

YOUR FIRST SWIM MEET

We know swim team can be confusing and frustrating for new members. We hope the following will help you and your swimmer prepare better for your first swim meet. Your first meet begins with a sign-up approximately 3-4 weeks before the meet date. Meet notices are posted online. Watch for meet entry deadlines! Copies of the meet information, as well as the actual sign-up is done on the team website.

SIGNING UP:

1. **Sign in** to the website.
2. Next to the event name is a button labeled **Attend/Decline**. Click on this button.
3. Click on your swimmer's name to **Declare** for this event.
4. Select "**Yes, Please Sign My Swimmer Up for this Event**" and pay attention to any special instructions in the Important Notes box. This will open a screen which will allow you to select the events your swimmer would like to swim by putting a checkmark in the box on the left side of the Best Time column.
5. After checking the boxes, **BE SURE TO CLICK ON THE SAVE CHANGES BOX AT THE BOTTOM OF THE SCREEN!** This opens a screen which shows the events your swimmer has signed up for. If you do not see the list of events, you probably did not hit the save changes box. In this case, you can return to the previous screen by clicking on your swimmers name, choose your events again, and **SAVE**

PREPARING FOR THE MEET:

Have your swimmer pack his/her bags the night before. Make sure to have suit, goggles, swim cap, towel(s) and clothes for during/after meet. Always pack extra clothes to keep warm during the meet for a better performance. Check meet invite and/or with your coach and what time to arrive for warm-ups. In the majority of meets the warm-up is separated between 12 and under and 13 and over warming up at different times.

1. Pack extra warm clothes to keep warm during the meet, such as parka.
2. Parents need to plan ahead; money, map, cooler, book, pen/pencil, and may be lawn chairs.
3. Be sure your swimmer includes swimsuit, extra suit for warm ups or emergencies, 2 team caps, 2 pair of goggles, towels, dry clothes for after the meet, and a water bottle.
4. Other items include books, games, cards, radio/headset, or blanket.
5. Healthy snacks will help maintain energy levels throughout the session.

TRAVELING TO THE MEET:

Allow plenty of time to get to the meet. For local meets (Nampa, Caldwell, Ontario), everyone drives over and back each day. For more distant meets where you will be staying overnight, you may have to drive to your destination the day or evening before the meet begins. Be sure to get directions to the pool--check posted meet information or ask the Meet Entry Chairman for directions. You will want to get a hotel room booked as soon as you decide to attend the meet.

POOL FACILITIES.

Streamline Aquatics attends meets in a variety of pool facilities. Spectator seating varies in quantity and quality at each pool. Parents may want to bring lawn chairs to set around the deck of the pool. Summer meets held in outdoor pools may require umbrellas, tents, or awnings. Parents can bring coolers with drinks and snacks for their swimmer. Most meets will have a concession stand which sells a variety of food and drink.

ONCE AT THE POOL:

We would encourage swimmers and families sit together, however, with a variety of swimming venues this makes for a difficult task. Take sleeping bags, mats, etc. for your swimmer to sit on during the meet (remember, these do get wet). After situating your swimmer, go buy a Heat Sheet. This is a program which lists all events and swimmers and the order in which they swim. Check the Heat Sheet to be sure your swimmer is listed in all the events he/she signed up for—if you feel an event is missing or if your swimmer's name is nowhere to be found in the Heat Sheet, go immediately to your swimmer's coach. Highlighting your swimmer's events in your Heat Sheet is helpful. Writing each day's event names, numbers, heats, and lanes on the back of your swimmer's hand is another helpful hint.

1. Check in with the coaches and warm-up together with your teammates
2. Try to sit together with your team members.
3. Purchase a heat sheet or check the events that are usually posted on wall within the swimming facility.

ENJOY THE MEET: Swimmers should report to their lane at the appropriate time--usually 2-3 heats before their own. Announcements are made 3 times for each event. By the time the 3rd "call" has been made, swimmers should be behind the blocks and ready to swim. Swimmers should check in with coaches before and after they swim. Coaches will not look for each swimmer--it is up to the swimmer to find the coach.

1. Check in with your coach before each event for instruction regarding the race.
2. Head to the meet start area early to get ready for your turn.
3. Check with the timer prior to your heat to ensure that you are in the correct heat and lane.
4. Check for your time from the timer after your race.
5. Talk to your coach about your race after you warm down.
6. Always check in with your coach before leaving the meet as you may be scheduled to swim a relay during the meet.
7. Don't forget to cheer for the whole team in addition to cheering for your own child – it is a team effort.

VOLUNTEERING: **If your child is swimming at a meet it is required that you fill a timing shift, as needed.** This is a great opportunity to learn more about swimming and get to know more of the swimmers. Plus you get a great seat to watch events.

How Do I Sign Up for A Job?

1. **Sign in** to the website.
2. Click on the **Job Signup Button** located next to the event you wish to volunteer to help with.
3. Check out the list of available jobs and time slots.
4. Put a check in the box of the shift you choose to work.
5. Click the Signup Button at the bottom of the page.
6. You will then be asked for Optional Contact Info. Before leaving this screen, be sure to click the Sign Up button.
7. Be sure to double check to make sure you are then signed up for the time and position you want.

RESULTS: Final results for the events will be posted so your swimmer can check his official time and place.

1. Download Apps on your phone: Deck Pass (pay version available for Live Results) or Meet Mobile.
2. Check results that are posted on a wall within the facility.
3. Get the results on the team website after the meet.