



Swim Meet Survival Guide

- 1. BE ON TIME.** Nothing sets you, your child and the entire team back worse than simply not showing up on time. Get directions ahead of time. For home meets, please be at the pool no later than 4:30 p.m., and for away meets, 5:00 p.m. The home team warms up at precisely at 5:00 p.m., the visitors at 5:30 p.m. Stretching will start at 4:45 for home meets and 5:15 for away meets. The first 15 minutes of warm up are for the 10 and unders and the second 15 minutes are for the 11 and older. Only if everybody works together can the meet start at the scheduled time of 6:00 p.m.

- 2. BE PREPARED.**

SWIMMERS

- Swimsuit
- 2 pairs of goggles
- Swim cap
- Wear your team t-shirt
- 2 towels
- Deck shoes (flip flops, Crocs)
- Sweatshirt and pants to keep warm

PARENTS

- Wear Team Colors
- Directions to pool
- Lawn chairs are A MUST
- Sharpie pen, to write event info on swimmer
- Energy food for dinner and/or snacks
- Water, etc in a small cooler
- Dry clothes for ride home
- Picnic blankets for swimmers
- Entertainment – books, puzzles, etc.
- Sunscreen
- Camera
- A plastic garbage bag, for trash or in case of a sudden rain

- 3. FIND A FAMILIAR FACE.** Swimmers, check-in immediately to let the coaches know you are there. This is also a good time for the 10 and under swimmers to get connected with their swim buddy. Parents, find a seasoned parent to answer questions that may arise.
- 4. SET UP CAMP.** Choose a place for your family with three things in mind – foot traffic, sun, and line of sight. Families from each team usually sit near one another.
- 5. SWIMMER NUMBERS.** Write with a Sharpie marker on your swimmer's LEFT FOREARM with BIG LETTERS/NUMBERS. Start with the letter "A" (for Ashby) and then their number, like A999. Please no decorations nearby. Each swimmer is assigned a unique number that will stay with them throughout their time on a team.
- 6. REVIEW** your swim events. A board with each swimmer's events will be posted at every meet. Write with a Sharpie marker on your swimmer's arm the event numbers. Do whatever you need, so you don't forget.

- 7. PARENT VOLUNTEERS.** Be on alert when & where to report for your assignment. Most duties are divided by half – the first half volunteers work event#1-31, and the second half volunteers work events #32-62. Be on time for your task to keep the meet moving along.
- 8. LISTEN UP** for events to be called by the Clerk of Course. Swimmers and parents are responsible for swimmers reporting promptly to the Clerk of Course when their event is called. **Caps & goggles on;** towels left behind. Wish them “Good Luck!” and to do their best! Parent volunteers in the Clerk of Course are responsible for getting each swimmer to where they need to be when it’s their turn to race.
- 9. KEEP LISTENING.** The meet’s Starter will begin each race by announcing the event and heat. He/she will then instruct the swimmers to step into a ready position. The Starter will announce, “Take your Mark!” There will be a loud BEEP! Followed by swimmers splashing into the water.
- 10. CHEER!** This is it! This is the excitement! This is what it’s all about, to swim your best! Take pictures! Cheer for all swimmers from both teams! Make some noise!
- 11. WHAT NEXT.** Immediately after each race, **SWIMMERS** should report to their coaches along the pool side, where coaches will dole out kudos & congratulations, tips, suggestions and even candy. Then, relax until it’s time to report to the Clerk of Course again for your next race – but keep cheering on your teammates in their races, too!
Parents, congratulate your swimmers on taking part. Ask, “Was it fun?!” Tell them how much joy watching them gives you. Ask questions to get them to talk all about it. Also, please keep kids hydrated, fed & warm between their events.
- 12. UNDERSTAND “DQs.”** Everyone gets disqualified, or “DQ’d,” occasionally. Specific strokes require very specific movement, which require exceptional body control. It will feel like a punishment to your swimmer but try to convince them that it is really an opportunity to learn what to do better next time. Swimming a stroke correctly will also make them faster.
Parents, never ever approach a Stroke & Turn Judge about your child’s disqualification. Such behavior is completely wrong, un-cool and representative of bad sports parenting. It’s the coaches’ responsibility to address such matters, and you can ask the coach AFTER the meet, not during, please. Besides, Stroke & Turn Judges are parent volunteers, too, just trying to do a thankless job as best they can.
- 13. ACT FAST IN BAD WEATHER.** When lightning is seen, the pool deck and fenced area is to be cleared. Parents and swimmers may wait in the safety of their cars but must clear the pool area. The 30 minutes will restart each time lightning is seen. When thunder is heard, the pool is to be cleared. Parents and swimmers may stay on the pool deck until the storm has passed. At the discretion of the head guard or manager, the entire pool area will be cleared. The 30 minutes will restart each time thunder is heard. We have seen too many parents lose their cool over this issue. Never, ever debate this with a lifeguard! It is their job to keep everyone safe – let them do their job! Go to your car and wait for a text alert indicating it’s safe to return to the pool area.
- 14. CLEAN UP!** At home meets, pitch in and help other parents pick-up trash, return equipment, etc. At away meets, leave no trace! Please, help parent volunteers who organized the meet get home sooner than later.
- 15. DOUBLE-CHECK** for items left behind! Lost & found boxes can fill up after meets.

