

## Parent Education - Swim Meets

1. Purpose of a swim meet
  1. Fun
  2. Improvement
  3. Connect practice to competition
  4. Failure, leaves room to improve at practice
  5. Success
2. Stay up to date on start times and events check the day before. You can find the details online, the "Ondeck" app or your communicator.
3. What to bring - team suit, cap, towel, snacks, permanent marker, kick board, and water
4. How to read a heat sheet. See heat sheet document.
5. Swimmers should talk to their coach 2 events before their race. (But the first meet only has 2 events)
6. What should be happening between races?
  1. Talk to coach
  2. Talk to parent
  3. Eat a snack and hang out
7. What can you do after your swimmer is done racing? One more check in with the coach then you can leave.
8. What to do if there is a problem?
  1. Don't storm the pool deck.
  2. Talk to your coach after the swim meet, if not available email.

Things to say after any race:

"Did you have fun?"

"I had so much fun watching you"

Things to say after a bad race.

"I love watching you swim"

"I'm still proud of you"

"Keep working hard"

Things to say after a good race:

"Way to earn it"

"I love watching you swim"