

# DEL AMIGO Cheat Sheet for Swim Meets

**Declare Your Participation for Each Meet** - If ANY changes to your swimmers availability, please notify our Coaching Staff ASAP. Last minute changes can disrupt your teammates ability to swim relays, and other race opportunities.

## What to Bring to Swim Meets

- ☐ Team suit ☐ 2 Swim caps (1 spare) ☐ 2 pairs goggles (1 spare) ☐ Shoes/flip flops that can get wet ☐ Towels ☐ Sweats or Parka for chilly mornings or evenings
- ☐ Cash or Card for food/beverage ☐ Blanket to spread on the ground
- ☐ Healthy snacks, water, other beverages ☐ Folding Chairs
- (Alcohol prohibited on school campuses)* ☐ Sun Visor/Hat
- ☐ Cards, games, books to pass time between events ☐ Sunscreen
- ☐ Printed meet program (posted on our website by day of meet) ☐ Umbrella or popup tent for your Tent Family
- ☐ Sharpie to mark swimmers' arm ☐ Highlighter to mark events in program

**Arrive early at the meet for warm ups. Be sure to check in with our Meet Hosts**

\*swimmers check-in for relays & parents check-in for jobs\*

## How to Mark Your Swimmer

E	H	L
8	2	6
52	2	4
62	3	4
82	2	5

Individual Medley (IM) *Ages 7-18 swim all 4 strokes*

Freestyle (FR)

Breaststroke (BR) LEFT FOREARM

Backstroke (BK)

Butterfly (FL)

Medley Relay (MR) *4 swimmers, separate legs: Back, Breast, Fly, Free*

Freestyle Relay (FRR) *4 swimmers, separate legs, all Freestyle*

## Swimmers Line Up at the Blocks for Each Event

<8yrs Parents walk kids over to the blocks for each event. Shepherds assist by putting swimmers into heat order. 9yrs+ Follow the progress of the meet on their own and line up at their lanes before event is called. Junior Coaches will assist heat order.

**Left Back/Shoulder:** Swimmer's last name and age group ie. Wendt, W

9/10 Boys

**Stroke & Turn Judges Ensure Starts, Strokes and Turns Follow the Technical Rules** Do not be surprised to see a DQ in an event. Our coaches use DQs as a teaching opportunity.

## Share Comments/Concerns with Coaches AFTER the Meet

During swim meets, the coach's job is to provide instruction for your kids. Conversations with parents while swimmers are in the water take the focus away from coaching. Let's talk after the meet.