



STORM SWIM MEET SURVIVAL GUIDE



CONGRATULATIONS! Your swimmer is ready for their first competitive swim meet. A swim meet is a fun and exciting time for you and your children. It's exciting to see all their hard work and effort pay off during the meets. As a parent, the health and safety of your child is of utmost importance. This includes correct sleep, nutrition, preparation, communication, rules, support and of course, having fun

What To Pack for A Meet ...

In your Swimmers bag: (Packing the night before saves time in the AM)

- Suit, goggles, competition cap
- A few towels to keep swimmers dry and warm for each race they will be in (they also have warm up)
- Everything you bring should be LABELED with your swimmer(s) name
- Flip Flops, crocs, or sneakers
- Sweat suit or sweat shirt to stay warm when not swimming.
- Water Bottle
- Healthy Snacks such as fruit, granola bars, cheese sticks, nuts (stay away from salty or greasy snacks.)
- Activities: cards, game books, novels, etc. (for larger meets)
- Pen / sharpie marker
- Stadium blanket or bag chair to sit on/to keep warm if "housed" off of the pool deck

Getting to the Swim Meet: Getting your

children to the meet on time is important. Swimmers need to be on deck 15 minutes before warm-up at every meet. They need plenty of time for warm-up swims, getting acclimated with the set-up of the pool including the locker room, team meeting area, staging area, where parents will be, pool, bathroom, etc. Children should stay with their team on deck. Sitting with friends will help them through their swim meets.

RULES OF THE POOL & POOL DECK:

The pool deck is OFF LIMITS to parents & spectators at swim meets .

Time permitting swimmers can meet their parents in the bleachers at the pool facilities. Alternately, you can relay information to your swimmer through a STORM Coach. Swim meets are sanctioned by New England Swimming and follow USA Swimming Rules. There are 'DECK MARSHALLS' (POOL POLICE) who ensure ONLY authorized people have access the pool deck

Swim Meet Attire

STORM Swim team requires all swimmers to wear their **Silver STORM Cap** when competing in a swim meet. Extra caps may be purchased if your swimmer's competition cap breaks. If a cap breaks at a competition and you do not have a spare, please have your swimmer borrow from a friend for their race.

- Our STORM Competition suit is available for purchase through K and B (and posted on our apparel page on our website). All swimmers are expected to wear the Arena purple "puzzled" suit at all Storm Meets
- Tech suits are only to be worn at the discretion and permission of a swimmer's squad coach. Tech suits are "special suits" that are saved for "special meets" for our 13 and over swimmers.
- Please have multiple pair of goggles that are "race ready" at a meet. Sometimes they do break....and having an extra available comes in very handy. They should be properly fitted and ready to go in case of emergency!
- Finally - all swimmers should wear their purple team shirt to each meet! Feel free to wear your warm-ups, spiritwear, parkas and additional Storm gear in addition to that team shirt!

Why Do You Need a Sharpie? Please help your 12 and under swimmer write the following:

E | H | L | Event Name

on an easily viewable area such as their arm, hand, palm, or wrist.

- E = Event #
- H = The Heat they will be swimming in
- L = The Lane they will be swimming in.
- Event Name = important for your children to have so they don't get mixed up on what

event they are swimming, and if it is a Relay, they should know what position they will swim in their relay

KNOW THE EVENTS YOUR SWIMMERS ARE IN

It is a good idea to bring a list of events that your swimmers are entered in for each meet. It will help you find their events in the program. When/if you buy a program(or use Meet Mobile), it will help you better identify:

- **the Where which HEAT and Lane they will be swimming in**
- **the When, often the program/MM will give an approximate start time for every heat**

Your children will ALSO need to know the sequence they are swimming in (the Event number, Heat, Lane, Event Name) You can find the list of events your swimmers are in on the team website by clicking on the meet schedule and meet, similar to what you did when you signed up. Please note that oftentimes, coaches will alter event line-up for a swimmer. So we HIGHLY recommend you recheck events the week of the event.

WHAT DOES "DQ" MEAN?

Hint: not "Dairy Queen"

Meets are officiated by USA Swimming Officials. It is common for swimmers to get a DQ (Disqualified). The Official and their coach will talk to the swimmer after a DQ to let them know what they did wrong so that they can correct it. Common mistakes are if they don't do the appropriate stroke approach the wall, flip turn, etc. If your child gets disqualified, more importantly, they swam, they did a great job, they finished and there is always another meet to try again. Don't worry about a DQ, even the best swimmers DQ.



Cheer on your children - Record their times! *This is what parents do best – be supportive of your swimmer!*

Racing those in your heat is VERY exciting! Kids race to win their heat. However, please remember, that for your young swimmer, we are looking to see them also improve their PERSONAL swim times and technique;. It is very important to celebrate with your swimmer(s) as they improve their time and stroke from meet to meet - even if they didn't win their heat.

RELAYS!

Swimmers are not always listed by name in the heat sheet for relays. Please have your swimmer check with a coach to determine if they are in a relay, especially if you are planning to leave before a session ends. Every swimmer counts in relays and if all are not present they cannot swim. Check the meet information or with the coach prior to the meet to see if there are relays at a particular meet.

Posted Results...

After all heats are completed for an event, the results are posted outside the pool area. If the timing system fails, or there are problems with the meet software, the results may be delayed, as the times need to be entered manually. You may also access "unofficial" results through Meet Mobile. If your child 'places' they may receive a ribbon or medal, which will be distributed at practice. If your swimmer achieves three or more lifetime personal best times, they will also receive a ribbon at practice the week following the meet.

When is it OK to take your swimmer home? No, you and your swimmer typically don't need to stay for the entire meet. After your child has finished swimming their individual and relay events and they have asked the coach if they are ok to go, they are free to leave. Please make sure your child cleans up after themselves and looks around to see if they have everything they brought. If they see something that belongs to another swimmer, let someone know that you are taking it, and try to make contact with that swimmer.

The Car Ride Home. The car ride home is a very important parts of your athlete's day. Be sure to congratulate them and share how fun it was to watch them in their sport! Does your swimmer want to talk more about the meet? STORM coaches recommend the following three post-comp questions:

1. What went well today?
2. What needs some work?
3. What can you focus on in practice this week?

We are so proud of your child's growth and development in the sport! They can't wait to share what they have learned with you!