

# Swim Parent Tips

**Swim Suit Care** – Do NOT wash your team swimsuit. It will shorten the life span and fade the suit. As soon as possible rinse the suit in cool water and let it hang to dry. Do not wring the water out of the suit with excessive force. Don't use detergent. Don't put in a washing machine, even on gentle/hand wash cycle. Don't place them in a dryer. It is preferred that the swimsuits be used only for swim meets.

**The File Folders** – While a lot of communication is sent via e-mail and social media, sometimes there are things that need to be picked up, like swim meet ribbons. There are several plastic file boxes that will be out at most evening practices after our meets start. Always check your family's folder to see if you have something in there for you or your swimmer.

**Practice** – There are several goals during the practice. Our coaches work on endurance, strokes, turns, and starts. This is a building process and there are times that we can't work on all these aspects of swimming at once. If you have questions or concerns, please ask the team parent rep or head coach.

**Practice Schedule** – We realize that the practice schedule can be difficult with work, multiple swimmers, schedules, etc. Feel free to pick the time that works best for you. If you have multiple swimmers in different age groups you can have them all swim in the same practice session.

**Meal at Food Sponsors After Meets** – We try to reward our sponsors by frequenting their establishments. As part of this we schedule a meal at one of our food sponsors after our home meets. The schedule rotates among the different sponsors. We will announce during the meet where we intend to eat. This is optional to attend.

**Platinum/Gold/Silver/Bronze Swimmers** – There are four classifications of swimmers, Platinum, Gold, Silver and Bronze. Every new swimmer and every swimmer that changes age groups begin in the bronze division in every event. For a swimmer to become Platinum, Gold or Silver they have to swim a certain time at a meet. These time guidelines are posted on our website.

**Strokes must be performed correctly.** At each meet there are stroke and turn judges that will disqualify a swimmer if they perform a stroke or turn incorrectly. If your child is disqualified do not confront the judge; remember they are volunteering their time. They do not have a bias. As with most officiating different officials have different levels of tolerance in what they see as a disqualifying event. Here are some things to remind your swimmer:

- Both hands must touch the wall at the same time for Breaststroke and Butterfly
- With Breaststroke the swimmer must use a frog kick
- With Butterfly the swimmer must use a dolphin kick

**Volunteer jobs** – It takes a lot of volunteers to run a swim meet. As part of signing up your child to swim, we also need a commitment from every parent to do his or her part in running the meet. Please look at the different volunteer opportunities and see what areas you can volunteer to perform.

**Swim Events** – There are a total of five possible events: Freestyle, Breaststroke, Butterfly, Backstroke, and Individual Medley (IM). The IM consists of swimming one lap of each of the four different strokes. At each meet a swimmer can only swim in four events. We handle the meet signups online. By the deadline on the website you must select which events your child will swim. If you do not select we will assume your child will swim all but the IM.

**Swim Meets** – Swimmers need to eat a lot of carbohydrates the night before the meet, such as pasta. The morning of swim meets warm-ups begin before the meet. The warm up time varies at each meet. Make sure your swimmers rest during meet, do not let them burn up their energy running around during their down time. Also watch what they eat during the meet. Fresh fruit is the best option, even then not too much.

Swim meets are a little hectic and often pretty crowded; there are a lot of parents and swimmers at the meet. Most families bring chairs and sun shelters (if the meet is outdoors) and set them up for the meet (an advantage of being on the setup crew for our home meets is that you can setup your area the night before). Listen to the announcer on when to report to Clerk of Course. Your swimmer needs to go to the Clerk with caps on and goggles in hand.

Also each facility has its own set of rules. These will be communicated before the meet. If the meet is at an indoor pool you may want to bring extra towels, a sweatshirt or hoodie, and long pants to keep your swimmer warm. Warm muscles make for a faster swimmer.

**Warm Ups** - It is critical that swimmers come for warm ups before the meet. This gets the muscles loose and warm. There is an obvious difference in a swimmer's performance by missing warm ups.

**Swim Caps** – The Maumelle Marlin Swim Team will provide a swim cap to each swimmer. If it becomes damaged you may purchase a new one. Also, if you have a swimmer with long hair, you may want to purchase a Lycra cap to wear under the latex or silicon cap. This will reduce the amount of hair pulling that happens when the cap is removed. If you need help in learning how to put on the cap ask some of the parents that have been around. It takes a little bit of getting used to doing.

**Meet Of Champs** – The MOC is the last meet of the year and it is held at UALR. All Platinum, Gold, Silver and the top eight Bronze swimmers for each event are qualified for the MOC. Also additional bronze swimmers will be selected as needed in order to fill all the lanes. If a swimmer qualifies for the MOC they must pay ten dollar entry fee.

**End of year party** – At the end of the year we hold a swim party. The party is held at the pool. We present awards and let the kids swim. The highlight is the contest diving for quarters. We break the kids into different age groups, throw quarters in the pool and let them see how many quarters they can pick up.