

BEAT THE MEET SHEET

BEFORE THE MEET:

Print out the “meet sheet” for the meet. This can be found on our website on that meet event page at http://www.seasidedolphins.net/EventsCurrent.jsp?_tabid=14555&team=pssea, or <http://www.pacswim.org> or <http://www.swimconnection.com>. Lots of information about the meet can be found on the “meet sheet.”

Make sure your child has a substantial breakfast that morning.

Arrive to the meet at least 15 minutes before warm-ups. If you are going to be late for any reason, please contact your child’s coach.

AT THE MEET:

CHECK IN-There is a “check-in” table that has a list of swimmers. They are divided into boys and girls, then in age groups. Each swimmer must initial their events per the instructions of the volunteer working there. Be prepared to show their Pacific Swimming Membership Card. The swimmer should write their event numbers on the top side of their hand.

Buy a program and highlight your swimmers events. Or bring your Swim Connection entry summary.

NEXT...

SET-UP-Find the location where the team has set up “CAMP”. We have teal and white canopies. We encourage all the team to sit together. The canopies protect our swimmers from sun that zaps energy or rain that gets them wet and cold. Some families have their own canopies and some bring the teams’ canopies. There is always a canopy sign-up list on line before a meet, so check that out to see if you can help out.

FIND YOUR COACH-If your individual coach is at the meet, find him or her. If your coach is not present, find one of the SEA coaches. They will either be at CAMP or at an SEA coaches’ table and canopy along the side of the pool. The coach will give you instructions for what warm up is and what time to get in.

WARM-UP...

WHERE? The lanes are sometimes designated for specific teams, or ages, or times. You will find that the swimmers are using the circle swim technique (swimming in a circle pattern in one lane) while others might be in a “push pace” lane per their coaches instructions. Practicing dives is done in designated lanes. You will move to that lane when your coach tells you to. It is important to obey all Marshals at pool side, they are there to help keep swimmers safe.

HOW DO I KNOW WHEN I RACE?

LANE ASSIGNMENTS-There are usually two or three different places in the general pool area where Lane assignments are posted. The races are run in numerical sequence. You need to watch the Lane Assignments for the posting of your event. They will usually post the first 3-5 events before the meet begins. It will have your name, heat and lane you are assigned to.

For example:

NAME	Heat	Lane
Fittro, Molly	1	5

Also, many times now there is a website that also has this information live. This will vary from meet to meet. If you were to miss an event, go to your coach immediately. There are different consequences depending the level of the meet.

WHEN SHOULD I GO TO THE BLOCKS?

BE ALERT- It is important for the swimmer to talk to their coach before each race. He or she will give advice on how to swim the event. The swimmer should see their coach right after the heat and lanes are posted. Girls are always ODD numbered events and Boys are always EVEN numbered. After talking to the coach, you can go behind the blocks and wait for your race (unless there is still a long period of time before the event).

WHAT IF I GET A DQ (disqualification) SLIP?

It is important to remember that swimming is a technical sport. It is not unusual for a new swimmer to get DQ'ed in an event. Even the most seasoned swimmer can get a DQ slip for a turn or stroke if the official declares it illegal. The most important thing is for the swimmer to not get discouraged or take this too seriously in the beginning. We often refer to them as "speeding tickets" to add a little humor to a stressful situation.

I HAVE FINISHED MY RACE, WHAT NOW?

HUG-Get a hug from mom, dad, and/or your cheering teammates.

WARM DOWN-Go warm down. Get your heart rate down. (ask your coach how much would be appropriate.)

COACH-Now go see your coach again so he/she can tell you what a great job you did.

ANYTHING ELSE THAT WOULD HELP ME BEAT THE MEET?

FOOD-Eat a little bit of healthy food between each race, and drink plenty of water. Chocolate milk is also a good "recovery" drink to have on hand. If the meet last for several hours, your child will need to eat little bits throughout the day. Only "big meals" if there happens to be several hours between events. Otherwise save the big meal for AFTER the meet.

DRESS-How you dress is also important. Even in the summer, it is cold in the mornings. Bring **LAYERS** and make sure your child has warm boots, a hat, and gloves at the winter meets. Staying warm between races is very important. During the summer if the weather is hot, stay in the shade as much as possible, keep cool, and drink **LOTS** of water.

AND FINALLY...

TIPS FOR SWIMMERS

1. Have a good attitude.
2. Do your best.
3. Listen and Learn.
4. Smile!
5. Have fun!
6. Receive lots of praise from the coaches and parents.

TIPS FOR PARENTS

1. Let the coach coach. Don't confuse your child by giving them your "words of wisdom."
2. Don't compare your child to others, and don't let your child do this either.
3. Encourage team sportsmanship. Have your child congratulate any teammates who happen to have a good swim.
4. Plan to take timing shifts for our team. When available sign up online ahead of time.
5. Support, encourage, and love your child....no matter what the results.
6. Stay positive and have fun!

GO DOLPHINS!!