

# What to Expect at a Swim Meet

## For the Swimmers (parents, please go over with them):

1. Check with the coach what time you are supposed to be at the pool; you should be there a few minutes before the warm-up starts.
2. Bring from home
  - Lots of healthy snacks and water/fruit juice, etc. (There is a break at lunch but it feels like it's a LONG TIME away) NO PEANUT BUTTER OR PEANUT PRODUCTS, PLEASE
  - Swimsuit, cap and goggles (two of everything is better in case of breakage or loss)
  - Two or three towels; they get wet over two warm ups plus races
  - Warm clothes to wear between races (sweats, warm-up suit, toque)
  - Activities that are safe on the deck-travel games, cards, books, Ipods or Gameboys (if you are going to be careful with them), etc.
  - Maybe a blanket or towel to put down on the pool deck
3. Find the place where your swim team is going to be on deck. Put your belongings with your team.
4. Find the place your coach will be; usually team coaches are assigned a table or a special area. Check in with your coach.
5. Find the place where you will have to check in before you have to line up before a race; ask your coach if you are not sure where that is. There will be an adult there that you need to listen to as he/she sits you on the bench(es) with the other swimmers in your race.
6. Swim meets are very, very noisy!! They seem very chaotic and confusing so, if you don't understand something, ask your coaches or the older swimmers.
7. If you have time before warm-ups, get your coach or one of the older swimmers to write your races, event numbers and lanes on your arm. That helps you remember what you are racing and you can check it to know when you need to line up for your next race. You can do this after warm-up, too.
8. Do your warm up with your team; this is very important so that you can swim your best!! When you do warm up in the pool, there are usually a lot of swimmers in the water so you might accidentally get bumped into sometimes. Try not to stop in the water while you are swimming. After warm-up, go back to your team area, dry off quick and, if you don't have a race right away, get on some warm clothes. Go to the bathroom now, if you need to.

9. After warm-up, there will be some team cheers. Listen to the older swimmers and cheer loud.

10. You have to pay attention to what race is happening right now and how soon it is until your race. Check the announcements or the white board that the current race number is listed on once in a while.

11. After your race check in with your coach. He/she may have a suggestion that might help you for your next race.

12. Use good sportsmanship with everybody! If your coach is talking to another swimmer, wait for your turn. Congratulate the swimmer beside you! Be polite to the Timers and Stroke and Turn officials and give them room to do their jobs; if they didn't volunteer their time, you couldn't have swim meet!

13. Cheer for your teammates!! Have fun!!

### **For the Parents:**

1. Help your swimmer set reasonable goals. Especially for the first few swim meets, FUN is the goal. It is not realistic for a swimmer to take time off every race, every time; we are all human.

2. Bring from home

- Snacks, coffee, etc.

- Something to do between races-laptop, crocheting, books, newspaper, Ipod, etc. (there is a fair bit of waiting in a swim meet)

- Activities for the swimmer's siblings

- Pens and highlighters; money to buy a Meet Program

- Cushion or blanket if you find the bleachers hard

- COOL CLOTHING-long swim meet days are hot!

4. You cannot enter the competition area; only swimmers, chaperones, coaches, officials (usually parents) and food runners are to be on deck. Tell your swimmers that they can come and see you ONLY IF THEY ARE SURE they won't miss a race.

5. You may want to buy a Meet Program and follow along with the races. It's fun to see who is racing next (so you can cheer!!) and to follow along with your swimmer as they improve on their times.

6. If your swimmer comes to see you, be positive and enthusiastic. The coach will discuss technique with them. Once they know how proud you are of them, send them back down to the team area to have something to eat or drink so that they will be ready for their next race.

7. On-deck Officials-There are a number of people, usually in white, on deck who apply Swimming Canada/Swim BC rules to ensure a fair swim meet for all of the children. You will see a Meet Referee, a Starter, a few Stroke and Turn Officials and a number of Timers, along with Computer people and a Clerk of the Course who marshals the swimmers. All are integral to the success of a meet.

8. Disqualifications or “DQs” Swimmers occasionally receive disqualifications or warnings from the officials because they have made a mistake during a stroke or a turn. Although these can be very upsetting for the swimmer, they are part of learning and even the senior swimmers get them once in a while!! Comfort your swimmer but emphasize that they are an opportunity for the swimmer to learn and grow.

9. “Converted Times” If a swimmer has a race time in a short course pool (25 m) or a long course pool (50 m) but swims a race in a pool of the other length, the coach will develop a converted (estimated) time based on the swimmer’s last recorded time.

10. Observe the number of volunteers it takes to run a meet. If you see a volunteer position that you may be interested in for the next meet, talk (after the meet) to one of the Officials; it helps the club tremendously to have lots of help.

11. If your swimmer wants to go home but the relay races have not been run yet, please get your swimmer to double-check with the coach that they are not on a relay team and are allowed to leave the pool.

12. Check either your swimmer’s bag or “Lost and Found” before you leave. There is nothing more frustrating than driving all the way home and finding out that brand-new swim suit is missing!!!