheet posted on a table near the console / start area to scratch if you choose not to stay for a finals event.

For Outdoor Meets (Like Beach Bash):

- Bring water, extra towels, hats, sunblock, and sunglasses.
- Bring an outdoor tent or umbrella for shade or in case of rain.

For all Meets:

- There is usually a vendor to purchase equipment and t-shirts for the event.
- There is not always a concession stand.
- Ask questions!! Ask the coach and other parents... and most importantly – HAVE FUN!