



Welcome to BEAST Aquatics!

We're so glad that you're here! This guide is especially for families and swimmers coming to a USA Swimming club team for the first time. We know that the transition from a summer or city league team, or joining a team if you have no swim team experience at all, can be confusing for parents; believe us, we've been there too! If you're an experienced swim parent there will be some things that you might already know, e.g. how to read a heat sheet, but there are things that are going to be new and different from summer or metro league. This booklet is intended to guide you through your new team (because **you're** as much a part of our team as your swimmer is!) and introduce you to BEAST Swimming, USA Swimming, and club swimming.

Let's get started and unleash the BEAST!

Who Are We?!

BEAST Aquatics is one of 22 USA Swimming club teams in New Mexico, and we practice at many various locations:

Albuquerque -

- Wilson Athletic Center BEAST HQ **(BHQ)**
12500 Comanche Rd NE Albuquerque NM 87111
- Betsy Patterson Pool at Sandia High School **(BPP)**
Parking lot off of Pennsylvania and Dellwood Pool near Sandia High School, and at the pool at Belen High School

Belen –

- Belen High School Natatorium

Santa Fe –

- Santa Fe Community College
- Sal Perez Pool
- Genoveva Chavez Community Center

While we are one of the newest and largest teams in the state (Founded in the Summer of 2021). We are proud to say we are the only team that owns and operates our own facility.

Head Coach Doug Forbes coaches our Lochness 1 and Elite groups. He has a solid track record of producing top flight swimmers. His swimmers have competed in Zones and Sectionals Championships, Futures Championships, Junior National Championships, Speedo Junior National Open Water Championships, USA Nationals Championships, Olympic Trials, plus many more. Swimmers from his programs have gone on to swim for colleges like the University of Arizona, Texas A&M, University of Utah, US Naval Academy, US Air Force Academy, Grand Canyon University, University of Houston, Washington State University, and other highly competitive swimming programs.

Our other Head Coach, Ashley Burns, has been a successful swim coach in her own right for many years ensuring as many children as possible learn to swim and have strong foundations to develop their love of the sport of swimming. She

specializes in coaching all level swimmers and instilling the crucial fundamentals of strokes as well as learning how to race. Her swimmers are kids who progress quickly and have a lot of fun in the pool at the same time!

Needless to say, we are happy and thrilled to bring you and your swimmer onto our team!

What Makes a USA Swimming/Club Team Different?

You may have already had experience with a summer league team (ie Sundance), a city league team, or another swimming organization, and your experience will be extremely useful as you and your swimmer enter the world of USA Swimming! A lot of the things you already know are the same, and you'll be familiar with some of the terms and procedures.

Alternatively, you may not have any experience at all with any kind of swim team, and have no idea what's going on or what to expect, and that's great too; everything you need to know is in this book, or is available from "old timers" on the team. Please feel free to ask about anything that confuses you, or anything you're unsure about, and any of the BEAST parents or coaches will be happy to help you. We're all here to make sure that the kids and families have the best time possible.

Unlike summer league and city league teams, we have a national governing body, **USA Swimming**. As a USA Swimming member, your swimmer is part of a huge family of swimmers, up to and including our US Olympic Teams, coaches, officials, and volunteers. USA Swimming, headquartered in Colorado Springs, Colorado, establishes rules, regulations, and codes of conduct for every swimming club and swimmer under the USA Swimming flag. This means every USA Swimming club, and every meet sponsored by a USA Swimming club across the country will have the same rules and regulations to follow. Your swimmer can participate in USA meets across the country, and be assured that they will be following the same protocols wherever they go.

USA Swimming is divided into Local Swimming Committees, or **LSC's**. Some states, like California and Texas, have multiple LSC's, but New Mexico has only one,

New Mexico Swimming. This organization includes all of the USA teams currently swimming in New Mexico. The LSC makes decisions and handles administrative tasks for all New Mexico teams and athletes, and represents New Mexico swim clubs to USA Swimming. Once a year, in the fall, New Mexico Swimming also puts together a team of swimmers from across the state to compete at one of four National Zones Championships.

Another thing that makes us different is that USA Swimming has **meet officials** at every meet to make sure that every swimmer is swimming their race according to USA Swimming rules. It's the meet official's job to ensure that the competition is equal for every swimmer in the water. The coaches are responsible for teaching swimmers the rules, the swimmers for following them, and the meet officials for ensuring that they're followed.

In short, USA Swimming is more structured than summer or city league teams. This is to ensure that all swimmers have a level "playing field" across the country. International meets in other countries are governed by another organization, FINA, and rarely figure into club level swimming, unless your swimmer is a National Team member (it could happen!).



Elite and Lochness 1 & 2 swimmers at BEAST HQ on our Opening Day May 2021

All About BEAST

BEAST Aquatics is comprised of 6 groups:

- ❖ **Pre-Team (Summer only):** Pre-team is open to swimmers 4 and up who think that they might like to join a swim team in the future or are preparing to join a team. Swimmers in this group must already know how to swim 25 yards freestyle and backstroke. Offered during June and July ONLY

Required Equipment for Pre-Team

- Swimsuit and goggles

- ❖ **Snork Stroke:** This group is the introduction to competition group. Athletes in this group should have a basic grasp of all four competitive strokes before starting, and practices are designed to help refine these strokes, and begin dives and turns. The main emphasis in this group is developing the swimmers stroke skills, and just having fun in the water.

Required Equipment for Snork Stroke

- Swimsuit (Jammers or speedo) and goggles
- Long blade fins
- A kickboard

- ❖ **Piranaconda Pre-Qual:** Athletes in this group have solid stroke skills, but do not yet qualify for state championships. Swimmers in this group will work on furthering their technical skills, developing sportsmanship, and goal-setting skills. Reading a pace clock, developing aerobic capacity, and learning set progression will be emphasized in this group. Practices are 3-4 times per week for 60 minutes per session.

Required Equipment for Piranaconda

- Swimsuit and goggles
- Short blade fins
- Kickboard

- Pull Buoy
- Snorkel
- Water bottle

❖ **Crocosaur Competitive Age Group:** Crocosaur swimmers are dedicated swimmers who have qualified for state championships, or are able to commit to 4-6 practices per week. These swimmers are committed swimmers, and are willing to put in the hard work to keep progressing with their stroke skills, and leadership/sportsmanship on a state level. Crocosaurs will begin to incorporate dryland training into their overall training program, and practices are expanded to 90 minutes. Emphasis is on personal responsibility and personal goal-setting.

Required Equipment for Crocosaur

- Short blade fins
- Kickboard
- Pull buoy
- Snorkel
- Water bottle
- Appropriate athletic wear and footwear for dryland

❖ **Lochness 1 & 2:** Lochness 1 & 2 are for advanced swimmers.

Lochness 1 swimmers are actively pursuing National Age Group Zones times, or are high school swimmers who are interested in swimming for fitness only. More advanced stroke technique, more dryland, and more focus on personal development are the goals in L1.

Lochness 2 swimmers should already have state championship times and are actively focusing on achieving more club state and high school state qualifying times. These swimmers should be able to commit to 80% of practices and competitions.

Required Equipment for Lochness 1 & 2

- Short blade fins
- Kickboard
- Pull buoy

- Paddles ● Snorkel
- Training parachute (Lochness 2 ONLY)
- Water bottle
- Appropriate athletic wear and footwear for dryland

❖ **Elite:** The Elite group is the highest level group at BEAST. These athletes demonstrate a high level of personal commitment to the sport and to their team. These swimmers represent BEAST at the national level, in addition to being highly successful at the state level. Elite swimmers are expected to display strong leadership and discipline skills in and out of the pool. The Elite Sectionals team is the very top of the Elite group, and these swimmers represent BEAST at the Speedo National Sectionals meet. Swimmers in the Elite group have qualifying times for the Pro Am meet, held every December in Texas, and either have, or are actively working towards, Sectionals times. Practices are 2 hours, and multiple dryland sessions are expected of this group.

Required Equipment For Elite Group

- Short blade fins
- Kickboard
- Paddles
- Pull Buoy
- Snorkel
- Training parachute
- Water bottle
- Appropriate athletic wear and footwear for dryland

We *HIGHLY* recommend that you attend at least 80% of the practices offered for your group! Please check the website for the number of practices being offered for each group, listed under the Practice Schedule tab.

Team Gear and the Team Store

BEAST has an online team store at SkiPro, located in Phoenix, Arizona. Our team portal is located at

<https://beastnm.itemorder.com/sale>, as well as a live link through the Team Gear tab on the BEAST website. They offer all the gear needed for our groups, and they have very fast and convenient shipping. Gear such as bags, swim parkas, and other items can be personalized with our BEAST logo and swimmer names on them.

Suits and Team Suits

We offer team suits but you are not required to purchase one!

If you do wish to purchase a team suit, we have them on offer at our SkiPro store. Team suits all have the BEAST logo embroidered on them. If you don't know what size your swimmer wears (and swimwear sizing is different from regular clothing sizing), let one of the "Team Moms" know and we'll arrange to have your swimmer measured.

Practice suits and competition suits should be tight fitting for both boys and girls. Buying a suit to "grow into" isn't recommended; a too large suit will create drag and slow your swimmer down. A good way to tell if a suit fits properly on a girl is to try and slide two stacked fingers under the strap; a suit that fits well should not have the room to slide the fingers under. For boys, sliding the stacked fingers in under the leg of jammers is a good test. Again, you should not be able to fit two fingers between the suit and the leg. Girls are usually pretty easy to choose suits for, but they should be one-piece suits by Piranaconda

Also, girls' suits **for competition** should **NOT** have a tie-back. These types of suits, along with two-piece suits, are not permitted in USA Swimming for competition. Practice suits with tie-backs are fine for practices.

Girls team suit:



Boys have the option of either brief-style suits:



or jammers:



Whichever style suit your swimmer chooses, it should be tightfitting. **Please, no board shorts for boys!**

We recommend that you save your team suit, if you choose to get one, for meets. All suits will fade and stretch with constant wear and tear at practice, so if you want to keep the team suit looking great for meets, have a separate suit for meets and suits reserved solely for practice.

If you don't want to purchase a team suit and/or you want to buy practice suits, there are plenty of local retailers who offer good suits for swimmers in Albuquerque. Dick's Sporting Goods, Sports Systems, and Big 5 Sporting Goods all have a selection of nice suits. All of these retailers also offer caps and goggles, so you can get them there or in our team store.

Technical Suits

Please do not purchase a technical suit for your swimmer until you have discussed it with a coach!



Technical suits are specialized suits for advanced swimmers, usually those who are active at high level meets. They are highly compressive, and have advanced design features such as waterrepellent fabrics and special seams to reduce drag in the water. These suits are appropriate for swimmers competing at State Championships in individual events, and swimmers competing at national competitions like Zones and Sectionals.

Furthermore, starting on January 1st 2020, USA Swimming has banned most tech suits for swimmers 12 and under, unless the swimmer is competing at a national meet like Junior Nationals. There are 12 and under compliant suits, but for most meets that 12 and unders swim, a regular competition suit will be absolutely fine.

If you do want to purchase a tech suit, our team store has Speedo brand tech suits available. Many swimmers who regularly use tech suits recommend buying a suit a size (or two!) smaller than the practice suit size, for maximum compression; these suits should be ultra-tight.

Caps

Long haired swimmers should wear a cap. We have BEAST latex and silicone team caps available for BEAST swimmers. If you'd like one, please see your coach. Otherwise, it's up to the swimmer to provide a cap.

Practice caps are anything your swimmer can fit on their head, regardless of logo or print on them. Caps worn at competitions must either be BEAST team caps, caps for teams which your swimmer is concurrently swimming (e.g. high school team caps), or caps without another team logo or name on them.

At certain times of the year, we do sell BEAST caps with the swimmer's name on them. We have to order these caps in batches of at least 50 total, two caps per name, so we typically do this only once or twice a year, usually in the fall. We will send out emails announcing cap orders on the main team site.



So What Happens At A BEAST Practice?



Practice is where BEAST champions are made! BEAST does not have a minimum number of practices per week that swimmers must attend, except for the Elite and Lochness groups, but we highly recommend a minimum of 80% of

practices. The best swimmers know that practice is the foundation of excellence, and make every effort to be there consistently.

What happens at practice will vary between groups. PreTeam, Snork Stroke and Piranaconda group swimmers will typically hop directly into the water and begin to work right away. Crocosaur, Lochness, and Elite swimmers will have dryland training a couple of days a week before they hit the water. Because time is limited, swimmers need to be ready to go when they get to practice. This includes wearing appropriate athletic wear for dryland workouts.

Coaches will give the swimmers a warm-up to do before they really start work. After the swimmers complete their warm-up, they'll begin working on the main sets, which is the portion of the practice where the swimmers focus on working on strokes, speed, starts, turns, and other skills. Coaches may work on one specific skill throughout the practice, or do a few different sets of workouts in one practice, each focusing on a different skill. Keeping a water bottle for practice is a must; swimmers lose a lot of water in practice, although it doesn't show, and they need to stay hydrated.

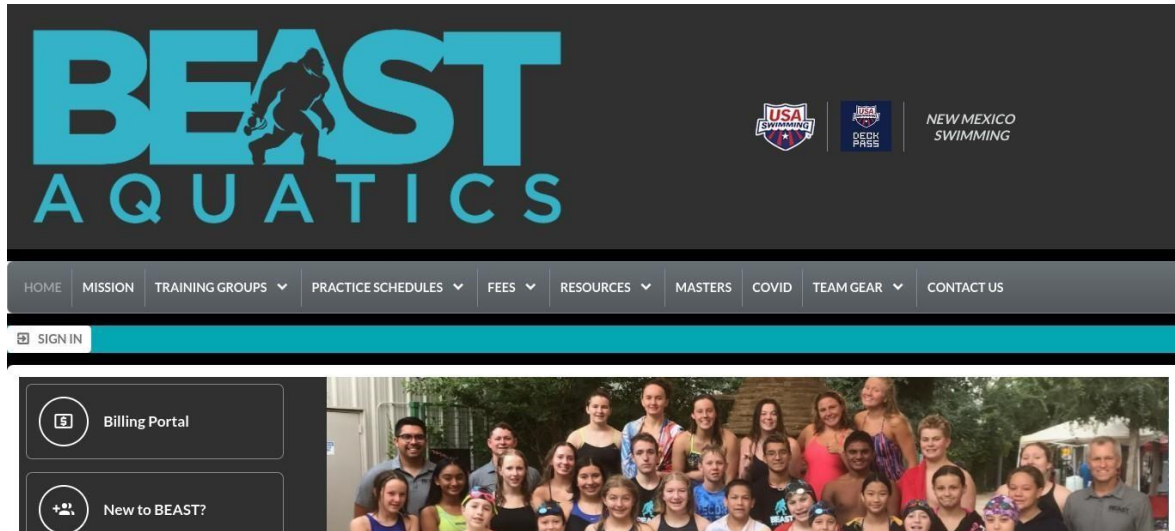
If you or your swimmer doesn't understand what's going on, don't be afraid to ask the coach! They are happy to answer questions and clarify issues.



Coach Doug and Elite swimmers training at the US Olympic Training Center in Colorado Springs

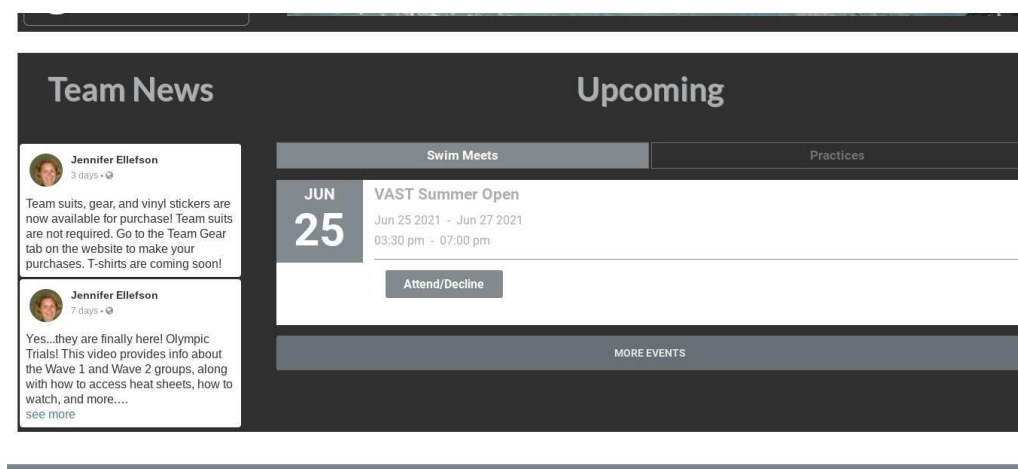
Our Team Site

This is the site where you will sign up for meets, look at our team schedule, view your account, view your swimmer's times, see announcements, and handle most of our daily business



The tabs below the header will help you navigate through the main part of the site. There are links to New Mexico and USA Swimming, links to our team store at SkiPro, plus photos of our team, your swimmer's times, coaches contact information, and information about our schedule for the season.

Below that, you will find the upcoming meets, and team news:



The Upcoming and News tabs are probably the most important tabs for parents. The **Upcoming** tab is where you will sign your swimmers up for meets

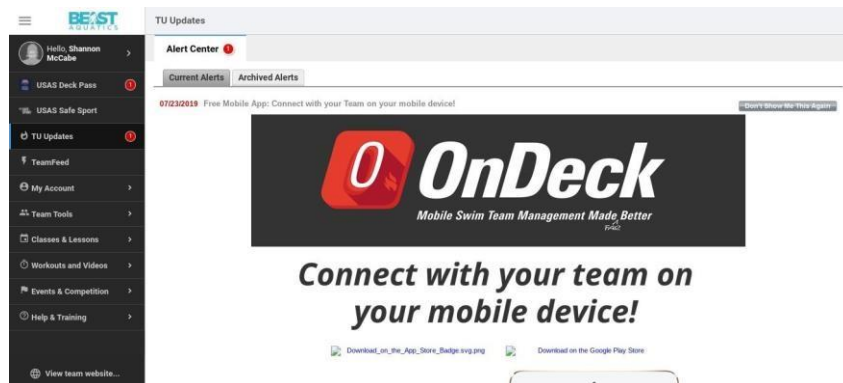
and where you will be able to RSVP for other activities that we do over the course of the season.

News is where you will find reports on past meets, upcoming events, and news about BEAST Aquatics.

Signing In to the Site

Over in the corner under the header is the sign-in, which will take you to your login credentials page, which you will have received when you first register.

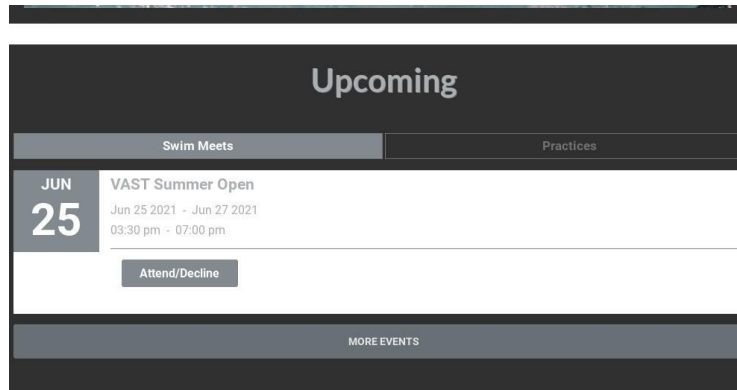
Once you login, the page will look like this



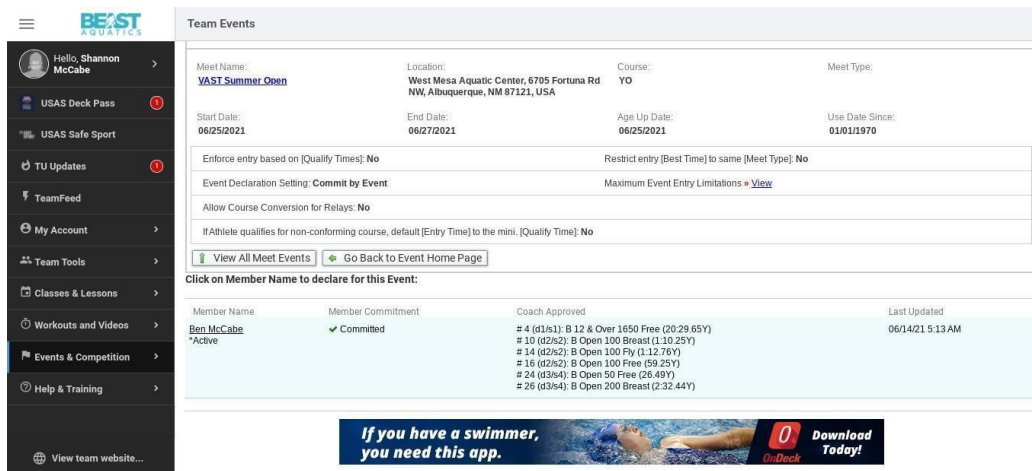
From the sidebar on the right, you can navigate around your personal account.

Signing Up For Meets

You will need to actively sign your swimmer up for meets. When there are meets to sign-up for you will see them under the Upcoming tab on our homepage:



When you click on the Attend/Decline button, it will take you to a page like this:



Clicking on your swimmer's name will give you let you declare your intent to swim:

Team Events

Please make a selection on the Signup Record.

Member Athlete:

Important Notes:
This meet is open to all USAS registered swimmers, and will be at West Mesa Aquatic Center on Oct 19-20. Entries are

*Declaration:
--SELECT--

Notes:

If your swimmer is attending the meet, the page will then pull up a list of the meet events with your swimmer's best times:

Team Events

Only Admin can customize [Entry Time] and set [bonus] fields.

Day 1 Session 2 Max Entries this Session IE = 4 | Rel = 1 | Comb = 5

Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time
31.31Y	31.31Y				20B	B	15-16 50 Fly	
2:45.96Y	2:45.96Y				22B	B	15-16 200 Breast	
1:11.53Y	1:11.53Y				24B	B	15-16 100 Medley	
2:16.91Y	2:16.91Y				26B	B	15-16 200 Free	
41.92L	41.92L				28B	B	15-16 50 Back	
1:02.54Y	1:02.54Y				30B	B	15-16 100 Free	

Day 2 Session 4 Max Entries this Session IE = 4 | Rel = 1 | Comb = 5

Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time
2:33.10Y	2:33.10Y				52B	B	15-16 200 Medley	
37.34Y	37.34Y				54B	B	15-16 50 Breast	
NT	NT				56B	B	15-16 200 Back	

Need Help?

If your swimmer has not swum in a particular event, you will see a NT next to their name. This just means that they have no time recorded for that event. If there is a "Y" after the time, then that time is a short course yard time. If there is an "L" after it, it is a long course meter time.

Best times will only be their best USA times, so if you have only swum metro or summer league, your swimmer will not have any times carry over to USA Swimming.

From here you can choose which events your swimmer will be swimming:

Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time
2:45.96Y	2:45.96Y	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	228	B	15-16 200 Breast	
1:11.53Y	1:11.53Y	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	248	B	15-16 100 Medley	
2:16.91Y	2:16.91Y	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	268	B	15-16 200 Free	
41.92L	41.92L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	288	B	15-16 50 Back	
1:02.54Y	1:02.54Y	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	308	B	15-16 100 Free	
Day 2 Session 4 Max Entries this Session IE = 4 Rel = 1 Comb =								
2:33.10Y	2:33.10Y	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	528	B	15-16 200 Medley	
37.34Y	37.34Y	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	548	B	15-16 50 Breast	
NT	NT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	568	B	15-16 200 Back	
27.80Y	27.80Y	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	588	B	15-16 50 Free	
1:12.76Y	1:12.76Y	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	608	B	15-16 100 Fly	

Hit the “Save Changes” button in the lower right corner, and your swimmer is all signed up for the meet!

f	Gen	Event	Qualify Time
52B	B	15-16 200 Medley	
54B	B	15-16 50 Breast	
56B	B	15-16 200 Back	
58B	B	15-16 50 Free	
60B	B	15-16 100 Fly	

Save Changes

Keep in mind, your swimmer will only be able to sign up for 4 individual events per day, in most cases, excluding relays. Coaches will set up relays, so you won't need to worry about signing up for those.

Meet Jobs (Volunteering)

Registering for the team means you agree to perform service hours for the club. (*Belen/Los Alamos families please contact your coach for volunteer requirements)

For meets that BEAST hosts every family will need to contribute in some manner. If your child is not swimming then your family can still contribute by providing snacks, drinks, or other requested items the week before the meet.

There are limited exceptions to this requirement, but proper planning should make this an achievable requirement for every single team member.

A BEAST families largest volunteer responsibility each year is volunteering at meets. All families, regardless of your outside commitments to the program, are required to volunteer. Meets cannot run without these volunteers, in turn our children cannot swim without these volunteers

At BEAST hosted meets, jobs range from Timer Coordinator (coordinator of volunteers for a specific meet), Hospitality Coordinator, marshal, runner/posters, timer, or working hospitality.

At away/travel meets, according to the size of our team entry, we are assigned a proportionate number of positions (mostly as timers) and will be fined if our volunteer requirement is not met. We will in turn bill the families that fail to volunteer the cost of those fines.

Working at a swim meet is a good way to meet other parents and increase your understanding and enjoyment of the swim program. Most parents find it more enjoyable to participate than to sit in the bleachers.

Remember, *many hands make light work.*

Volunteer Commitment: there are 2 parts to this requirement

To receive credit for any volunteer work you must sign up on our team website.

Pre-Team members are exempt from the Volunteer Commitment.

Part 1: Meet Support Requirements

2 credits per quarter are required from each family, participating in meets or not.

The quarters are divided as Sept-Nov, Dec-Feb, Mar-May, and June-August.

Meet Support Credits are earned by signing up on the BEAST Team Unify website and providing items to the designated location ON OR BEFORE the deadline to support BEAST meets or events. 1 sign up = 1 Meet support credit.

If there are no meet support opportunities offered during a particular quarter, no fees will be assessed to any accounts.

If a meet support opportunity is offered and your family chooses not to sign up/provide an item(s), then a \$50 fee will be posted and billed to your account on file at the end of the quarter. Should your swimmer withdraw from the team prior to the close of the quarter, your account will be billed upon withdrawal.

*Financial hardship waivers are available – please contact Brandi@beastswim.com.

Part 2: Volunteer Credits (required when participating in a meet)

We request 1 Volunteer credit per meet (for the first 2 signed up children)

In addition to the meet support of items, any meet your swimmer is signed up for will require a volunteer for a minimum of one session at that meet.

For Prelims/Finals meets if your swimmer qualifies for finals, you will need to be available to assist at both prelims and finals sessions.

Signing your child(ren) up for a meet means that 1 swimmer = 1 volunteer requirement.

Championship Meets note:

All parents of swimmers in Championship Meets – these are meets like the NMS Summer/Spring Finale, NMS State Championship, and even travel meets to out of state events such as COM, Arizona Fest or Zones, you will be expected to be a meet volunteer. If your child is swimming in finals, you may need to work MULTIPLE sessions. These meets do not count towards your volunteer requirement for BEAST meets. For Championship meets we are assigned a number of jobs we must fill based on the number of entered swimmers.

No swimmers in the meet = no volunteer requirement.

We do not always need volunteers but know that signing up a swimmer for the meet you are agreeing to help OR to find a replacement to stand in for your family.

We will use a lottery system for volunteer slots that are unfilled.

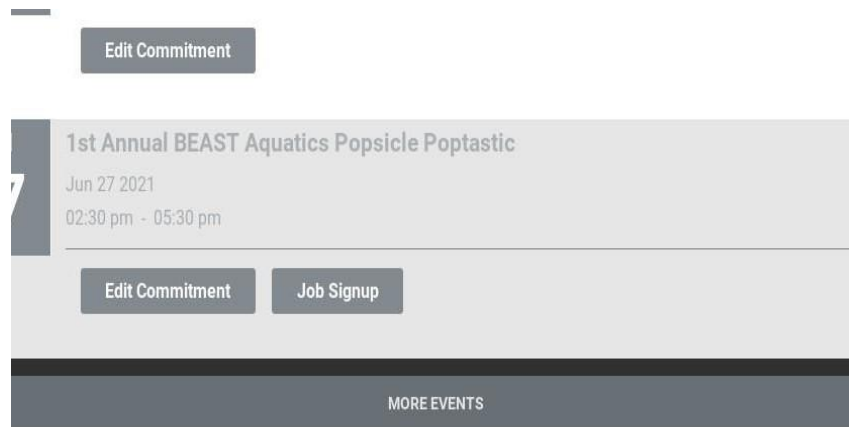
We request that you sign up to volunteer in advance on the BEAST website.

No family is exempt from this commitment.

Should you fail to work or have someone fill in for your family responsibility there will be a \$50 fee assessed to your family account for each slot missed.

HOW TO SIGN UP ONLINE FOR JOBS:

When we do have meet jobs to sign up, you will find them next to the “Edit Commitment” button on the meet announcement:



Once you click on the “Job Signup” button, you will see a page that looks like this:

Team Events

Note: If your Account name is printed right after the checkbox, you've signed up for that job. You do NOT have to "Sign up" again. You, however, can use the "Remove Sign up" button to remove the sign up if you no longer want to work on that job.

If someone else's name is printed, that job slot is not available for you to sign up (this is a first-come-first-serve system). You can only sign up for the empty slots shown as "_____".

Job Name/Notes	Time Periods Sign up
Starter If you can say "take your mark....go" you can do this job	06/27/2021 03:00:00 PM - 06/27/2021 05:00:00 PM(2.00 Hrs.) 1 Owen, Mary (Mary Owen 505-331-0912)
Timers Will time races	06/27/2021 02:45:00 PM - 06/27/2021 05:15:00 PM(2.50 Hrs.) 1 Kopacz, Kimberly (Kevin Kopacz 505-238-9567) 2 Hahn, Sarah 3 Griego, Sandra 4 Melendez, Monique (Marcos Melendez (5054903339)) 5 Berenson, Jessica (Jessica Berenson (Amadeo and Lucas Sandoval)) 6 Rosandich, Peter (Brenda Gossage) 7 _____ 8 _____ 9 _____ 10 _____ 11 _____ 12 _____ 13 _____ 14 _____ 15 _____ 16 _____ 17 _____

Just click on the place you want to volunteer, and then click on the signup button, and you're set!

Participating in a meet hosted by NM Swimming, such as NM Spring Finale, Summer Finale, NM SC State or NM LC State will not count for BEAST Volunteer credit. Those meets are hosted by New Mexico Swimming – ALL TEAMS are REQUIRED to fill slots at these meets based on the number of swimmers participating. It is often a 1 for 1. So if you sign up 3 children you will need to plan to fill 3 volunteer slots (timing, running, hospitality, meet marshal ect)

We do have to provide a number of volunteers to the State Championship meet, based on the number of the swimmers we have going to state. Jobs like timing, marshaling spectators, working in hospitality, working as a meet official, and running time sheets are all jobs that can be done by families and older swimmers. If your swimmer is not attending State Championships, then you're off the hook! You will not need to provide service hours for that meet.

Bottom Line: ANYTIME you register a swimmer for a meet (ANY MEET) you should be sure to plan to be available to help in some capacity if asked.

HELP! I'm at a Meet! What Do I Do Now?!



Coach Doug, Coach Tyler, and Coach Sebastian at a meet in Midland, TX

Meets are really the heart and soul of BEAST Aquatics and USA Swimming. Almost every meet your swimmer participates as a member of BEAST Aquatics will be a USA Swimming sanctioned meet and run in accordance with USA Swimming rules. What that's like depends a lot on which season your swimmer is swimming, and what kind of meet they're swimming in.

Age-Group swimmers are any swimmers under 14. There are a few meets that are just for age-group swimmers.

Senior swimmers are swimmers 15 or over, or swimmers who have achieved senior meet times. Senior meet times are considerably higher than age-group times.

August through March is **Short Course** meet season. Short course (SC) meets are generally swum in distances of yards, and in increments of 25 yards, all the way up to the 1650 yard freestyle. The really long distances are only options for older, experienced swimmers, so don't panic if your swimmer is really young or a novice!

May through July is **Long Course** meet season. Long course (LC) meets are swum in meters, and in increments of 50 meters. Very young and novice swimmers have the option to not swim long course meets, although many choose

to do the 50 meter races, and there is a separate system of meets for younger and novice swimmers during long course season.

What Are the Different Types of Meets And Who Can Swim?

- **Novice/Beginner:** These are for our new and younger swimmers. There are no qualification times. If you are new to swimming these are the best meets for you. These meets usually offer a variety of 25, 50 and maybe 100 yard swims.
- **Open :** these are for all swimmers and generally do not require qualification times. Most meets are Open meets.
- **Dual Meet:** A meet between two teams only.
- **Intrasquad:** A meet that is only between members of our own team. These meets are usually non-sanctioned.
- **Invitational:** Typically a team is invited to participate in this kind of meet. They will almost always have qualification times.
- **Timed Finals:** This is where each event is swum as a final; there are no preliminary swims at this type of meet. Most of the meets you will be at are timed finals meets.
- **Prelims-Finals Meets:** Swimmers aged 11 and over swim a preliminary session during one part of the day, and the top 8 or 16 swimmers from each event in that session will be invited back to swim in finals that night. There are also usually one or two swimmers who are **alternates**, in case a swimmer does not participate in finals. Please see the explanation of “alternates” on pages 28-29.
- **Travel Meets:** Meets that are held away from the immediate Albuquerque area. Some meets are “travel on your own,” and some, especially out-of-state meets, are team travel meets. The coaches will send around information about what kind of meet it will be, on your

own or team travel, well in advance of the meet so you can make plans.

- **State Championships:** For most of our swimmers, this is the big one! There is a Short Course and a Long Course State championship meet. Swimmers in New Mexico must have a BB minimum qualification time to participate, unless they are invited to be on relays by the coach. Times for State are achieved at meets during the season. There will also be a limited number of swimmers who don't have state times, but may be tapped for relay teams at state.
- **Summer/Spring Finale:** There is both a Long Course and Short Course B Champ meet here in New Mexico. This championship meet is for swimmers who have a B qualification time. This championship is geared toward those newer to the sport.
- **Zones:** Zones are an invitational meet for age-group swimmers under 14, where the fastest swimmers in New Mexico form a team to compete at Western Zones Championships. Swimmers must have AA qualifying times and apply, or be invited, to swim at this meet.
- **Sectionals:** Sectionals are a Senior level meet for swimmers who have qualifying times, generally in the AAA to AAAA categories. Every team sends their own group of swimmers to sectionals.
- **Junior Nationals:** This is a meet for swimmers who have qualifying times above the AAAA level.
- **Senior Nationals:** Senior nationals are the national level meet for swimmers with qualifying times. From here the very fastest swimmers are chosen for the World Championships team and Olympic Trials.

- **Olympic Trials:** This is a meet for the very fastest swimmers in the nation who can meet qualifying times, held every four years. This meet determines who will represent the USA at the Olympic Games.

So What Are “Qualifying Times?”

Qualifying times are set by USA Swimming as benchmarks of how fast a swimmer is, according to age and gender. They range from “slower than B,” to AAAA. Every meet sets their own qualifying times, if they have them. New Mexico State

Championship qualifying times are currently at BB minimum, and will stay there until spring of 2024. There is also a page at the end of this handbook with the New Mexico time standards by age group and gender. Remember, during short course, times will be in yards, during long-course season, they will be in long course meters or short course meters.

200 IM SCM	2:57.54	2:57.54	15	99	"Slower than B"	ILOP DUND 6th Annual Pent	IL
50 FR LCM	29.88	29.88	15	429	"BB"	2017 ILOP WEST TYR Dive into S	IL
50 FR LCM	30.51	30.51	15	384	"B"	2017 ILOP CWAC Summer Sizzle	IL
50 FR LCM	30.99	30.99	15	351	"B"	2017 ILOP PAC Memorial Day Mel	IL
2017 WI							

USA Swimming Times Search results listing a swimmer's qualifying times

The most relevant time standard for most of our families will be the New Mexico State Championship times located on the New Mexico Swimming page, under the “Athlete Info” tab. Motivational Times, which gives the time standards for B, BB, A, AA, AAA, and AAAA times is located on the USA Swimming page, and a copy of those times are included at the back of this handbook.

Why Should My Swimmer Swim At Meets?

First and most importantly, meets are fun! Meets are a chance for athletes to test themselves against athletes of similar age and skill, and it's an important chance for them to test their progress against their own times, and see how much better they're swimming.

Meets are also a chance for us to come together as a team to support our teammates and our friends, and to show our team spirit and unity. Although we swim individually, BEAST swimmers are first and foremost members of a team, and all individual scores make up a team score.

Lastly, and perhaps the most crucial element of meet swimming, is that it gives swimmers a chance to develop skills such as time management, learning how to manage joy, disappointment, and good sportsmanship. These are all important skills in swimming, and attending meets is where swimmers practice how to do these things.

How Many Meets Should We Swim?

As many as you can!

How Do I Choose Events For a Meet?

When in doubt, always talk to your coach. They know your swimmer's skill and ability better than anyone else and can advise you what events your swimmer should be swimming. Most meets allow four events per swimmer per day, excluding relays, so let them swim as much as they can.

Encourage your swimmer to try new events and distances. As our swimmers grow and develop better skills, they very well might find that a stroke or distance that they don't like, or swam with little success in the past, is suddenly fun and easy for them. They might surprise themselves; one breaststroke sprinter of our acquaintance suddenly began chalking up some fast times in the 500 free and the mile unexpectedly, and ended up qualifying to swim them at state!

What Events Are There To Sign Up For?

There are 4 basic strokes: freestyle, breaststroke, backstroke, and butterfly. All four strokes are combined into the Individual Medley (IM). Each stroke has their own events based on distance:

- 50, 100, 200 yard/meter backstroke
- 50, 100, 200 yard/meter breaststroke
- 50, 100, 200 yard/meter butterfly
- 50, 100, 200, 500/400*, 1000/800*, 1650/1500* yard/meter freestyle
- 100, 200, 400* Individual Medley

*only for older swimmers. If you have a swimmer who wants to try one of these events, please be aware that you will need to provide two timers and a person to count laps for your swimmer for the freestyle events! There are usually other families waiting for the same events, so you can usually enlist other BEAST families and swimmers to help out.

There are also relays, which are set by the coaches. In a relay, there are four swimmers who each swim a specific distance. Medley relays are assigned by stroke to the swimmer (back, breast, fly, free) and in free relays every swimmer swims freestyle.

- There are 100*, 200, and 400 medley relays
- There are 100*, 200, 400, and 800 freestyle relays

*these are typically only swum by 10 and under swimmers

How Does a USA Swimming Meet Work?

- **Psych Sheets:** A psych sheet is a listing of where swimmers are expected to place in each event, based on seed times. These sheets are emailed to team members a couple of days ahead of the meet by our coaches. This does not have swimmers' heat and lane assignments.

- **Heat Sheets or Meet Programs:** This is a packet that you will need to purchase from the host team; they will have a place to buy them. They usually cost about \$5- \$15, depending on how long the meet is. This program will tell you what event, heat, and lane your swimmer is in. Many families go in together on heat sheets and share them.

#16 Boys 7-8 25 Yard Freestyle					#41 Girls 11-12 50 Yard Backstroke				
Lane	Name	Age	Team	Seed Time	Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals Starts at 06:56 PM					Heat 1 of 3 Finals Starts at 08:37 PM				
1	Grubbs, Liam	7	FINS-GA	20.97	1	Connell, Sarah	12	FINS-GA	51.22
2	Plantamura, Nicholas	8	PRC-GA	17.73	2	Schmidt, Erin	11	PRC-GA	46.20
3	Hill, Michael	8	FINS-GA	17.84	3	Lee, Madison	11	FINS-GA	42.01
4	Hodell, Riley	8	PRC-GA	17.24	4	Hergott, Laura	12	PRC-GA	40.98
5	Wohlford, Nate	7	FINS-GA	18.72	5	Alexander, Berry Claire	12	FINS-GA	44.44
6	Monroe, Adam	8	PRC-GA	22.23	6	Miller, Paige	12	PRC-GA	55.72
Heat 2 of 3 Finals Starts at 06:57 PM					Heat 2 of 3 Finals Starts at 08:39 PM				
1	Wohlford, Ben	7	FINS-GA	25.03	1	Johnson, Nathalie	12	FINS-GA	54.34
2	Jay, Baxter	8	PRC-GA	23.23	2	McCray, Alexis	11	PRC-GA	NT
3	Epping, Abby	8	FINS-GA	21.06	3	Come, Sydney	11	FINS-GA	52.81
4	Hooker, Owen	8	PRC-GA	22.97	4	Tam, Rachel	11	PRC-GA	1:17.78
5	Howe, Graham	8	FINS-GA	24.45	5	Wohlford, Abby	12	FINS-GA	53.08
6	Holbrook, Charlie	7	PRC-GA	30.94	6	Mitchell, Karlee	11	FINS-GA	55.26
Heat 3 of 3 Finals Starts at 06:58 PM					Heat 3 of 3 Finals Starts at 08:41 PM				
1	Lee, Evan	7	FINS-GA	40.23	1				
2	Gault, Rob	7	PRC-GA	35.68	2	Farrer, Chloe	11	FINS-GA	NT
3	Copley, Caleb	8	FINS-GA	31.40	3	Grimes, Juliana	11	FINS-GA	58.38
4	Bentley, Bryce	7	PRC-GA	32.98	4	Gordon, Laura	11	FINS-GA	NT
5	Aveilla, Micael	8	FINS-GA	33.59	5				
6	Payne, Robert	7	PRC-GA	42.11	6				
#17 Girls 9-10 25 Yard Freestyle					#42 Boys 11-12 50 Yard Backstroke				
Lane	Name	Age	Team	Seed Time	Lane	Name	Age	Team	Seed Time
Heat 1 of 5 Finals Starts at 07:00 PM					Heat 1 of 3 Finals Starts at 08:43 PM				
1	Leubelter, Bailey	9	FINS-GA	18.50	1	Anna, Bryson	12	FINS-GA	56.57
2	Munger, Audrey	9	PRC-GA	14.45	2	Tarkenton, Chase	12	PRC-GA	41.57
3	Prescott, Mackenzie	9	FINS-GA	17.21	3	Adair, Justin	12	FINS-GA	42.50
4	Plantamura, Natalie	10	PRC-GA	14.13	4	Eisroff, Ben	11	PRC-GA	35.62
5	Wohlford, Rachel	10	FINS-GA	18.24	5	Baker, Connor	11	FINS-GA	48.72
6	Tarkenton, Olivia	10	PRC-GA	15.72	6	Strickland, Jackson	12	PRC-GA	43.95
Heat 2 of 5 Finals Starts at 07:01 PM									
1	Kennedy, Katelyn	9	FINS-GA	20.41					
2	Morgan, McKenzie	10	PRC-GA	16.60					
3	Alexander, Lily	10	FINS-GA	19.45					
4	Gilbert, Emily Kate	10	PRC-GA	16.38					
5	Blüch, Christine	10	FINS-GA	20.11					
6	Moak, Caroline	9	PRC-GA	18.95					

Sample Heat Sheet

- **Seed Times:** The swimmer's best time in an event. This is used to place swimmers with similar times together in heats.
- **NT** : Stands for "no time." If a swimmer has never swum in an event, then there will be a NT entered for them. If your swimmer has swum in a summer or city league team, their times will not carry over to USA Swimming.
- **Event:** Each meet is divided into **Events**. Each event is one swim stroke and distance. Examples would include a 50 freestyle event, a 100 butterfly event, or 200 backstroke event. Usually girls' events will go first, followed by boys' same stroke/distance events. However, there are some mixed gender meets where boys and girls will swim in the same events and heats.
- **Heat** : Which group of swimmers your swimmer will

swim with. These are usually swimmers with times closest to theirs. Heats are usually swum slowest to fastest; this is reversed for events 500 yards/400 meters and over.

- **Circle or Championship Seeding:** This is a special type of seeding, used almost exclusively in prelims-finals meets. The heats are seeded as normal, up to the top 24 swimmers in an event. The top 24 swimmers are in the last three heats, but the top seed swimmer is placed in the last heat, the second seed is placed in the second to last heat, and the third seed is in the third to last heat.
- **Scratch:** When a swimmer decides not to swim in an event. In prelims-finals meet, the swimmer or their coach must announce a scratch with meet officials, usually within 30 minutes of the announcement of which swimmers are going to finals. Swimmers who are seeded in finals, but do not intend to swim finals must scratch or risk being disqualified from swimming the rest of the meet! Many teams are also imposing fines (\$\$) on no-show swimmers, so scratching is super important.
- **Alternates:** Alternates become important during prelims-finals meets, and championship meets. These swimmers are “stand-by” swimmers, in case a swimmer who makes finals cannot or does not participate in finals. Alternates will be announced when the finals swimmers are announced at the meet. State Championships will always have alternates announced, except for distance events.
 - ❖ **If your swimmer is announced as an alternate:** Alternates need to show up to the finals session, and warm up with the team. When the event is announced, alternate swimmers should report to the starters table, ready to swim, and make the starter aware that the swimmer is an alternate in case of no-shows, and wait by the officials.
- If all the finals swimmers show up to the blocks, then alternates will be dismissed without swimming.

- If a swimmer in the finals is a no-show, then the alternate will be told by officials that they are swimming and which lane they should go to.

It is very important that alternates report to the officials, and then stay close to the starters table! Everything happens very quickly at a meet where alternates are necessary, and the swimmer needs to be on top of things.

- **DQ**: AKA, the Big Bummer. DQ is short for disqualification, meaning that the swimmer's race will not count due to a rule infraction of some sort. The meet officials are responsible for making sure that swimmers follow the rules, and disqualifying those who don't. DQ's are reported to the coach, who then will work with the swimmers on improvements. Disqualifications are a fact of swimming life (even all the way to Olympic Trials!), and you should view DQ's as a way to work on managing disappointment and developing coping skills with your swimmer, not a personal failing on anyone's part.

Before The Meet

For day-long or multi day meets, very typically 12 and unders compete in morning sessions and 13 and overs compete in the afternoons. This is not always the case, so make sure you thoroughly read the meet information to see when your swimmer needs to be at the pool. **ALWAYS** arrive at the meet at least 15 minutes before the general warm-up time. There will always be a set time so swimmers can do a general warm-up. It is **very** important to make sure that your swimmer is there on time for warm-up! This helps get their muscles working and warm, and for swimmers to see what the competition pool is like (extra important for backstrokers!). There are usually separate lanes or sections set aside by the meet hosts, so swimmers can cool down and warm up after the general warm-up.

Parents and spectators will not be allowed behind the blocks at any meet, and at some meets they will not even be allowed on the pool deck, unless you are volunteering. Please respect these boundaries. If you have a young swimmer or one with a disability, you will need to talk with the coach about how to negotiate

this area. Don't get anxious though. The coaches and officials will do their very best to ensure that they get where they are supposed to go.

When you review the meet program, you need to make a note of your swimmer's event, heat, and lane numbers. Many swimmers use a sharpie to write their schedule on their arm: Sample Meet Program/Heat Sheet

#16 Boys 7-8 25 Yard Freestyle				
Lane	Name	Age Team	Seed Time	
Heat 1 of 3 Finals Starts at 06:56 PM				
1	Grubough, Liam	7 FINS-GA	20.97	
2	Plantamura, Nicholas	8 PRC-GA	17.73	
3	Hill, Michael	8 FINS-GA	17.84	
4	Hodell, Riley	8 PRC-GA	17.24	
5	Wohlford, Nate	7 FINS-GA	18.72	
6	Monroe, Adam	8 PRC-GA	22.23	
Heat 2 of 3 Finals Starts at 06:57 PM				
1	Wohlford, Ben	7 FINS-GA	25.03	
2	Jay, Baxter	8 PRC-GA	23.23	
3	Epping, Atley	8 FINS-GA	21.06	
4	Hooker, Owen	8 PRC-GA	22.97	
5	Howe, Graham	8 FINS-GA	24.45	
6	Holbrook, Charlie	7 PRC-GA	30.94	
Heat 3 of 3 Finals Starts at 06:58 PM				
1	Lee, Evan	7 FINS-GA	40.23	
2	Gault, Rob	7 PRC-GA	35.68	
3	Copley, Caleb	8 FINS-GA	31.40	
4	Bentley, Bryce	7 PRC-GA	32.98	
5	Avocilla, Misaël	8 FINS-GA	33.59	
6	Payne, Robert	7 PRC-GA	42.11	
#17 Girls 9-10 25 Yard Freestyle				
Lane	Name	Age Team	Seed Time	
Heat 1 of 5 Finals Starts at 07:00 PM				
1	Ledbetter, Bailey	9 FINS-GA	18.50	
2	Munger, Audrey	9 PRC-GA	14.45	
3	Prescott, Mackenzie	9 FINS-GA	17.21	
4	Plantamura, Natalie	10 PRC-GA	14.13	
5	Wohlford, Rachel	10 FINS-GA	18.24	
6	Tarkenton, Olivia	10 PRC-GA	15.72	
Heat 2 of 5 Finals Starts at 07:01 PM				
1	Kennedy, Kathryn	9 FINS-GA	20.41	
2	Morgan, McKenzie	10 PRC-GA	16.60	
3	Alexander, Lily	10 FINS-GA	19.45	
4	Gilbert, Emily Kate	10 PRC-GA	16.38	
5	Blitch, Christine	10 FINS-GA	20.11	
6	Moak, Caroline	9 PRC-GA	18.95	
#41 Girls 11-12 50 Yard Backstroke				
Lane	Name	Age Team	Seed Time	
Heat 1 of 3 Finals Starts at 08:37 PM				
1	Connell, Sarah	12 FINS-GA	51.22	
2	Schmidt, Erin	11 PRC-GA	46.20	
3	Lee, Madison	11 FINS-GA	42.01	
4	Hergott, Laura	12 PRC-GA	40.98	
5	Alexander, Berry Claire	12 FINS-GA	44.44	
6	Miller, Paige	12 PRC-GA	55.72	
Heat 2 of 3 Finals Starts at 08:39 PM				
1	Johnson, Nathale	12 FINS-GA	54.34	
2	McCray, Alexis	11 PRC-GA	NT	
3	Caine, Sydney	11 FINS-GA	52.81	
4	Tom, Rachel	11 PRC-GA	1:17.78	
5	Wohlford, Abby	12 FINS-GA	53.08	
6	Mitchell, Karlee	11 FINS-GA	55.26	
Heat 3 of 3 Finals Starts at 08:41 PM				
1				
2	Farner, Chloe	11 FINS-GA	NT	
3	Grimes, Julianne	11 FINS-GA	58.38	
4	Gordon, Laura	11 FINS-GA	NT	
5				
6				
#42 Boys 11-12 50 Yard Backstroke				
Lane	Name	Age Team	Seed Time	
Heat 1 of 3 Finals Starts at 08:43 PM				
1	Anna, Bryson	12 FINS-GA	56.57	
2	Tarkenton, Chase	12 PRC-GA	41.57	
3	Adair, Justin	12 FINS-GA	42.50	
4	Estroff, Ben	11 PRC-GA	35.62	
5	Baker, Connor	11 FINS-GA	48.72	
6	Strickland, Jackson	12 PRC-GA	43.95	

Now, what do I need to write on my swimmer's arm again...?

#23 Girl 15-18 50 Yard Freestyle				
Lane	Name	Age Team	Seed Time	
Heat 1 of 2 Finals Starts at 07:30 PM				
1	Kandy Ezell	16 PRC-GA	NT	
2	Jenny Herbert	17 CSP-GA	32.42	
3	Erin Hodell	15 PRC-GA	34.53	
4	Emma Nelson	15 CSP-GA	30.20	
5	Sarah Knapp	15 PRC-GA	42.49	
6	Elizabeth Capers	17 CSP-GA	33.62	
Heat 2 of 2 Finals Starts at 07:32 PM				
2	Caroline Dekle	15 CSP-GA	NT	
3	Maggie Kate Mosley	15 CSP-GA	35.37	

What should it look like on my swimmer's arm?

Be sure to write *all* of your swimmer's events on his or her arm!



Each swimmer gets their cap and goggles and goes to check in with the coach before warm-ups begin. This is so they can find our warm-up lanes and get any last minute information from the coaches. At the beginning of warm-up, swimmers will be asked to enter the water with a three point entry: sit on the side of the pool and slide into the water feet first. **NO DIVING!** The coach will give the swimmers a general warm-up.

After the first 20 minutes or so of a warm-up, the meet referee will announce which lanes should be cleared for **dive starts**. Swimmers will practice starts from the blocks and the water (for backstrokers). Swimmers will do a start, swim to the end of the pool, and then exit the water. They will walk around to the blocks again to practice more starts until the end of the warm-up is announced. Swimmers will clear the competition pool, and return to their seats until their events are up.

During the Meet

You and your swimmer will need to pay close attention at this point, because things tend to move quickly after the meet begins. Review your swimmer's events and heats with them, and make sure that they know where to go when their event starts. Before they move to their lane, each swimmer should check briefly with the coach for last minute instructions and encouragement. A

good rule of thumb is to have them check with the coach about 3-4 heats before their swim.

After they have checked in with the coach, your swimmer will go to the lane they are assigned. They should start heading to the blocks around 2-4 heats before their race starts. If it's 50's, go earlier. If it's 400's, they have a little more time to make it to their lane.

When they get to their lane, have them check in with the timers in that lane to verify that they are in the correct spot, and to let the timers know that the swimmer is nearby. There are usually chairs located behind each block; your swimmer should sit in the chairs quietly until their heat is called to the blocks. When their heat is called up, the starter will blow five short whistles, and then one long one. At the long whistle, swimmers either get on the blocks, or in the water in case of backstroke or an in water start.



After The Race

After they have raced, your swimmer will stay in the water close to the wall by the block, and wait until the next heat has started before they exit the water, unless specifically told to by a meet official. This is called a **flyover start**.

Swimmers should collect their gear (towel, water bottle, parka, sandals, etc.) from behind the block, and go to talk to the coach. The coaches will give the swimmer feedback on their race, and give them their times if possible. This is very important; coaches can forget things sometimes, so having immediate feedback just after the race will improve coach suggestions.

When they have talked to a coach, don't forget to have them swim a cool-down after the race. Summer and metro league coaches are notorious for wanting to keep swimmers out of the pool unless they are racing, but this isn't the case in USA Swimming. A proper warm-up and cool-down are absolutely necessary for your swimmer.

What Do I Bring to a USA Swimming Meet?

Chairs or Stadium Seats: In the days of COVID, when seating arrangements are more and more up in the air, ask a coach or another parent what the seating at the meet will be. Some pools will have bleacher seating, and others will have space for chairs. The meet information will often include what the host team/space prefers for seating arrangements because of COVID restrictions.

Highlighters, Pens, and Sharpies: For marking the heat sheets and writing your swimmer's events on their arm.

Snacks and Water: Swimmers will eat their weight in snacks, so focus on bringing healthy snacks like cheese sticks, fruits and veggies, granola bars and trail mix, and lots and lots of water. Avoid soda, candy, and chips, as these will sit like rocks in swimmers' stomachs, and slow them down.

Gear: Goggles, swim cap (even boys should have and wear a cap!), suit, towels, and bring extras of each; during the chaos of a swim meet things can go missing or get broken. A good swim bag is an excellent investment at this point in a swimmer's career. Our BEAST team store offers team bags that can be personalized with the swimmer's name on them.

Sunscreen: We don't swim many outdoor meets, but this is a must have for the few times we do.

Sweatshirt/Sweater/Swim Parka: Swimmers can go from overheated to very cold really quickly, even in the summer. Some kind of warm clothing is a must for swimmers.

A Book or Other Entertainment, For You and Your Swimmer: Events can drag on, so some sort of entertainment is important. Please avoid electronics; they can be super distracting, and meets really require something that can be picked up and put down easily. Consider bringing small, easy to learn card games; it's a great way to make friends!

Hearing Protection: It gets very loud at the pools during meets. If you have an infant or person with sound sensitivity, bring headphones or earplugs.

A Special Note For Summer Swim Parents

The staple of the summer swim family is the portable canopy/sun shelter for meets, to help provide shade for spectators and swimmers. Most pools that we will swim at are indoors, so you don't need to haul your canopy or sun shelter quite as often. BEAST typically only swims four outdoor meets a year, two in Las Cruces, two in Arizona. If you are going to these meets, a canopy or shelter is awesome to have. Check with other parents going to the meet and see if you need to bring yours.



Swimmers in the rain (and a little snow!) at the Lost Dutchman Invitational in Chandler, Arizona

Meet Fees and Travel Fees

For each event a swimmer competes in they are charged an **event fee**. These are also sometimes called **meet fees**. The fee is usually between \$5-8 per event. This charge will be billed to your card on file after the meet. Relay events are paid for by the team. If you need to miss the meet after you have signed up, you will still be charged, and the meet fees are non-refundable.

If you are traveling to out of state meets, there also will be a **travel fee** that is assessed to cover the travel fees for coaches going to the meet. The fee is coaches expenses divided by the number of swimmers attending the meet. This does not apply to meets where there are less than four swimmers attending; the club will pick up the travel fees in this instance.

Who are the officials, timers, etc for the meets?

We are! Parents, friends, and other family members **ALL** volunteer their time as officials, timers, runners, safety marshals, among other jobs, for our swim meets. Also, older swimmers can volunteer to do jobs like timing, running time sheets, and timing and counting for distance swimmers during sessions where they're not swimming themselves. Volunteers are what keeps this sport affordable for families. **PLEASE** volunteer cheerfully and often!

Meet Awards

As swimmers get older, it's not uncommon for ribbons and awards to no longer be given at meets, especially Open meets. Some meets may still give ribbons to younger swimmers, but not often.

Meet Scoring

USA Swimming works on a point system to score events and the meet.

- **Individual Events**

- ❖ First place: 9 points
- ❖ Second place: 7 points
- ❖ Third place: 6 points
- ❖ Fourth place: 5 points
- ❖ Fifth place: 4 points

- **Relay Events**

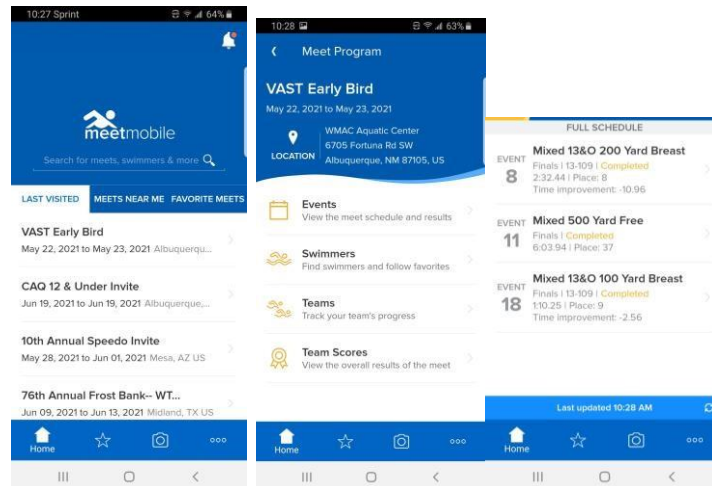
- ❖ First place: 18 points
- ❖ Second place: 14 points
- ❖ Third place: 12 points
- ❖ Fourth place: 10 points
- ❖ Fifth: 8 points

Although most meets don't give ribbons to swimmers, many meets will have a **Highpoint Award**, awarded to the swimmers with the most points for the meet.



Meet Mobile

There is a very helpful phone app you will want to have, called **Meet Mobile**, available for iOS and Android. Meet Mobile will let you review psych sheets for meets, results, times, track swimmers results and points, and team scores. The app is a pay app, about \$4 a year. We highly recommend Meet Mobile for the ease with which it tracks your swimmers and their friends and teammates times and scores.



USA Swimming – USA swimming membership (separate from a team membership is required as well. Please watch for emails from your registrar to make sure you complete your USA Swimming membership each year.

Good Sportsmanship

BEAST swimmers are known for their good sportsmanship, and we are justly proud of our swimmers friendships and camaraderie with swimmers on other teams.

- **DO** encourage your swimmer to congratulate and shake hands with their competition after races, regardless if they win or lose. They'll be seeing these swimmers over and over, and it's just good manners to be friendly.
- **DO** encourage your swimmer to make friends on BEAST, and among teams. This is one of the many positive aspects of club swimming- so many friends!
- **DO** make sure to clean up your seating area at meets, and encourage your swimmer to do the same. Pick up trash and return the area to good condition.

- **DON'T** tolerate bullying or negative talk about other swimmers, either BEAST or other teams, from your swimmer. These kids will be together for a long time, quite possibly many years if your child is swimming in high school, and this kind of talk is harmful to everyone on the team. If your swimmer is the one being bullied, please see a coach ASAP!
- **DON'T** take your frustrations out on the meet officials and/or coaches. We're all human beings and we're all working to make sure that every swimmer has a fair chance to succeed. If you feel that there's been an error, calmly point it out to the coaches, and they can have the necessary discussions with the meet organizers and officials.

Please review and become familiar with our Swimmers and Parents Code of Conduct Agreements on the site.

Withdraw from the program:

A withdrawal form **MUST** be completed and submitted to BEAST Aquatics on or before the 15th of the month before you wish to withdraw (i.e. December 15th to withdraw starting January 1). Withdrawal forms are available by clicking [here](#) or on the BEAST website. **ELECTRONIC WITHDRAWAL NOTICE USING THIS FORM MUST BE SUBMITTED, NO VERBAL/PERSONAL EMAIL WITHDRAWALS ARE ACCEPTED.** Should you withdraw without written notice, you will be charged an early withdrawal fee of \$50 per swimmer. USA Swim registration fees and Team fee are non-refundable. In the event that BEAST Aquatics shall not be held liable for any delay or default in the delivery of our services or any other obligation outlined in this agreement due to causes beyond our reasonable control. These causes include but are not limited to: repair of the facility, maintenance of the facility, special occasions, unusually severe weather, act of God, and acts of government. BEAST will use commercially reasonable efforts to remove the cause of delay and resume delivery of services as soon as possible.

We hope that this reference guide is helpful to all team members, however as stated at the beginning of this document, we are a new team and all things listed here are subject to change.