

1. What Meets Can My Child Take Part In?

- **All Meets:** Most MAKO meets are open to all swimmers. Swimmers **must compete in their own age group** (no swimming up or down).
 - **8 & Under Meets:** Two **Friendship Meets** are just for 8 & under. They're fun, early morning events (done by 10am).
 - **Qualifying Meets:** Some meets require swimmers to meet **time standards**.
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2. How Do I Sign Up for a Meet?

- **Step-by-step via the Team Website:**
 - Click the meet link, sign in, and choose whether to **commit or not commit** each swimmer.

If NOT attending:

2. Click on swimmer's name.
3. Choose "No" in the Signup Record dropdown.
4. Click **Save Changes**.
5. Repeat for additional swimmers.

If ATTENDING:

6. Choose "Yes" in Signup Record.
7. View eligible events and best times. You do not need to attend all days of MAKO sanctioned meets, however there are meets labeled where the swimmer must attend the whole swim meet.
8. Check the boxes for events you want to enter.
9. Review time standards on the right side.
10. Click **Save Changes**.
11. Repeat for all swimmers.
12. The "Coach Approval" column will show **Pending**.

- **Important Notes:**

- Watch for **event entry limits** (click ">>View" if present).
 - Add any **notes for the coach/admin**.
 - Coaches/admins will review and **Approve or Reject** entries.
 - You can check approvals by signing in and clicking "**Attend This Event**."
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3. How Should We Prepare for a Swim Meet?

- Ensure your swimmer **knows their events** (heats/lane assignments). Use a **note card or write it on their arm**.
 - Pack **nutritious snacks** (fruit, granola bars, applesauce). **No candy**.
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4. My Child is Sick or Has a Conflict – What Do I Do?

- **MAKO-Sanctioned Meets:**
 - Email heatherhaddock@makoswimming.net AND your child's coach.
 - **Fees are refundable** only if you cancel **8+ days** before the meet.
 - **Fees are non-refundable** within 7 days.
 - **Non-Sanctioned Meets:**
 - Fees are **non-refundable after the entry deadline**.
 - Notify your child's coach about the absence.
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5. My Child is Missing Practice. What Should I Do?

- **Email your child's coach.** (Email list is on the team website.)
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6. My Child Forgot Equipment – How to Retrieve It?

- Alert your child's coach immediately.
- Check:
 - With the coach (they may have picked it up).

- **Lost & Found** at the front desk.
 - **Equipment bin** on the pool deck.
 - **Label all gear** to prevent loss.
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7. Can Coaches Prevent Swimmers from Using Locker Rooms?

- **No**, coaches **cannot restrict restroom access**.
 - Parents should:
 - Encourage kids to use the restroom **before practice**.
 - Discuss expectations for locker room use with their child.
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8. Can My Child Bring Food to Celebrate Their Birthday?

- Due to **allergy risks** and the **no-food policy on deck**, only **non-chocolate, bagged candy** is allowed for distribution.
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9. Will My Child Practice Diving if They Use the Recreation Pool?

- Yes, coaches will rotate pools to ensure all swimmers **practice diving**.
 - Until your swimmer is comfortable on blocks, swimmers may dive from the **side of the competition pool**.
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10. How to Keep Warm During Cold Weather?

- Recommendation:
 - **Slip-on shoes** (like insulated Crocs).
 - **Parka** (from the team store or any long coat with a hood – label it!).
 - **Towel**.