

SWIM MEET PROTOCOL

(PARENTS & SWIMMERS)

Meet Registration:

How to sign up for a meet:

- Once you have logged into your account, go to the home page, scroll down to meets and select “attend/decline” the meet you would like to register for.
- It is suggested a swimmer swims 3 events per day, as it’s not necessary to swim more. However, if you would like to, have a conversation with the lead group coach first
- Older/more experienced swimmers – if you want to try new events, do so early on in season, start to focus on your main events mid season.
- The event maximum exists because it has to be and because more events means more financial return for the host team. This is not the suggested limit for any swimmer. I think 3 events per day is all any swimmer needs, if you would like to swim more, have that conversation with the lead group coach.
- Parents – if you want your kids to try an event that they have never swam before, please make sure they are fit to do so. Have the swimmers as their coach if they are ready to swim the 200 Stroke events, 400IM, 500 Free, 1000 free and/or the mile (1650y or 1500m free)
- The final say in meet registration goes to the coaches. We think it is important that the swimmers have a say in what they will be swimming at the meet, however we may make changes based off of multiple variables that affect overall performances.

FAST – 400 and above race registration policy

All Swimmers wanting to compete in the races 400 yards/meters and above must qualify for the Arizona Swimming “B” times in the event lower in yardage

For Example:

- Tommy, 10 years old, wants to compete in the 500 Free. Tommy must have the Arizona B time in the 200 Free (3:09.09) in order to register for the 500 Free.
- Susie, 12 years old, wants to compete in the 400 IM. Susie must have the B time in the 200 IM (3:02.49) in order to register for the 400 IM.

Arizona Swimming time standards can be found on the Arizona Swimming website.

<https://www.azswimming.org/>

Financial Obligations for Swim Meets

Each Meet has its own specific charge that corresponds to the meet based on the following criteria:

1. Per Event Charge (Individual events and relays)
2. AZ Swimming or other LSC Surcharge
3. FAST \$5 Home meet or \$10 away meet charge
4. Other Athlete charges made by the host teams of the meet.

The meets will be billed for the within 2 weeks prior to the meet conclusion

Swim Meet Guidelines – Swimmers

Pre-race Routine (With warm-up pool):

- Warm-up for race in warm up pool, give yourself time before your events
- Check in with coach for pre-race strategy
- After race, check in with coach to go over the post race analysis
- Warm-down in the warm-down pool, assess your body, make sure you have given yourself enough time to recover.

Pre-race Routine (with no warm up pool)

- Warm-up for race by going through a list of stretches, give yourself time before your event.
- Check in with coach for pre-race strategy.
- After race, check in with coach to go over the post race analysis
- Warm-down by going through a list of stretches, assess your body, make sure you have given yourself enough time to recover

Pre-race Guide:

- After Pre-race warm-up and coach talk, line up behind your lane.
- Make sure you are warm with feet and hands covered, body temperature is important when heading into competition mode
- When the heat before you begins, put your stuff down and stand directly behind the starting block.
- When you hear the official blow three quick whistles, you need to be ready to step on the block. The announcer will announce the heat, and the official will blow one long whistle. This means step up on the block or hop in the water for backstroke start.

Post-race Guide:

- After the race, wait until the next heat dives in the water (fly over starts), and then exit the pool, unless the official asks you to exit the pool before that.
- FAST swimmers will show good sportsmanship by shaking opponents hand and congratulating competitors.
- There will be zero tolerance for throwing cap & goggles, hissy fits, and cursing.
- Poor sportsmanship and bad attitude may result in the coaches decision to terminate you from the rest of the meet.

Swim Meet Guidelines – Parents:

A useful quote directly from the USA Swimming website:

“Swimmers swim, Coaches coach, Parents cheer,”

Your role as a parent on FAST:

- Positive support, role model, and nutrition
- I love hearing parents say “what does your coach say?” or “Go talk to coach” or “You did amazing, I love you, hugs”
- Believe it or not, kids do not respond well to parents telling them their flip turns need to be better. My mother was my first swim coach, she swam her whole life and coached age group swimming for many years. It didn’t matter to me, when I was in high school, the last thing I wanted to hear from my “mom coach” was that I should have swam faster or my kick was no good (even if she was right).
- Parents, this makes your life easier, it means that you get to enjoy the meet without having to assert yourself as coach. Trust us coaches to do our jobs.
- If there is a situation that you feel the need to talk to coach about your swimmer, make sure you approach the situation in an appropriate manner. The best approach is off deck during a break in the meet, or when the meet is over. Never approach a coach on deck/during a meet in front of other swimmers.
- Never approach an official, that is one easy way to get thrown out of the meet and possibly banned from the pool deck.
- Just like we expect our swimmers to act with class, we also want our parents and coaches to act with class. I want other teams to see us as the “FAST with Class” Team.

10 Commandments for Swim Parents (per USA Swimming)

- I) Thou shall not impose thy ambitions on thy child
- II) Thou shall be supportive no matter what
- III) Thou shall not coach thy child
- IV) Thou shall only have positive things to say at competition
- V) Thou shall acknowledge thy child’s fears
- VI) Thou shall not criticize the officials
- VII) Thou shall honor thy child’s coach
- VIII) Thou shall be loyal and supportive of thy team
- IX) Thy child shall have goals besides swimming
- X) Thou shall not expect thy child to become an Olympian

If we can manage these, I think we will be the best team parents out there

Nutrition:

Parents, you are in charge of what your kids eat at meets, here is a list of some great nutrition options during a swim competition:

- Fruit, dried fruit, vegetables, carbohydrate energy bars, lo-fat crackers, bagels with peanut butter, rice cakes, water, yogurt, cheese sticks, sports drinks, chocolate milk, bran muffin (not chocolate muffin), dry cereal, pecans, walnuts, and almonds.

Do not let your swimmers eat heavy foods during the meet:

- No cup of noodles, potato chips, nacho chips, cookies, candy....These foods take longer to digest and can actually slow your child down on race day

Meals are different, make sure the focus is carbs (unprocessed if possible) with some good fats:

- Bread, rice, pasta, vegetables, burritos, chicken, lean meats/protein, salad, potatoes, and beans.

I am a healthy eater/pseudo nutritionist, but I am not an expert. All of this information came from the experts; please ask questions in addition to doing some research on your own.