Many of our Bronze swimmers are now ready to compete in their first meet as a Team Rockland Swimmer.  As we get into our meet there are a few things that you will need to know and/or will be helpful as you transition into competition.  Below are a number of “Things to Know” about meets.  If you have any other questions, please feel free to contact me or our staff at any time. All info is also in our website.

**Where can I find meet info?**

* Meet info is posted on our website for all meets including meet location and Warm-Up/Start times.  The host team meet info for each meet is located in our “Meets and Travel” link.
  + Select MEET INFO to see what session your child is swimming and the Warm up times for that session.
  + Swimmers should be on-deck min. 15 minutes prior to WU time.
* Directions to all of our meets available on our website in the “Directions” link. It is also on the MEET INFO below the meet name.
* USA swimming Rules and Regulations prohibits non-athletes/coaches on competition pool deck. Only those with credentials may enter deck.
* Swimmers must check-in with a TRS Coach upon arrival to host facility.
* Although we would like them to stay to the end, they may leave after their last event.

**How do I know what my child is swimming**

* Individual and Relay Meet Entries are posted to our website 1 or more weeks prior to the meet date.
  + Go to our "Meets and Travel" link, scroll down to the meet, select MEET ENTRIES to see what events your child is swimming
* Your child's age group competes in either AM or PM session for each meet.  AM and PM age group start times are dictated by the meet host facility.
* All non-athlete/coaches must view races from the designated spectator areas.  Fee to enter spectator area varies at each facility.

**What happens if my child doesn’t know where to go or what to do?**

* At times, it may look chaotic from the stands but rest assured the kids are prepped and will know where they need to be.

We know they will be a bit nervous (it's normal).  In the event they are confused or don't remember where to go our coaches will be there to help them along if needed

**What time should we be there?**

* Swimmers are expected on deck 15 minutes prior to the start of warm-up for their session (See MEET INFO).
* Swimmers should look for our team banner when they enter pool deck.  If banner is not up they should look for team colors, coaches and/or swimmers.  We’re never hard to find.
  + Swimmers may leave pool deck to visit their parents with coach’s permission (we need to know where they are at all times).

**How long are the sessions?**

* Meets typically last approx. 4 hrs.

**What if my child can't attend a session or meet?**

Although we would like all swimmers to attend every meet we understand you may not be able to attend a specific meet or session.

* Please go to the Meets and Travel section of our website and scroll down to read and understand **Meet Entries,** **"Opt-Out"** (Opting out of a meet) and

**No Show/fines.**

* All those who know they cannot attend a meet or a session in a meet must notify Coach Holmes **AND** your coach via **EMAIL.** A text message is acceptable but only if a few hours before event. It ***must*** be followed up with an email. Failure to do so could result in being fined for the session.

**What should my child bring to a meet?**

* Team suit, team cap (2) and team t-shirt(s) are required.  All are encouraged to wear team clothing as well (sweatshirt, sweatpants, bags etc.), goggles (2 in case one breaks), deck shoes, 2 towels, and other warm clothing they may need.  They may also bring a small yoga mat, folding chair and/or small games to make their down time more comfortable.
* Healthy Snacks:  It is important to come to a meet prepared to keep their “engine running smooth” as they get ready for their races.  However, they are not there to eat - they’re there to race.  All swimmers are encouraged to come to meet with some good carbs (healthy) snacks/drinks.  This is good fuel for them.
  + Suggest a ziploc of their favorite cereal, pretzels and or other light snacks and water/Gatorade. NO CANDY OR JUNK FOOD
  + Concession stand food is typically not swimmer friendly.  Ex. soda, donuts and bagels are high in sugar and are difficult to digest in time for their race.

**As always, if you have any questions please don't hesitate to contact me or your coach.**

**See you at the pool,**

**Coach Holmes**