



## Bay Club Aquatics / USA Swim Team: Everything You Need to Know

Swim Team is a fun way for our swimmers and families to connect and achieve greatness

### Before your First Practice

1. **Swim Assessment:** A swim evaluation is required and usually take 10-15min to look at all 4 strokes starting with Freestyle, Backstroke then we assess other swim skills.
2. **Arrive Early:** Be at the pool 10 minutes before your assessment times; Drop-in times are Wednesdays at 4:30pm and Saturdays at 10:00am.
3. **Gear Needed:** Swimsuit, goggles and swim cap (preferred)
4. **Meet your New Swim Coach:** 15min prior to your first practice stop by the aquatics office. Miss Amy will guide you to your coach and assigned lane.
5. **Team Gear Provided:** Swim cap, T-shirt, water bottle, swimsuits are special ordered

### During Practice

1. **Our Team Moto is RAFT: R- Respect; A- Accountability; F-Fun; T-Toughness**
2. **Be Ready:** Swimmers should be behind their assigned lanes 5 min prior to the start of every practice. If you are arriving late, check-in with your coach first.
3. **Swim Gear Needed:** Come prepared with all your swim gear: swimsuit, goggles, team cap and all swim gear required for your assigned level:  
Bronze & Gold + fins; Silver & Platinum + snorkel; Elite + paddle, Jump rope
4. **Hydration:** Bring a filled water bottle to every practices
5. **Be a good Teammates:** Use kindness and respect towards all swimmers and coaches
6. **Level Moves:** Moving to another swim group may occur on the 1<sup>st</sup> of Jan, May, Sept.
7. **Extra Team Gear order:** Team gear orders are made in conjunction of level moves (team suits, personalized swim caps, parka etc); an order form will be provided at the Aquatics office and by email. Extra gear for swimmers and parents can be order at that time.

### Swim Meets

1. **Swim Team website:** <https://www.gomotionapp.com/team/sibccv/page/home>  
We use "Sports Engine" to manage swim meet announcement and swimmers sign ups. You'll receive an email inviting you to set up a login. One login is assigned per family.
2. **Swim Team App:** "SportsEngine motion" (same Email login)
3. **Bay Club Novice meet:** Hosted at Bay Club Carmel Valley on the 3<sup>rd</sup> Saturday of each month. Sign-ups are due the Thursday before the meet, done on paper at the office, on our team website or app, arrive at 7:30am for warm-up, meet starts at 8:00am and should end by 9:30am. Bring warm clothes to wear between swim events
4. **USA Swim Meet Sign up:** Payment information is required to sign-up, "Sign In", click on "My Account", "Set Up AutoPay", enter credit card information
5. **USA Swimming Registration and Account:** Swimmers in Bronze, Silver, Elite and Senior Group are required to be registered before they swim at any USA Swim Meet. You will receive an invitation to set up a login with USA Swimming through your email. Set up your login as a parent first, then add your swimmer(s) to your account. There is a fee to register, membership is good for a calendar year.
6. **USA Swim Team:** Club name "Bay Club Aquatics" and club code is "BAY-SI".



## Bay Club Aquatics / USA Swim meet: Everything You Need to Know

Swim meets are a fun way for swimmers and families to connect and compete.

### Before the First Meet

1. **Sign up for the Meet:** Sign in on **SportsEngine motion** app, under “My Finances”, click “Add Credit Card”, then scroll down to “Events”, “Declare”, click on Blue tabs to open
2. **Sign up to Volunteer:** on the **SEmotion** app -Events/Jobs-Sign Up for timers prior to the 1<sup>st</sup> day of the meet.

### During the Meet

1. **Arrive Early:** Be at the pool 15 minutes before warm-up times (check Coach Ohj and Nico’s email for details sent on Wednesday before the meet)
2. **Set Up Area:** Find the team area and help set up our Team tents/tarps, set up blankets, chairs, and bags.
3. **Check-In:** You must check-in at the meet sign-in table for your events **45 minutes before the meet starts**.
4. **Mark Events:** Write event number, heat, and lane on your swimmer’s arm-hand for each event. Heats and Lanes will be posted 10min prior to the meet session starts
5. **Warm-Up:** All swimmers must warm up with the team.
6. **Follow Heat Sheets:** Check event and lane assignments on posted Heat Sheets or on the **MeetMobile** app.
7. **Coach Check-Ins:** Swimmers must meet with coaches before and after each event swim down then go to the coaches for feedback.
8. **Be Ready:** Swimmers should be behind the diving blocks **3 heats before their turn**. Listen for event numbers and report on time.
9. **Cool Down:** Swim down after each swim (distance depends on age and type of events) then go talk to your coach to review your last race.
10. **Cheer on Teammates:** **While waiting for next event, support and cheer for your teammates**
11. **NO photos or phones are allowed behind or beside the starting blocks**

### What to Pack

1. **Essentials:** Team swimsuit, team T-shirt, 2 team caps, 2 pairs of goggles, towels, sunscreen, and warm shoes/clothing.
2. **Comfort:** Chairs, blankets, snacks, and water.
3. **Entertainment:** Books or small games for downtime.
4. **Snack and hydration for you and some to share**

Before leaving, swimmers must check with the coach to confirm they aren’t needed for a relay. Help clean the team area. For questions, reach out to the coaches or parents. Let’s make it a great meet, have fun and make new friends!!

### Any Questions?

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