

## SWIM MEET 101 FOR NEW PARENTS/SWIMMERS

We are often asked by parents, “when is my child ready for a swim meet?” The short answer is that your child is ready if they can swim the length of a 25 yard pool without assistance. If you really aren't sure, just talk to your child's coach.

Methods for signing up for meets are as follows. We have the event listed on our website. Please sign in first and click on the event. When you open the event, there will be a tab that says attend/decline. Click on that and the next page will have your swimmer listed. Click yes or no that they will attend and then you can select races or events for your swimmer. Please note that many swim meets are several day events. You do not have to sign up for all days if you do not want to. For example, if a meet starts Friday night in Boise, many swimmers may sign up for Saturday and Sunday and not Friday or some swimmers may sign up for Friday and Saturday, and not Sunday. It's great if your swimmer can do all days. Heather, our business manager will post the fees from the meet to your account. Fees vary and the team putting the meet on usually charges a per swimmer fee and a race fee. Local meets can be up to \$30, but can vary. Fees depend on how many races your swimmer is swimming. There is usually a per swimmer fee and a per race fee. To check your account, sign in and go to your account and you can see fees.

What to bring to meets? We recommend that you bring water, Gatorade or some type of sports drink for your child. Also, bring snacks. We usually bring a small cooler with a sports drink, granola or some type of power bar, trail mix, and maybe fresh fruit. Sometimes, we bring peanut butter. For longer meets, you could consider packing a sandwich, but not something heavy that will sit and not digest well. Frequent, small snacks are best. Also, please bring a lawn chair for your swimmer to sit in. Two towels are good. One to use during the meet and a dry one to use after a shower if showering at the meet. Also, cards such as Uno or games to pass the time are always good.

Parents should buy a heat sheet at the meet. They run about \$5. You can then find your swimmer and find when they race and what lane and event. I usually bring a highlighter to highlight the race and I bring a sharpie to write on my child. I write: E/H/L to indicate E = event, H = heat and L = lane and the number of the event and what race it is such as 50 free. I usually watch the meet and follow so that if my swimmer isn't keeping track, I can remind them when to go. About 5 heats or so before the race, have your swimmer go talk to the coach. Also, they should talk to their coach after the race to get feedback and constructive remarks.

We encourage parents to be positive with their kids. Encourage them and support them. Please do not coach them or entice them with gifts or rewards. Feel free to contact us should you have any questions or if you need further information. Go Krakens!

