

A Parent's Guide to Panther Swim Team Competitions

This guide should help you to understand each type of swim meet we attend, as well as, entries, warm-ups, and various other procedures.

There are several basic meet types

- **BISAC Meets**
 - Championship Meet (Sr. and Jr.)
- **IASAS Meets**
 - IASAS Exchange
 - IASAS Championship Meet
- **Invitational Meets**
 - Panther Swim Team's Swimfest and Splash
 - International School Meets (like ISB)
 - Thai Invitational meets
 - Travel Meets
 - Intra-squad Meets

BISAC Championship Meet

The BISAC Championship Meet takes place once per year. This year it takes place at the end of March. All BISAC schools are invited.

- **Entries**

Since this a true championship meet, all entries are done by the coaching staff. Unlike most of our meets the swimmers do not have any choice as to what they swim. Only a certain number of swimmers per age group/gender/event may compete for the Panthers. The coaching staff selects the swimmers who give the team the best chance to win. All Panther swimmers who are selected for the meet are required to swim. Swimmers with the best chance to make the championship team are swimmers who can swim all events well since swimmers will be swimming multiple events.

Invitational Meets in Thailand

There are three types of Invitational Meets here in Thailand. Swimfest and Splash (the two meets we host), meets held by other International Schools (like Harrow's 2Fast 2Furious and NIST Falcons Meet) and meets hosted by Thai clubs. These meets are generally appropriate for all ages and abilities.

Entries

When the meet information is received from the team hosting the meet, we send the entry information out. As in all other meets, there is an entry deadline. There are rarely limits on the number of swimmers we can send to the meets. Swimmers can choose their own individual events with occasional

guidance from the coaches. Relays are set by the coaching staff. Once the deadline has passed, entries are closed and sent to the hosting team.

Invitational Meets Outside the Bangkok Area (travel meets)

Travel meets provide a unique opportunity for team bonding. There just a few differences between Invitational Meets outside the Bangkok area and those nearby. First, we ask for earlier commitment so that travel arrangements can be made. Typically our away meet coordinator works with our travel agent to select a hotel and facilitate reservations. We prefer swimmers all stay together, but realize people may have friends they wish to stay with or hotel points to use at a different hotel. A parent for any travel meet must accompany all swimmers under the age of 12. 12 and over will supervised by coaches.

Intra-squad Meets (Palooza's and Kick off parties)

Intrasquad Meets are meets with just our team. These meets are normally a little less formal. We still ask for entries, collect times, and race. Generally, our Intrasquad meets take place on Saturday mornings or after school.

Getting To the Meet

For home meets swimmers are asked to arrive 10 minutes before the scheduled time for warm-up.

For away meets with 10 or more swimmers attending, there will always be a bus. The bus leaves from the front of ISB by the circle. One or more coaches will be there 15 minutes before time to board the bus. We prefer that swimmers take the bus to ensure on time arrival. It is not a requirement. Swimmers who do NOT ride the bus need to arrive 10 minutes before the scheduled warm-up time.

On the bus ride, swimmers have a good opportunity to have some nutritious snacks. Swimmers should respect each other and the bus driver by not being wild and disruptive. Upon arrival, swimmers will be directed to the pool area. It is recommended that swimmers wear their suit under their clothes in case the bus encounters some problems and we arrive late.

Warm-up

At the appointed time, swimmers should be on deck with their caps on and goggles in hand. Only the ISB Panther Swim Team caps are permitted at meets. Please bring a spare! The Panther Swim Team suits are required Swimmers must be ready to warm-up at the designated time.

During the Meet:

It is important that swimmers are prepared for their races between races. Please read the nutrition documents for proper snacks and lunch options. What the swimmers eat on this day will have an impact on how well they swim.

Swimmers also should take this opportunity to meet new friends from all teams taking part in the meet. We highly encourage swimmers to visit and make new friends.

We would also ask that swimmers refrain from electronics as much as possible. We understand that older swimmers may have to do homework during meet times, but we are referring mostly to Ipads and games between races. We will not be taking games away, but we ask that parents do their best to curb the amount of time spent on the games.