

SWIM MEET GUIDE

Is your child ready to join a swim meet?

Your child is ready if they can swim 25 yards without help. If you're unsure, ask the coach.

How to Sign Up:

1. Go to our website.
2. Log in and find the event.
3. Click on 'attend/decline'.
4. Pick if your swimmer is attending.
5. Choose their races.

Note: Swim meets can span several days, but your child isn't obligated to participate daily. Costs are determined by the days and races you choose. Local participation fees start at \$30. Coaching and travel costs are divided among the number of swimmers attending the meet.

What to Bring to a Swim Meet

- **Gear:** Ensure you pack swimsuits, two pairs of goggles, and swim caps.
- **Hydration:** Bring along water or sports drinks to keep your swimmer refreshed.
- **Snacks:** Stock up on granola bars, trail mix, and fruit. For extended meets, consider packing a light sandwich.
- **Comfort:** Don't forget a lawn chair for seating. Wear layers for yourself as venues can be hot and humid. For swimmers, it's wise to have an extra set of comfy clothes for between events, as they can get cold after leaving the pool.
- **Towels:** It's essential to pack more than one towel. One for use during the meet and another dry one for afterward.
- **Entertainment:** Include games or cards to help pass the time between races.

Tracking and Supporting Your Swimmer at the Meet

- **Preparation & Punctuality:**
 - Ensure you arrive on time, which means your swimmer is set to dive in at their warm-up start.
 - Get a 'heat sheet' (about \$5) or use the 'Meet Mobile' app (if available) to determine when and where your child races.
 - With a sharpie, note crucial details on your child's arm. For example, mark "E/H/L" for Event, Heat, and Lane.

- **During the Event:**
 - Races are typically categorized by a number, distance, stroke type, age (youngest to oldest), gender, and speed (slowest to fastest in regular meets).
 - Regularly monitor ongoing races, ensuring your child is ready and near the starting blocks several heats before their turn.
 - Prompt your swimmer to speak with their coach around 5 heats before their race and afterward for feedback.
 - As a bonus, PVST provides timers. Take on this role to get an up-close view of the races. Plus, snacks and drinks are served during your timing session!
- **Supportive Guidance:**
 - Always cheer and back your child, but refrain from technical advice.
 - Post-race, inquire about their timing, emphasizing their efforts over rankings. In swimming, the beauty lies in self-improvement. While winning is great, the real win is in bettering personal times or tackling tough events.
 - Ask about their favorite moment in the race and always express how proud you are of their hard work.
- **Wrapping Up:**
 - Before departing, ensure your swimmer has finished all races and isn't required for relays. This ensures smooth operations and no last-minute hustles.

Remember:

- Stay positive. Cheer and support your child.
- Don't try to coach or bribe them with gifts.
- Have questions? Contact us anytime.
 - Head coach - John Twiss: johndtwiss@gmail.com
 - President - Stephanie Major: stephanie.f.major@gmail.com

