



# Swim

## **SURVIVAL GUIDE**

(Almost) Everything you need to know about swim season!

Once you get through your first meet, everything will make so much more sense!

Swim meets are large undertakings, run mostly by parent volunteers. The most important things to remember are to **be flexible, be kind, and have fun!**

It's ok to be a little confused at first. Don't be afraid to ask questions. **Triton families are amazing** and more than willing to help one another!

### 4 Essential Sources



#### **Team Handbook - [Click here](#)**

League & Team Rules  
Details on events & strokes  
Parent job requirements  
Tips and information



#### **Team Website - [Click Here](#)**

Event listings  
Essential Information  
Links to key information and sources  
Practice schedule



#### **Team Facebook Page - [Click Here](#)**

Essential and **real time** information  
Events and important information for the team posted here  
If we have a last minute cancellation, it's posted here  
Celebrations of swimmer and meets posted here



#### **Practice Schedule - [Click Here](#)**

Take note that Spring practice is by age group  
Take note that for Summer practice, families pick a practice time  
Swimmers need goggles, fins, & kickboards for practice