



Swim Parent Handbook

Welcome to the Metro East Titans Swimming Team!

Philosophy

The focus of our team is youth athletes and competitive swimming. METS is a USA Swimming organized swim team dedicated to the instruction and training in the skills of swimming. We feel swimming will foster the development of love of sport, physical and mental fitness, and team unity through the challenge of competitive swimming.

The Swim Team Program

METS utilizes the Chuck Fruit Aquatics Center, in Edwardsville, IL. METS swims as a "unified" team with each swimmer competing for the team as a whole. Our website is available to all members of the club and general public. The website lists the names of the coaches, lists Titans records, information about upcoming meets and events, and other important information.

Contact Info

Bob Rettle-Head Coach

Cell: 618-407-7665

Email: metsswim@gmail.com

Other contact information for coaches and officials is available on the METS website.

Structure

Metro East Titans Swimming (METS) is a member of Ozark Swimming (OZ). Ozark Swimming is a Local Swim Committee (LSC) of USA Swimming. USA Swimming is divided into four Zones: Eastern, Southern, Central, and Western. Ozark Swimming is part of the Central Zone and is one of the 59 LSCs of USA Swimming. Each LSC has its own set of operating bylaws. A House of Delegates with representatives of athletes, coaches, members of the BOD and clubs is responsible for managing the business affairs of each LSC.

USA Swimming

USA Swimming is the National Governing Body for competitive swimming in the United States. As the governing body, USA Swimming is responsible for the conduct and administration of swimming in the United States. USA Swimming has the responsibility to formulate rules, implements policies and procedures, conducts national championships, distributes safety and sports medicine information, and insures the development of members clubs and age group swimmers. USA Swimming is responsible for the selection of USA National Teams, which compete at the Olympics and World Championships as well as other international competitions.

General Information

The Coaching Staff

The Coaching Staff includes one Head Coach and several lead group coaches. Coaching Staff members are remarkable in their skill, knowledge and dedication to our swimmers. It is therefore important to understand their coaching philosophy and give them your support. Always feel free to

contact your coach at appropriate times if any questions or concerns arise with respect to you, your swimmer or your family's participation in METS.

All our coaches have completed the following certifications as required by USA Swimming: Lifeguarding, First Aid and CPR, Safety Training for Swim Coaches-In-Water and Online, Athlete Protection Training, Concussion Protocol Training, and various educational courses. All coaches and officials have also completed a background check and athlete protection training.

General Coaching Responsibilities include:

- Presides over team practices and meets
- Provides workout plan for swimmers by age group and abilities
- Implements Team Policies
- Approves and submits entries to the host team by the established deadline using Meet Management software
- Educates and supervises assistant Coaches
- Determines the team's meet schedule
- Schedules coaches at swim meets
- Designs or oversees season training plans for all groups
- Hires coaches
- Attends Ozark LSC meetings and USA Swimming meetings
- Disburses meet information and results
- Communicates with member families
- Meet Director of hosted swim meets

In addition to the responsibilities listed above, all of METS coaches are committed to helping children develop a love of swimming, competition, and being a great contributor to the strength of our Team.

Parents

It is essential that all parents participate fully and share in the responsibilities associated with being a "swim team parent."

- Parents are responsible for supporting their child's attendance at practices and for providing transportation to and from swim practices and meets.
- Parents are responsible for running and staffing all METS hosted swim meets. ****See Volunteer Positions**
- Parents/swimmers are responsible for registering for each swim meet in a timely and appropriate manner.
- Parents leave stroke and race analysis to the coaches. Coaches welcome inquiries about your swimmer's progress at mutually agreed upon times.
- Parents are responsible for paying the club registration and training fees, swim team fees, and any additional fees in a timely manner (See Payment Info).

Athlete/Swimmer

- METS members should consider themselves to be ambassadors representing our great club, community and the sport of swimming. With this in mind, conduct should be exemplary at meets, practices and other team functions.
- The Coaching Staff sets a great example to our athletes regarding the respect of both

teammates and facilities and therefore takes a proactive stance on discipline. In the rare occurrence that behavior matters are deemed serious enough by the Coaching Staff, they may contact parent.

- General training rule: Come to the pool to improve your swimming, training, racing, and you will improve.
- Parent contact with the coach should be made a minimum of 15 minutes prior to or after scheduled practice sessions.
- The coach has the final determination in selecting the events your swimmer(s) will swim in a particular meet.
- The Coaching Staff will determine all relay entries (please note, relay teams are usually determined by fastest time combination.)

Volunteers

Our team plans to host a minimum of 3 open swim meets in the short course season and possibly a few intrasquad meets (see the schedule tab on the website).

These meets each require a large number of volunteers, and they are our team's major fundraiser. Your participation in all the meets is vital to our team's success. Keep in mind, there's not a single job that doesn't permit you to step aside to watch your swimmer's races.

We require that if your child swims in a METS hosted meet, at least 1 parent work 1 shift for every session your child swims. Intrasquad meets are typically only one session on one day. Open meets are anywhere from one (1) to three (3) day meets and have several sessions. Your child will not swim every session in such a meet. (If you prefer to work a session other than the one your child swims, this can also be done to satisfy your commitment.)

Volunteer Positions:

The following are jobs for which you may opt to perform and will find on the website several weeks before each meet.

Safety Marshal: Patrols the facility, ensuring the safety of swimmers and their families, i.e. keeping non-authorized persons off-deck, ensuring the facility rules are followed, etc.

Timer: Uses a stopwatch and a button to time swimmers in a single lane and records it on a timer sheet. Wear clothes and shoes that dry quickly.

Head Timer: Maintains extra stopwatches as a backup for other timers in case of a malfunction with their watches.

Announcer: Usually needed for Championship meets; announces top swimmers' names qualifying for finals; posts events on scratch table

Awards: Picks up labels from the computer room and places them on ribbons/awards and in the appropriate teams' bags; places METS swimmers' awards in their file folders

Hospitality: Helps to ensure that the hospitality room is stocked; may also pick up/deliver food; ensures water is available on deck for officials, coaches, and volunteers

Official: This job requires more of a commitment, such as attending a clinic and apprenticeship sessions; METS pays for all official related expenses and provides free meet fees for those sessions worked that their child swims (for METS hosted meets)

- Volunteer signups will be posted online before the meet. Please try to arrive 15 minutes before start time to receive instructions.

Communication

Website-metsswim.com-Please check out the Documents section for Policies and Procedures and other information, Swim meets will be posted under Events and Schedule

Facebook- METSSWIM

Email-via Team Unify email or coach contact emails

Remind- please send a text to: 81010 with this message: @bobret

Face-to-face-Before or after practice or at pre-arranged times

Management of Inappropriate Behaviors

The management of inappropriate behaviors shall include but not be limited to:

1. Coach will issue a verbal warning.
2. Coach will request swimmer to serve a 5 minute "time out" on the pool deck if verbal warning is ignored.
3. Coach may request a swimmer "get dressed" after 3 time-outs in one session have been unproductive. Swimmers are expected to wait in the pool area until parent picks them up.
4. Coach may request meeting with parent(s) if inappropriate behaviors continue and/or if they interfere with the effectiveness of the program.
5. Parents are expected to assist in the management of their swimmer's behavior. Parents should recognize their swimmers' efforts and encourage the development of positive attitude toward the program.

Policies & Procedures & More Info

More information is available on the documents tab of the website including Stroke & DQ info, Terminology, and METS Policies & Procedures.

Practice Info

- Practice times are located in the registration packet and in the calendar on the website. All practices are held at the Chuck Fruit Aquatic Center, 6168 Center Grove Road, Edwardsville.
- You may drop off your swimmer(s) at practice and pick them up afterwards or you may stay to watch practice. If you would like to remain for practice, please sit in the upstairs spectator area. ****See Parking Lot Policy**
- Swimmers can change in the locker rooms and keep their stuff in a locker during practice or arrive already dressed and ready for practice. **It is advisable to use a lock to secure all belongings.**
- Swimmers are allowed to have a bottle of water, Gatorade, etc. on deck to drink during practice to keep them hydrated as long as it's not disruptive. Please label all belongings.
- Swimmers should arrive no earlier than 15 minutes prior to their scheduled practice time and should also be picked up promptly at the end of practice time.
- Swimmers should be ready to swim five minutes prior to the start of their practice time.
- Occasionally, practice may need to be cancelled due to a swim meet. Email notification will be sent prior.
- During practice times, swimmers should never leave the pool area without notifying a coach beforehand.
- Any swimmer who must leave the pool before practice is over (i.e. illness, forgot swim suit, etc.) must be picked up immediately.
- Please encourage your swimmer to use the restroom before practice to minimize disruptions to practice times.

Parking Lot Policy

This parking lot is shared with the wrestling center. There are spots to park and wait for your swimmer. If your child has contacted you by phone that he or she is ready to be picked up, you may drive through the lot and pick them up. Please do not park in the driving area of this parking lot. This prevents others from finding a parking spot, prevents those who did have a parking spot from leaving and it also blocks the fire lane.

Practice Bags/Equipment

Recommended items to bring during practice include:

- Water in a plastic bottle
- Practice swimsuit
- Caps
- Goggles
- Towel and clothing appropriate for the weather

Additionally, the following is recommended equipment for each group:

Tiny Titans	Age Group	Junior	Senior
Long blade fins	Short blade fins	Power Fins	Power Fins

Snorkel	Paddles	Paddles	Paddles
Mesh equipment bag	Snorkel	Snorkel	Snorkel
	Mesh equipment bag	Mesh equipment bag	Mesh equipment bag
		Ankle band	Ankle band

Payment Information

Requirements

Prior to joining the swim team,

- Registration must be completed through the website: metsswim.com. A registration fee is due per swimmer annually and covers items such as t-shirts, caps, and website processing fees.
- A valid payment method (credit card or bank account) must be saved on the family's account.

Training Fees

Training fees vary depending on groups. These fees can be paid in full at the time of registration, or payments can be divided into monthly installments.

Swim Meet Fees

All fees pertaining to a particular swim meet will be listed in the Meet Information packet. The team pays the fees to the hosting team for participation. Once swim meet entries are finalized, there is no opportunity for refunds.

Swimmer Surcharge Fee

When attending a swim meet, the host meet will charge a surcharge fee. This is a flat fee that is paid per swimmer just for attending the meet. It does not matter how many sessions or events are swum by the swimmer. This fee can range from \$12-\$20. Refer to the Meet Information packet for the exact amount.

Individual Event Fee

When attending a swim meet, each swimmer will pay a fee either per each event or per splash. The more events your swimmer is signed up for, the more you will pay in fees. This fee can range from \$5-\$7. Refer to the Meet Information packet for the exact amount.

Relay Fee

This is a fee that is paid if your swimmer is on a relay team. If so, you will pay 25% of the fee that is listed in the Meet Information packet.

USA Swimming Registration Fee

Every swimmer must be registered with USA Swimming. This charge (\$82 valid through 12/31/2025) will be invoiced to your account at the time the club registers your swimmer.

Payment Setup/Changing Payment Methods

You should have saved a payment method during the online registration process. If you would like to change your payment method (i.e. updating credit card info or switching from credit card to ACH payment):

- Sign into your account on metsswim.com.
- Click on “My Account”-> “Account Info.”
- Click on “Payment Setup.”
- Add credit card or bank account from there.
- Make sure to save any changes.

Payment Types

- Fees associated with your account: These are everything that is invoiced to your account, including installments for training fees, swim meets entry fees, and USA Swimming registration fee. These fees will automatically be processed to your credit card or bank account on the first of every month for the previous month’s invoiced fees. For example, everything invoiced to your account from September 1-September 30 will be charged to your card or bank account on October 1.
- On Demand Payments: These are for payments that you choose to make outside of the automatic monthly processing and must be done by credit card.

The “Process” from Email to Swim Meet Results

Email Notification

Once the information for a meet is loaded to the website, you will receive an email to notify you that the meet information is available, and you can commit/not commit to a swim meet. This email will also have links and instructions on what to do.

Event/Meet Decision Time

Review the meet packet, located on the website, under the event, (or under the schedule tab) and decide if you are attending this meet or not. If not, update the website to state that you are not going. If you are going, decide what events your swimmer is going to swim or leave a note for the coach to pick events for your swimmer.

Note: Watch deadlines for signups!

NOTE: Please enter if you are attending the meet or not. It helps the coach know who is going to be there and to ensure that you are seeing the emails about the meets.

The coach has the authority to change, add or delete events that you entered for your swimmer. Make sure you check on the website a few days before the meet to verify the events your swimmer is in. Any changes will say “Admin Entered”.

Once the deadline is passed, the coach will review and approve the events. If they are marked approved, you know that your swimmer is in that event.

Relay events are also entered by the coach and this usually occurs a few days before the meet. A week before the meet start date, start checking the website daily to see if your child has been entered in any relay events. Any relays will say "Admin Entered" above the events on the website.

Travel Plans

Depending on where the meet is, you may need to stay overnight. We have a lot of early morning warm up times, and it may not be feasible to get up and drive the distance. Once the meet schedule is out, try to decide what, if any, out-of-town meets you want to attend, and book your hotel early. If you decide later to not attend, many hotels have a no-charge for cancellation policy.

Before You Go

A few days before the meet, go through a checklist to make sure you have everything you need.

- Hotel reservation (if needed)
- Directions to the meet
- Heat sheet (if provided prior to the meet) ****see Heat Sheet**
- Warm up assignments ****see Warm Up Assignments**
- Swimmer's bag checklist **** see What to Take to the Meet**

What to Take to the Meet

- Water in a plastic bottle
- Swimsuit, cap
- Goggles-please bring extra pair if possible in case they break
- Towels-please bring at least two
- Sweatpants/T-shirts/sweatshirt/Parka-consider bringing multiple as they usually get wet; dress in layers
- Shoes-including flip flops, slides, or sandals for on the deck
- Blanket/something to sit on
- Snacks-Concessions are usually available at meets
- Heat sheets if available beforehand
- Please check the meet packet beforehand to see whether chairs and coolers are allowed.

NOTE: Please do NOT forget to bring your items home at the end of the meet!

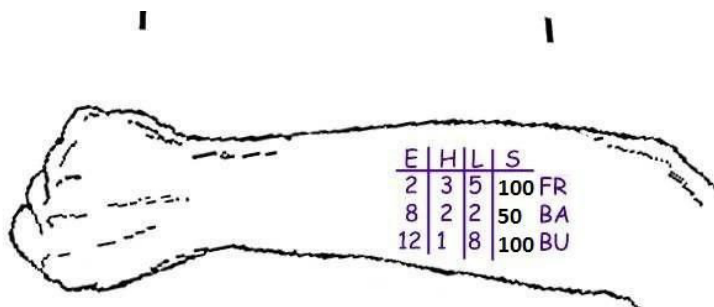
At the Meet

When you arrive at the meet, find the team crash area (if there is one) or spectator area. Swimmers usually stay on deck or with parents in the spectator area. Find a spot to sit in for day and setup chairs (if allowed), blankets, etc. This space is usually extremely crowded so please try to keep your area compact and do not spread out. We have a small space for a lot of people. Please pay attention to

details concerning spectator seating usually found in the meet packet.

Get a heat sheet if it wasn't provided to you before the meet. Find all the events your swimmer is in and highlight them on the heat sheet. Locate all the events for your swimmer's age group, just to make sure you didn't miss anything-especially potential relay events. For younger swimmers, it's helpful to mark your swimmer's arm, using a Sharpie, with their events .

Event, heat, lane and stroke information for each swimmer will be listed on the heat sheet. Use the illustration as an example for marking.



Don't forget to mark swimmers' arm as illustrated, with event number, heat number, lane number and stroke.

E= Event H= Heat L= Lane S= Stroke

When in the crash area (or spectator area), watch the time and listen for any announcements for warm ups. Most meets will announce when the warm ups are but just in case, watch the clock and send your swimmer out to the pool deck at the warm up time listed in the warm up assignments. Listen for any announcements.

METS Website

Website: metsswim.com

Signing In:

Click the "Sign In" button.

Enter your email & password and click the "Sign In" button.

Finding the Schedule of Meets for the Season & Results from Past Meets

Hover your mouse over the Schedule tab and select the applicable season. Upcoming events available for signups will also be listed under the Events tab.

Finding Meet Information

Click on the Swim Meet Name under the Events Tab to access any documentation on the meet that has been posted to the METS website. Additionally, info can be found under the Schedule tab on the website.

Select Events for a Swimmer

From the Event page, click the Edit Commitment button next to the meet. The button will be white if you have not accessed it before for this meet. Once you access it, the button will turn pink. If you have not previously selected events for the meet, the Member Commitment will say "Not Committed" and the Coach Approved section will be blank. Click the swimmer's name to enter your swimmer for a meet and select events. Click the Declaration dropdown and select No, if your swimmer is not attending the meet or Yes, if your swimmer is attending the meet.

****Please select Yes or No. This helps out the coaching staff.**

Once you click Yes, the events that are available to your swimmer are displayed.

*****NOTE:** You can select events for your swimmer or enter "Coaches choice" in the Notes and click Save Changes button and the coach will select the events.

If you choose to select your own events:

Many meets have limitations of the number of events a swimmer can participate in during a session. See the Meet Information Packet for the meet for this information or click the View link next to Maximum Event Entry Limitation on the screen. If you select more than the limit, an error message is displayed.

Click the checkbox next to the event that you want your swimmer to swim. If there is a qualifying time for the swimmer to have for a particular event and your swimmer does not meet that time, you will not be able to select the event, "Not Qualified" is displayed for the Entry Time and the font is in red. Qualifying times are listed under Qualify Time column on the screen. The times are given in short course yards, short course meters and long course meters. Your swimmer is swimming short course yards during short course season.

Y = short course yards

S = short course meters

L = long course meters

Once you have made your selections, click the Save Changes button. Your swimmer is now entered into the meet.

METS HOSTED Meets: These will be listed under the schedule tab of the website as METS under Host.

Finding Qualifying Times

For an individual upcoming meet that has qualifying times, these are usually listed in the meet packet for that meet and also next to the events when you are signing up your swimmer.

A list of USA Swimming National Age Group Motivational Times which are the most commonly used qualifying times are available on the website "Documents" tab. For example, some meets require a BB or Better, A or Better and so on. Once you open this document, scroll down to Short Course Yards, find your swimmer's gender, age group and event.

Finding Coach Contact Member

Click on "Coaches" at the upper left of the website (or at the bottom of the menu on mobile).

Swim Meet Info Packet

This swim meet packet provides you with most of the information you will need for a swim meet. It is posted under the meet event on the website, as soon as it becomes available (Go to the events tab on the website and click on the name of the meet). The meet packet will contain information about where the meet is held, directions, deadlines, event info, session info, positive check-in info, warm-up info, fees, event limits, start times, when and where the psych sheet will be posted, when and where the heat sheets will be posted or if they must be purchased, concession info, vendor info, where and when the results will be posted, award information, and facility rules and restrictions.

Warm Up Assignments

Warm up assignments are usually posted on the host team website and are posted on our website as well, when they become available under the Schedule tab. They are emailed to you as well. Check the Meet Information for where the host team will post warm up assignments. Warm up assignments list out what team is warming up at what time and in what lanes for each session. Teams do NOT always warm up in the same time slot or in the same lanes for each session. Make sure you check each session your swimmer is in for the correct time and lane assignment.

How to read a warm up assignment document:

- Find your swimmer's session(s)
- Look for METS within that session(s)
- Note the warm up time and lanes for METS

NOTE: This information may not be sent out until a day or two before the meet. Do not be alarmed if you are not seeing it. If you have any questions about warm-ups, feel free to email the coaches.

Psych Sheet

This document provides you with a listing of all the swimmers in a particular event. Swimmers are listed in fastest to slowest order. Swimmer's seed time (best time achieved) is listed along with their name, age and team. NT = No Time. This means a swimmer has no time on record for a particular event. This is NOT a heat sheet. This will give you an idea of where your swimmer stands in the event compared to all the swimmers in an event.

Heat Sheet

This document provides you with a listing of all the swimmers in a particular event broken down by heats.

Heats are generally set up where the swimmers swim slowest to fastest. Some meets swim fastest to slowest. Some do circle seeding which is the top fastest swimmers are placed in the last three heats in the middle lanes with the other swimmers in the outside lanes. This gives the swimmers a chance to swim against the fastest swimmers to achieve optimal time. Swimmer's seed time (best time achieved) is listed along with their name, age and team.

Swimmer's heat and lane assignment is listed. ****this is important****

- You will need this information to write on your swimmer so they know when to go to the bullpen and to ensure they swim the correct race in the correct spot.

Last minute changes to the heat sheet CAN occur. Do not panic. The Meet Director and other Officials will usually get the swimmer to the correct spot. If your swimmer swims in a lane that is different than the heat sheet, record their time and what lane they swam in and have the swimmer notify the coach.

Results

This document provides you with a listing of all the swimmers final time and place in a particular event. This may be posted at the meet or emailed and/or posted following the meet. Check the meet information documents for where a meet is posting their results. Please be aware, Meet Mobile has UNOFFICIAL results. If you think Meet Mobile has an inaccurate result, please wait until the meet is over and check the official results before contacting anyone with questions. Depending on the meet and how fast they get the times into the system, the results can take a while to be printed and posted.

DQ = disqualification. If a swimmer has a DQ by their name, they were disqualified in the event, their time is not recorded. The results sheet will not list what the disqualification is. The swimmer will need to talk to their coach to find out.

Swimsuits

Lap/practicesuits

- Used for training.
- Usually, have bold, colorful prints.

Race Suits/TeamSuit

- Used at swim meets.
- Have a much tighter fit. The swimmer wants to be as streamlined as possible when racing so race suits should be as snug as possible without sacrificing mobility.
- Usually solid or spliced colors.
 - METS uses a solid black swimsuit for their competition suit; however, this is not required.

Drag Suits

For boys, a drag suit is a pair of baggy brief-style trunks that competitive swimmers may wear over their normal suit to provide extra resistance ("drag") from the water. This allows the swimmer to get more out of their training than they would without a drag suit. Drag suits are meant to be worn over a long period of time to wear in the material and possibly tear the fabric. The more worn-in, torn or ripped the drag suit, the more resistance it provides the swimmer. Since drag suits make swimming more difficult, swimmers do not often wear drag suits in competition. For girls, some girls will utilize old suits as drag suits by putting them over top of another snugger-fitting suit.

Girls Suits

-Technical Suit/Knee skin

A kneeskin is a type of competitive swimwear worn by female athletes. Kneeskins are normally made of technologically advanced lycra-based fabrics designed to hug the body tightly and provide increased speed and decreased drag resistance in the water. The kneeskin is similar in design to the full bodyskin absent the leggings beyond the knee. **Used only during meets.** Only permitted to be worn during competitions by those 13 years of age and older

-Racer back

A racerback is a type of women's swimsuit design common today among competitive swimwear and incorporated into some types of women's clothing. The top-back of the swimsuit is not covered to provide flexibility and movement of the arms during swimming. **Used during practices and in competition.**

Boys Suits

-Jammer

A jammer is a style of swimsuit worn by male swimmers, used mainly in competition to obtain speed advantages. They are generally made of nylon and lycra/spandex material, but may be made of polyester, and have a form fitting design to reduce water resistance. They provide moderate coverage from the mid-waist to the area above the knee, somewhat resembling cycling shorts or compression shorts worn by many athletes. They provide greater leg coverage than swim briefs and square leg suits, although they also have slightly more water resistance.

-Briefs

A swim brief refers to any briefs style male swimsuit such as those worn in competitive swimming . Like underwear briefs, swim briefs feature a V-shape front and a solid back providing form-fitting coverage. They typically are worn below the lower waist. They are generally secured by thin banding at the upper thighs and either a drawstring around the waist or an elastic waistband.

Finding the Proper Fit:

It's very important that you size your swim suit correctly. There are many things to consider when searching for a properly fitting competition swimsuit. If you shop with [B&BAquatics](#), they will help you find the proper-fitting suit for your swimmer. You may be surprised in what you think fits and what your swimmer's real size is for competitive swimming.

Here are some helpful hints to ease your shopping experience:

- A properly fitting swimsuit should fit closely (snug) against your body
- Bunching at the seams or tightness and pulling at the straps and openings usually indicates an incorrect size
- You should be able to move freely without causing the neck or leg openings of the suit to stretch
- If the swimsuit is cutting uncomfortably into any portion of your body, try a different style, brand and/or size
- A common fit test is to lift the straps upwards off the shoulders.
- You should be able to lift the about one inch for a competition suit.
- When in doubt, move around in your suit to test out the fit. Lift your arms, legs, and shoulders until you're certain everything stays in place.
- As each body shape is different we strongly suggest that the swimmer tries on the suit to get the proper fit for their body.

Suit Care:

- It is advisable to take a shower before entering the pool. This allows fresh water to absorb into the suit first, helping to keep it chlorine free.
- After swimming, rinse the suit thoroughly with fresh water. Leaving chlorinated water on a suit allows the chemicals to eat away at the fabric.
- Hand wash suit
 - In a sink with cool water
 - Add just a tablespoon or less of mild liquid detergent or a suit cleaner. Don't use powders because they may not dissolve completely or rinse away well. And, never use bleach.
 - Turn your swimsuit inside out.
 - Swish with your hands for several minutes and then rinse well.
 - Gently squeeze - don't wring - the water out of the fabric.
- Swimsuits should NEVER be put in the washing machine or dryer.
- Spread your suit flat to dry in a spot out of direct sunlight.
- Never iron your suit.
- If there are wrinkles, dampen the suit and they will fall out.

- Be sure your suit is completely dry before storing.

Swim Caps

Swim caps are optional. There are two types: latex or silicone. Latex caps are thinner and stretch more. Silicone caps are thicker and more durable. The cap should be tight enough to remain on your head throughout a race or workout, but not so tight that it leaves a line or begins to hurt your head. Silicone are the preferred type of most athletes. A silicone team cap will be provided to each swimmer.

Where Do You Buy Swimming Stuff?

B&B Aquatics

<http://www.bbaquatics.com/>

Stores in Des Peres, MO and Chesterfield, MO.

They do swim suit fittings so your swimmer has the perfect sized suit to compete.

SwimOutlet.com

Swim2000.com

Poolweb.com

Speedousa.com

Different Meet Types

Swim Your Own Age

Swimmers will compete with other swimmers in their own age. Only 8 year olds swim against 8 year olds, only 9 year olds swim against 9 year olds and so on.

Age Group

Swimmers will compete with other swimmers in their age group. Generally 8 & under, 9-10, 11-12, 13-14 and 15-18.

Mixed

Males and females swim in the same events. Sometimes different ages and gender swim in the same events.

Pentathalon

All swimmers will swim 5 events – butterfly, breaststroke, backstroke, freestyle and individual medley (IM) – with the

IM swum last and seeded based on the combined times of the four individual strokes.

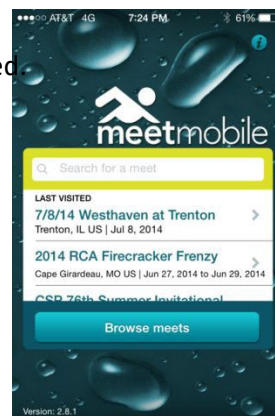
Sprint Meet (such as the METS Splash of the Titans)

All the swimmers aged 9 and older swim 50 yd events. Swimmers aged 8 and under swim 25 yd events. Nothing longer than a 50 yd is swam. There is a prelim/semi/and final for freestyle.

Helpful Apps

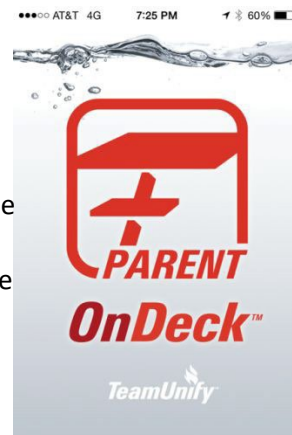
Meet Mobile

- Allows you to follow swim meet information as soon as it is updated. Often, Meet Mobile updates long before the results sheets are posted but please note meet mobile results are unofficial and may change.
- View pre-race rankings and heat and lane assignments as they become available/if they are available.
- View Individual and team scores.
- Follow Your Favorite Swimmers
 - Flag swimmers and/or teams as “favorites” and then easily filter down to see both completed results and upcoming schedules.



On Deck Parent

- Free application by TeamUnify.com
- Track your swimmer's times, best times, meets
- Convert times from short-course yard to short-course meters to long-course meters
- View meet results once they are entered & synced with your phone
- Track all your swimmers in your family
- Your login is the same as your login for the METS TeamUnify website



Frequently Asked Questions

1. **What is our team on documents?**
METS-OZ (OZ = Ozark LSC)
2. **What is the difference between a Psych Sheet and a Heat Sheet?**
A Psych Sheet lists all swimmers entered into each individual event in order of fastest to slowest seed times.
A Heat Sheet lists all the swimmers in an individual event by heat as well as what lane a swimmer will be swimming in.
3. **What is an event?**
An event is race or stroke over a given distance. For example: Girls 9-10 50 yd freestyle

4. **What is a heat?**

A heat is a group of swimmers in an event. One or many heats make up an event. A heat is determined by the number of swimmers in an event and the number of lanes a pool. If a pool has 6 lanes and there are 18 swimmers for an event (18 divided by 6), there will be 3 heats with 6 swimmers in each heat.

5. **What are motivational times?**

Motivational times are published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer. You can find these the most common ones on the website under Documents (USA-S 2021-2024 National Age Group Motivational Times)

6. **Why is the writing/numbers on swimmers' arms?**

Once you get a heat sheet and know what events, heats and lanes your swimmer is in, you may mark your child with a Sharpie with this information so your child knows what they are swimming

7. **What is long course and short course?**

Long course is swimming and competing in a 50-meter pool. It is a good way to build endurance in a swimmer due to the length of the pool over the late spring/summer months. Short course is swimming and competing in a 25-yard pool.

8. **What is the difference between a practice suit and a competition suit?**

A practice suit is a suit that is not too tight on the swimmer and is worn during swim practices. It may be slightly looser than competition suits to create drag, making the swimmer have to work harder so that when they race in their competition suit, they will go faster. A competition suit is generally a tighter fit so the swimmer can achieve the best time they can get by preventing the suit from creating any extra drag in the water.