



Tips from a Team Parent!

Team Parents – Valuable Resource

- Each boys and girls age group are assigned 2-3 team parents.
- These volunteers are chosen to help organize the swimmers at all swim meets. Team parents generally sit in the team tents and are available to assist and answer questions throughout the meet.
- At the beginning of each meet, team parents will provide the assigned race and heat information for your swimmer. Please stop by your team tent during or shortly after warm ups to receive your swimmer's race and heat information.
- Team parents are a resource. They will organize and walk swimmers to the ready benches. Please make sure to bring your swimmers to the team tent 3 event numbers prior to your swimmer's event. For example, if your swimmer is swimming in event 10, you should bring your swimmer to the team tent by event 7.
- Make sure to exchange cell phone numbers with your team parent should there be a need to get ahold of you quickly.
- 6 & Unders- If you are a parent of a 6 & Under, please realize that the 6 & Under Free Relay is the very first event of the meet. Please bring your 6 & Under directly to the team tent IMMEDIATELY after the team cheer. The meet cannot start without 6 & Unders in place.

Swim Meets - What you want to know:

Swim meets are what you make of them as a family. They can be long days so you want to be prepared when you come to the pool. Here are some helpful suggestions:

- Expect to be there from 6:30 AM until roughly 2 PM. 6 & Under swimmers will generally complete all events by 12 PM.
- Parking at home and away meets can be an issue, so either plan to park far and walk everything in OR use the drop off lane in front of the pool to unload. (Wagons or like are great to cart items to and from the pool.)
- Conference/Non-conference meets: Meets begin and end with relays! Events are numbered by age group and stroke. See the [Team Handbook](#) page on the website for the order of events.
- Swimmers are placed (seeded) in event heats by their last best raced time. Heat 1 of each event seeds the fastest swimmers of each age group. If your

child does not have a time for a particular event, the coaches will seed swimmers based on their judgement.

- Your swimmer will swim 3-5 individual events each meet. (3 individual events/2 relays in any combination)
- Some swimmers may be chosen to participate in relays. The coaches will assign swimmers to relay races at the beginning of each meet.
- 6 & Under swimmers will swim a maximum of 3 events (2 individual events/1 relay)

What you should bring to each meet:

- Big items: a family pop up tent, folding chairs, blanket/tarp, and a cooler. (Tents can be shared if needed - ask a team parent!)
- It will be cold in the morning so be prepared! Bring sweats and wear extra layers in the morning and shorts and sandals for the afternoon.
- Wear your competition suit!
- Don't forget to bring extra swim caps, goggles, towels (2-3 per swimmer), and sunblock.
- Bring plenty of HEALTHY FOOD! Expect your swimmer to want a snack BEFORE, AFTER and in BETWEEN races. Healthy snacks, fruits, veggies, string cheese, yogurt, nuts, crackers, bagels, sandwiches and water are key! There most often is a concession stand, as well, if you would like to buy food at the meet.
- Bring entertainment items! There is a lot of down time in between swims. Swimmers are encouraged to rest and enjoy a calm activity to save energy for their races! Card games, coloring books, reading books, Legos, toy figurines, board games and parent approved electronics are great for small swimmers!

Swimmers- What to do after you swim an event!

- Head to the coaches' table to check if your time is a best time and whether you earned a coveted Piranha Bead!
- Warm up/Warm down if an extra pool is available. No playing in the pools.
- If it is your last scheduled event, check in with Coach Brenda before leaving for the day to make sure she does not need you for another event/relay.
- Set goals for your next swim meet!