

General INFO: We've had a some complaints: Please monitor children!

- You **must be ready in the quad at least 5 minutes before** scheduled practice time
- **NO PARENTS ALLOWED INSIDE THE POOL GATES**
- Parents must stay at the practice location with their swimmer under 13 years of age
- **No BALLS, Aerial Toys, Scooters, Bikes, or Pets allowed (We must respect the Manteca High School Campus)**
- Please keep waiting children out of the flower beds and bark areas
- All Swimmers **NEED TO BRING WATER**
- **Practice times are subject to change; remember to check MDST emails and texts.**
- While we all love to watch our swimmers, if we have non-swimming children on campus during practice, they must be closely supervised

SHIRTS & CAPS: T till 8, W 6:30-8, not Thurs. PM Amanda on FB is those times don't work.

SPLASH 4 CASH: money 5/12-15th at practice 5:30-8pm to Breanna Nobles. Cash or check preferred, Venmo also available @MantecaDolphins Must put swimmer name and Splash4cash. See email

SIGN UP FOR MEETS: Calendar, Team Events: Edit Commitment, & Job Sign-up (For Directions See website, Documents, Parent Resources, Signing Up For Meets Instructions)

- Declare if you are Attending OR NOT Attending a meet.
- If you are Attending, you must choose which events your child is swimming.
 - If you are only attending one of the two days be sure to only sign up for events/jobs on the day you are attending. Saturday=Day 1, Sunday=Day 2.
 - New Swimmers 12 & under are eligible at this point for Long Free (SAT), Back (SAT), Short Free (SUN), unless Coach has told the swimmer otherwise. (Check far left box)
 - Coach makes the final decision
 - If plans change, change your declaration up until the deadline 5/14.
 - If an emergency arises past the deadline, email us ASAP, preferably by 5pm Friday. We must receive notification before check-in.
 - **RELAYS** will be each afternoon. Saturday: Medley Relay, Sunday: Free Relay
 - Coach prefers everyone be available for relays
 - If you cannot be available, in the notes section put no relays for the day(s) you are attending. (Ex. No Saturday relays.) You will not be placed in a relay on a day you are not attending. We assume you are available if no note.
 - Not everyone who is available will be placed in a relay. Only kids who can qualify, and it is usually based on the fastest kids for a particular stroke. We are only allowed 3 relay teams per event (4 per team) for invites.
 - It is usually listed by Friday on your commitment page if you are in a relay, BUT THAT CAN CHANGE. Please check again each morning, and if you leave early from the meet, please check in at the team table to couple check your child did not get placed in a relay.

- Choose a **JOB**.
 - Each family attending MUST sign up for one job per day they are attending. If none are available, be prepared to be placed in a job at the meet. If not placed, be sure to sign up early next time. We keep track of who has/has not worked and make changes.
 - Thursday am: Parent Coordinator will review jobs and will assign jobs to any families not signed up for one already, until jobs are filled.
 - If eligible jobs are available and you choose not to sign up you may be fined.
 - To get first pick of jobs/time slots, sign up early!
 - Don't sign up for jobs that say: MUST BE TRAINED unless you are trained. You will be pulled out and placed in another job.
- READ Meet info for each meet. Under Calendar, Team Events, click on meet name.

Sign UP for TEXT MESSAGES

- If you are having trouble try to delete cell phone and carrier, hit save, log out and back-in, enter info again. Hit save. Click on Unverified. Send us an email if this is not working for you.

RECOMMENDATION ON WHAT TO BRING

- Same as last week. LOTS of water

ARRIVING AT MEET

- Gates open at 6am. No overnight security.
- Recommend arrival: 6am-6:45am for tent set up and warm ups. If no warm-ups required then between 6-7:30. Must check in by 7:45!! See map for our tent area.
- Check-in: 6:45-7:45.
- Warm-ups, 9&UP ONLY 6:50-7:10.
- Check-in closes at 7:45am! Without proper communication you will be scratched from meet.
- Starters or Stroke&Turn: go sign up on paper for your times/strokes at head table on deck early! Meeting time will be announced or listed on sign-up table.
- KICKBOARD RACE: Ages 8&U: 1st time swimmers or non-swim team swimmers. No sign-ups: join the far end of the pool on Sunday at 8:30am.
- TEAM MEETING 8:40am each day.
- JOBS: Parents need to be in place for 9am jobs by 8:50am. Please be ready at your job 10 minutes early throughout the day.

DURING MEET

- Meet begins at 9am. Last year ended at 3ish sat. and 2ish Sunday.
- No Parents behind the blocks.
- Pay attention to event numbers and listen for 1st, 2nd, and 3rd calls on events.
- Send your swimmer to check in at first call with goggles, cap, and towel.
- Show up 10 minutes early for your job.
- Monitor your children. No playing in bathrooms or off-limits areas of campus.
- Meet Mobile App will be available for heats, lanes, and results.

Memorial Day weekend is a bye week! Have FUN!!

QUESTIONS??