



Welcome, Stingrays! We hope you find this packet helpful in answering some questions you may have about how a swim meet works. Meets can be really overwhelming the first couple of times and we want you to be as prepared as possible! *Be sure that you have the OnDeck app downloaded onto your phone*, as we use this application for many aspects of the meet (and the team in general!).

Who to contact if you have a question:

Stingrays President/Meet Director: Heather Johnson President@sacramentostingrays.com

Volunteer Coordinator/Stingrays: Courtnie Thomas VolunteerCoordinator@sacramentostingrays.com

Head Coach: Annie Santiago Headcoach@Sacramentostingrays.com

Computer/Colorado Chair: Sandy Santiago Computer@sacramentostingrays.com

Your volunteer committee chair

How to register for the meet

Registering your swimmer for the meet is simple and is done online. Your swimmer(s) **MUST** be registered for the meet by the Sunday before. No late additions will be able to be accommodated due the meet being seeded (events and heats filled by our coaches and computers team) on Wednesday.

1. Log in to your account at Sacramentostingrays.com
2. On the top menu bar, hover over 'meets, practice & events' and from the dropdown menu select 'declare/volunteer/events'.
3. Scroll down until you find the meet that you'd like to register for.
4. To register your swimmer, click on 'edit commitment'.
5. To register for your volunteer slot, click on 'job signup'.
6. Follow the instructions to complete your registration.
7. Make sure to check your swimmer and yourself in on the morning of the meet! Swimmers must be checked in by the deadline (see 'timeline' below) or they will not be able to swim.

Getting ready for the meet

Meets are early in the mornings on Saturdays. Be sure to get plenty of rest the night before!

Here's a list of things that you may want to bring with you:

Plenty of water

Breakfast

Healthy snacks

Cooler with ice

Cash (for the snack bar)

Pop-up tent
Tarp (to go under your pop-up)
Blankets
Chairs
Wireless/solar cell charger
Sunscreen
Hats
Battery operated fan/mister (Amazon!)
Something for your kids to do (i.e. a deck of cards, games, paper and crayons, legos, etc)

Here's a list of things that you may want to pack in your swimmer's bag:

Goggles
Back-up goggles
Towel
Back-up towel
Team suit
Practice suit (for warm-ups, it can get chilly in the morning)
Swim cap(s)

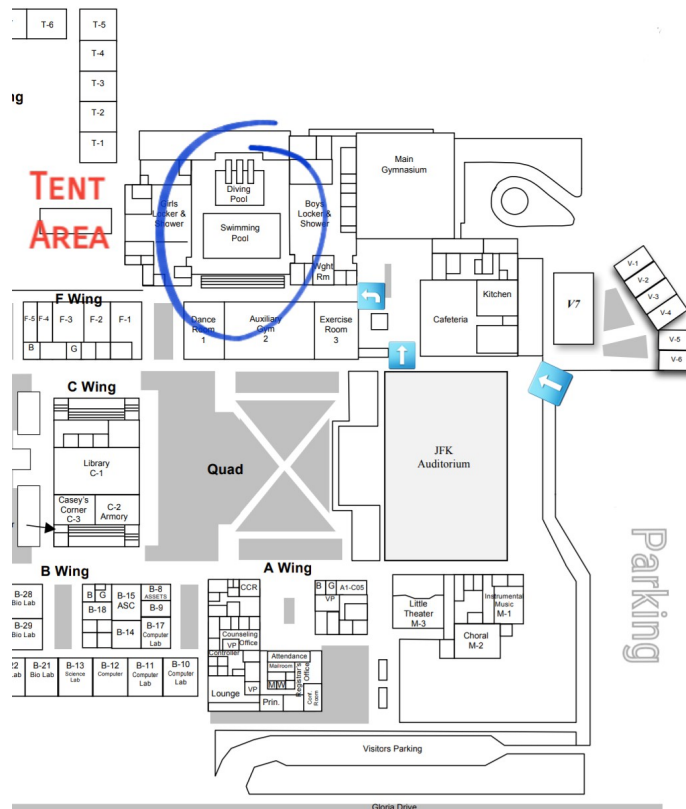
Pro Tip: Pack your car or set all of your things out the night before the meet. Scrambling at dawn is never fun for anyone!

What to wear to a meet

We encourage everyone to wear their Stingrays gear to the meets! Check out our gear shops and get your Stingrays pride going. It's fun to see parents in the Stingrays team colors at a meet! Make sure that you wear something cool and comfortable. Comfortable shoes are a must, especially for parents that do a lot of walking or standing during the meet. Don't forget your hat and sunglasses!

We encourage all swimmers to wear their official Stingrays suits. Although it's not required, wearing their team suits encourages team pride and camaraderie. If for whatever reason you do not have a team suit, please wear a suit in either solid black or solid blue.

Pool/set-up location and TEAM TENT info



You will see on the map above where the pool is located on campus. Tent areas for both teams are located just beyond the pool, in a grassy area. We recommend bringing shade, as this area is in full sun!

In the tent area, between our team's area and the visiting team, we will have a TEAM TENT. The Team Tent is going to be your one-stop location for any information you might need during the meet, or about the team in general. At the Team Tent you can:

- check in your swimmer for the meet (DO THIS FIRST THING!)
- check in for your volunteer shift
- listen for races being called for the ready bench
- get information about upcoming fundraisers
- ask questions
- locate the Meet Director, Volunteer Chair, or a board member
- check the meet program
- check race results
- and more!

Meet Timeline

We try to stick to a general timeline for each meet. Keeping the meet moving is very important, as we have lots of races to get through. For this reason it's very important to be sure you're aware of what is going on when, so that the meet doesn't get held up.

6am: Set up team arrives

6:15-6:45am: Stingrays check-in for swimmers AND volunteers (besides set up) at the Team Tent

***NOTE: Your swimmer MUST be checked in by 6:45am. If they are not checked in, your swimmer will NOT swim that day.** Unfortunately we cannot make exceptions to this, as immediately following check-in, the computers team needs to re-seed the meet (put swimmers into events, heats, and relays). Set up volunteers will check in after their job is complete.

6:30am: Computers/Colorado 1st shift to the computers table

7:10-7:40am: Stingrays warm-ups, by age group. Listen for your age group to be called and head to the back gate to enter the deck.

(7:45-8:15am: Visiting team warm-ups)

8:00am: Stroke & Turn and Timers meetings on deck. Other committees will also have meetings at this time, please check with your committee chair.

8:20am: Team cheer

8:25am: Timers to their seats, all other 1st shift volunteers to their locations

8:25am: Events 1-4 to the ready bench

8:30am: National Anthem and the meet begins!

Event 40: Shift change

Team Parents: All you need to know

For age groups 12 and under, your team parents will lead your swimmers through the meet. Before the meet begins, Team Parents will gather age groups and begin writing event and heat numbers on their arms. Note: For the first 10 events, you may not have heat numbers available. In this case, swimmers will be sorted into their heats by the Ready Bench.

The Ready Bench chair will let the Team Tent know what events are being called, and the Team Tent will call those events over the speaker into the team areas. Team Parents will then gather the children in their age groups that are swimming in those events, and will escort them to the deck. Parents of swimmers will then make their way over to the bleachers to watch the races. Please make sure that your team parents know where you are sitting so that they know where to come and find the swimmers! Don't disappear when your events are coming up, as your swimmer may miss their race. Please allow the team parents to escort your children and let them know if your child has any special needs that need to be taken into consideration. For new families, don't worry, there are LOTS of parents on deck to help!

For swimmers ages 13+, you will have one team parent to help oversee your events. They will have a meet sheet and will let you know where they will be located for the majority of the meet. You may check in with her anytime and ask questions. Meet sheets will also be available at the Team Tent. It is the swimmer's responsibility to know which events they are swimming and get to the ready bench when their events are being called; the 13+ team parent will not escort them.

Relays and Events: The basics

Your swimmer will be placed into events and relays by the coaches. Even if you don't think that your swimmer is ready to swim a certain event, please allow the coaches to place them where they see fit. The coaches know what all of the swimmers' abilities are, and will sometimes place them into events simply to give them the experience of swimming it. The ultimate goal is to have each swimmer receive a time for each event by the end of the season, so what your swimmer is placed in this week may differ (and likely will!) from what they are placed in during the following meet. This is normal.

Relay participants often are shifted around during the meet. This can be for a number of reasons; if a swimmer is a no-show or needs to leave early, if a different swimmer achieves a particular time during an individual event, etc. **If your swimmer needs to leave the meet early, PLEASE be sure that your team parents and the coaches know well ahead of time!** This is extremely important. If we don't know that your swimmer needs to leave early and is placed in a relay at the end of the meet, the entire relay team may need to be scratched. By letting us know in advance (at the beginning of the

meet or as soon as possible in case of illness), the relay teams can be shifted early on. Team parents are one of the only shifts that last for the entire meet, so please be sure to thank them!

Volunteer info

When you register your swimmer for a meet, you will also be able to sign up for your volunteer shifts. Your volunteer committee chair will be the source of information for your committee, so please watch for communications from them. If necessary, you can reach out to our volunteer coordinator for assistance.

While checking your swimmer in for the meet, you will also check yourself in for your volunteer position, for both 1st and 2nd shifts. Many committees will have short meetings before the meet begins, particularly before Stings vs Rays, which will be communicated by your committee chair. Please plan to attend this meeting so that you are up to date on all information.

General pool guidelines and expectations

Because of the limited amount of deck space, we do ask that everyone attending the meet adhere to the same guidelines.

- Adults are not permitted to be on the pool deck unless their volunteer job requires it, and they are actively working their shift.

*note for Team Parents: 1-2 Team Parents are permitted on deck per age group for ages 10 and under.

- Swimmers are not permitted on the pool deck unless they are preparing for their race (i.e. after their event is called to the ready bench).
- Families are welcome to sit on the bleachers to watch their children swim! Because of a limited amount of bleacher space, we do ask that you only use the bleachers while your children are swimming (please don't plan to sit on the bleachers for the entire meet, Tent City is where you want to be when your children are not swimming).
- Please leave the school the way you found it, by throwing away any trash, etc.

Most of all, we want everyone to have fun, stay safe, and enjoy the meet! If you have any questions at all, be sure to ask a returning family, a board member, or the Team Tent.

See you at the pool!