

# RDS PARENT MEETING

11/3/22

Topic: Swim Meets

House Cleaning Items....

- If you are planning to take off a month you need to send an email or written notice to Coach Jess by the 25<sup>th</sup> of the prior month.
- Meet Fees
  - o Reports are sent for changes/adds/mistakes. If you notify Coach Jess of changes by the deadline set in the email with the report, bills will be adjusted. (removes)
  - o If you notify Coach Jess after the deadline of any removes from the meet or changes but the meet host has already received entries. Changes may be accommodated. Removes will still be billed as they were ENTERED in the meet. Once entered, team will be billed.

Swim Meets

- What to bring - Athletes
  - o Competition suit
  - o 2 pair of goggles
  - o 2 swim caps
  - o Two towels
  - o Water bottles
  - o Healthy, small snacks
  - o Warmup jacket/sweatshirt
  - o Option – card games
- What to bring - Parents
  - o Your cheering voice!
  - o Red Dragon Gear – its hot in the pool!
  - o Food – Some facilities do have concessions
- Rules
  - o Parents are not ALLOWED on the pool deck. You will be asked to be removed immediately if you enter the pool deck. This is a safety issue!
  - o Athletes can find our team with our banner on the pool deck.
  - o Athletes have to ask coaches to go see parents. This is so they do not miss their race!
  - o NO GLASS IN ANY POOL AREA. Athletes should not have glass on the pool deck. Parents can not have glass in the stands. This includes bottles, food container and thing glass related. Glass can NOT be near a pool!

WFF Meet

- One session meet.
- Our team sits on the far side in the middle. Majority of our veteran parents will be wearing Red. We encourage you to mingle and ask questions at the meet. There may be a little down time....

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## FMY Meet

- 10 and Under: Timed Finals
- 11 and Over: Prelim/Finals
- Timed Finals: Athletes swim their event once at the meet.
- Prelim/Finals: Prelims is for all athletes to race in their events. Events are not separated by age group. Last three heats are circle seeded. When events finish and results are final, top 8 in your age group advances to Finals. Finals is in the evening and athletes only swim against their age group.
- How to make Finals
  - o 50 and 100 – top 8 in your age group (11-12, 13-14, etc)
  - o 200+ are all timed finals. If you are seeded top 8 (last heat in program) you will swim in finals.
  - o Some athletes can scratch from finals, there may be a possibility for your athlete to scratch into finals.
- National Scratch Rules
  - o All changes, scratches need to be notified to Coach Jess immediately. If you do not notify Coach Jess of any scratches BEFORE the first day of the meet (Friday), you may be penalized.
  - o If you do not scratch and not swim, you will be removed from the entire meet. You can buy back in the meet for \$100 per event to the meet host.
- We HIGHLY suggest you have your phone number in your Sports Engine account for this meet. This is so we can easily communicate any changes.
- HEADS UP: This meet may have changed from the past and finals may be different. We will communicate these changes to you ASAP.