NEW PARENTS GUIDE
TO FIRST SSCD SWIM MEET

Below are guidelines listed to help get you through your first couple of swim meets. It may be overwhelming at first so please if you have any questions don't be afraid to ask.

Please visit our team's web site regularly for new information and changes.
http://www.teamunify.com/Home.jsp?team=sscd

Our swim year is divided into two seasons. The "short course" (25-yard pool) Winter season runs from September through March. The "long course" (50-meter pool) Summer season runs from early April through July.

Signing up for a meet
- Most often you will receive an e-mail inviting you to sign up for a meet. All meets will be added to the SSCD calendar of events on the website.
- Log on to your account on the SSCD website, go to the meets/events tab.
- Click on the event you wish to attend, once you are on the event page in the right hand corner is a tab "Attend this event". Families should declare "intent to swim" for each athlete attending this meet.
- In the area for comments/notes, enter the day or days your swimmer can attend or any other special requests for that meet that you would like the coach to know. Don't forget to 'save changes'!
- You must enter the meet by the deadline that is posted. Most meets will need to be entered about three weeks in advance but during long course season (because of the relatively few long course pools) you may need to sign up much earlier. Pay attention to sign up deadlines!
- Coaches will select events for the swimmers that have answered 'yes' and are eligible for the meet.

What to bring to a meet
- Spare goggles, suit and SSCD swim cap
- Towels – lots of them (to keep dry and warm between events
- and for the shower after).
- Folding chairs (not always necessary, but many pools have limited seating.
- Food-drinks-cooler – most of the time a concession stand is provided, however they sell mostly junk food. It is safer to pack healthy snacks and beverages.
- Down time activities – for both you and the kids (books, i-Pod, games etc).
- Money for heat sheets and concessions.
- Directions/Map to the pool.

What to bring to a meet - continued

- Heat sheets. A heat sheet is usually available in the lobby area of the pool. Heat sheets generally sell for $3 to $6. It will list all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "NT" no time. A no-time swimmer will usually swim in one of the first heats of the event.
- Highlighter or pens for heat sheets. For the younger swimmers parents usually write the events, heats and lanes in a grid on the arm or leg with a sharpie. It will look something like this.

E	H	L	S
1	5	4	50 Free
5	1	2	50 Fly
10	2	4	50 Back
18	5	1	100 IM

Legend:
E =Event
H=Heat
L=Lane
S= Stroke

I know it seems a bit silly to write on your child's arm, but this really helps your swimmer remember what events they will be swimming in and what event number to listen for.

At the meet

- Please arrive at least 5-10 min before warm up starts. Warm up time is usually one hour prior to the first event.
- Once you arrive at the pool, find a place for your swimmer to put their belongings. The team usually sits in one place together, so look for familiar faces.
- Your swimmer should check-in with their coach for warm up instructions. It is very important for all swimmers to warm up with the team.
- After warm-up, your swimmer will go back to the area where they left their belongings and sit until their event is announced.
  For the younger swimmers this is a good time to make sure they use the bathroom if necessary. Your swimmer may swim right after warm-up or they may have to wait awhile.
- Swimmers should stay on the deck in the designated area so they can be accessible to the coach and to cheer for their teammates. The area around the pool is called the "deck" and is most often off-limits to parents.
- A swimmer's event will be announced; usually over the loud speaker and he/she will be asked to go to the starting block area. For 8 and under swimmers there is often a staging area they will report to.
- Once the meets starts remind your swimmer to check in with their coach **before** and **after** each race.

Once your swimmer has completed all of their events you are free to go, but please check out with the coach before you leave.

Things to keep in mind

- Challenge meets have two sessions each day. They are generally broken up by age groups.
- Pentathlons are one-day meets where your child will swim 5 events – at the end of the meet their times are added together to determine their place. These are really fun meets.
- Parking is usually limited; try to arrive early (20-30 minutes) to avoid parking lot frustration.
- Most pool buildings are warm and very humid, especially once they are packed with people and wet swimmers, so dress accordingly.

Once you have attended a couple of meets all of this will become routine. Please feel free to ask your child's coach or any SSCD parent questions you may have. Most important HAVE FUN!

Hosted meets
You can find the SSCD Hosted meets at:
https://www.teamunify.com/SubTabGeneric.jsp?team=sscd&_stabid_=61099

We ask each family to volunteer their time to help at each of our hosted meets.

Volunteer sign-ups
Each SSCD family is asked to volunteer at each of our meets.

There will be a signup on the SSCD Website (http://swimsscd.com) under the meets/events tab. There will be a 'job sign up' button which will take you to a list of jobs that need to be filled. Click on the job you'd like to volunteer for and you will be prompted to put in contact information.

Families who do not complete their yearly commitment will be charged a penalty fee per SSCD Volunteerism policy. Follow the link below for detail:
https://www.teamunify.com/SubTabGeneric.jsp?team=sscd&_stabid_=61099

"To develop performance skills, character traits and inner drive necessary to empower young people to become champions in life"