

Boonville



EVERYTHING YOU WANTED TO KNOW ABOUT SWIM MEET BUT WERE AFRAID TO ASK

HOW TO SIGN UP FOR A MEET

You generally must sign up for a meet a few weeks in advance. Meet are posted on the information board by the pool. Meet invitations are posted well in advance. If you want to sign up for a meet you must get a form from the board and check off the events you would like for your child to participate in and return them with a check to Yvette Hay. If you are unsure what events are appropriate for your child you may check with his or her coach before or after practice.

WHAT TO BRING

1. Swimsuit, goggles, swim cap
2. Towels- you will need @ least 2 towels depending on the number of events your child is participating in. A good guess is about 1 towel for every 2-3 events.
3. Chairs for adults. There usually are not chairs in the camping areas and if there are they are quite uncomfortable.
4. A blanket or towel for your swimmer to sit on while they are resting between events (or chair)

They may also want a pillow.

5. Activities or a book for you or your child. There is usually plenty of time for reading, knitting, homework, or video game playing during warm-up and between your swimmers events.
6. There is a concession stand at most meets but you are usually welcome to bring your own snacks and drinks.

BEFORE THE MEET STARTS

1. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed on the meet invitation and on the form that you used to sign up on.
2. Upon arrival, look for the "camping area". The team usually sits in one place together, so look for some familiar faces.
3. Find the check in place. Usually parents are not allowed on deck so this may be a responsibility of your swimmer or your swimmer's coach. Make sure your swimmer checks in with his or her coach!
 - a. Check for special posted instructions in the check-in area. Usually you will need to highlight your child's name. Check with the coach or another parent and they can help you the first time. Check-in is required so that the people running the meet know who is actually at the meet. After check-in, the meet administrators "seed" the swimmers into heats. Heat and lane assignments will be posted

b. Once the meet is seeded the coach or a parent will write the swimmers events and lane assignments on the swimmers hand. This helps him/her remember what events he/she is swimming and what event number to listen or watch for.

4. Your swimmer now gets his/her cap and goggles and reports to the coach or pool for warm-up instructions. It is very important for all swimmers to warm-up with the team. A swimmer's body is just like a car on a cold day he/she needs to get the engine going and warmed-up before he/she can go all out.

5. After warm-up, your swimmer will go back to the area where his/her team is sitting and wait there until his first event is called. This is a good time to make sure he/she goes to the bathroom if necessary, get a drink, or just gets settled in.

6. The meet will usually start about 10-15 minutes after the warm-ups are over.

7. According the USA Swimming rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of meet, should be refereed to a coach. He or she in turn, will pursue the matter through the proper channels.

8. Psyche or Heat Sheets. A psyche sheet is usually available for sale in the lobby or concession area of the pool. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her best time (up to date that the entry was submitted) in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered a "no- time" or "NT". A "no-time" Swimmer will most likely swim in one of the first heats of the event.

MEET STARTS

1. It is important for any swimmer to know what event numbers he/she is swimming (again, it helps to have the numbers on their hand.) He/she may swim right away after warm-up or they may have to wait awhile.

2. Generally, girls' events are odd-numbered and boys events are even numbered. Example: "Event #26, 10-under boys, 50 freestyle"

3. Most meets are computerized. A swimmer usually gets to his or her lane by reporting to the clerk of course when there number is called. The clerk will usually line up all the swimmers and take them down to the pool in correct order.

4. The swimmer swims his or her race.

5. After each swim:

a. The swimmer may ask the times his/her time.

b. The swimmer should go back to the "camping" area and wait for his or her next event. The coach may talk to the swimmer immediately following the event if there is not someone from our team getting ready to swim.

6. Generally, the coach follows these guideline when discussing swims:

Positive comments or praise

a. Suggestions for improvement

b. Positive Comments

7. Things you, as a parent, can do after each swim:

a. Tell him how great he did! The coaching staff will be sure to discuss stroke technique with him. You need to tell him how proud you are and what a great job he did.

b. Take him back to the team area and relax.

c. This is another good time to check out the bathrooms, get a drink or something light to eat.

d. The swimmer now waits until his next event is called and starts the procedure over again.

8. When a swimmer has completed all of her events she and her parents get to go home. Make sure, however, you, as a parent, check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to the others swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and she is not there.

9. Results are usually posted somewhere in the facility. Awards are often gathered for a team and given to the coach at the end of the meet. The coach will give out award at the next practice

Once you have attended one or two meets this will all become very routine. Please do not hesitate to ask any other parent for help or information!

Special Parents Note

The pool area is usually very warm. Therefore, you need to make sure you dress appropriately. Nothing is worse than being hot at a swim meet. It makes the time pass very slowly!