

HURON HURRICANES



HURON HURRICANES AQUATIC CLUB

Policies & Procedures Handbook

(updated August 29, 2023)

Welcome to the 2023 – 2024 Huron Hurricanes Aquatic Club

For swimmers who love to race and dream big, and swimmers who just love to be fit. The Hurricanes encourage good sportsmanship, honesty and determination, in a family oriented environment!

We look forward to another season with all our returning swimmers and welcome any new swimmers.

Please **REVIEW** all of the policies and procedures information inside this package.

For more information please contact:

HHAC Executive hhacswim25@gmail.com

Swimming Levels

Each swimmer is assessed by one of the HHAC coaches and then placed into a suitable swimming level. HHAC offers five levels of swimming programs largely based on swimming ability. The swim season runs from September to April for FUNdamentals and Novice groups. All other groups finish their season at the end of May, or into the first week of June if Regional times are achieved.

THE FIRST LEVEL: FUNDAMENTALS PROGRAM ages 6-8.

The swimming FUNdamentals program is ideal for those children who are interested in having fun while being introduced to some of the technical aspects of swimming skills. This beginner program is designed to teach the swimmer to be comfortable in the water and learn to move through it. It also focuses on basic movements and abilities needed for swimming competitive strokes with an emphasis on freestyle and backstroke. There is also some development of stamina and endurance.

Fundamental practices are 1 hour in length, once a week. Swimmers must be able to complete one continuous length of a 25- meter pool (no specific stroke) to be accepted into this program.

A swim test is mandatory for swimmers 6 – 10 years of age or at Lifeguard's discretion.

THE SECOND LEVEL: NOVICE PROGRAM ages 8-10

This program is a natural progression from the FUNdamentals program that is Competitive and Pre-Competitive. It is designed for swimmers who have mastered the basics for moving through the water (either through our FUNdamentals program or swimming lessons) and are now ready to be introduced to competitive swimming. Practices consist of: stroke work to build skills, endurance work for conditioning and speed. All four competitive strokes (freestyle, backstroke, breaststroke and butterfly) are taught at this level.

Monthly competitions and Regionals (if qualifying times are achieved). Novice practices are 1 hour in length, up-to two times a week. Once sufficient achievements have been reached, movement to the next program level will be recommended.

A swim test is mandatory for swimmers 6 – 10 years of age or at Lifeguard's discretion.

THE THIRD LEVEL: JUNIOR PROGRAM ages 11+12

This program is Competitive and Pre-Competitive focused on skills and drills with increased technique work. Fun workouts geared to train the aerobic and cardiovascular system from a swim perspective. Learn to race components are introduced in this group. All swim workouts are kept with the Swim Canada's Long-Term Athlete Development Model which involves a clear guide to training the young athlete with a healthy perspective in mind.

Monthly competitions and Regionals (if qualifying times are achieved). Junior practices are 1.5 hours in length, up-to three times a week. Once sufficient achievements have been reached, movement to the next program level will be recommended.

THE FOURTH LEVEL: INTERMEDIATE PROGRAM ages 13+14

This program is Competitive and Pre-Competitive focused on technique, fitness and racing. For athletes who are interested in improving their swimming and learning more about the sport of swimming.

Monthly competitions and Regionals (if qualifying times are achieved). Intermediate practices are 2 hours in length, up-to four times a week. Once sufficient achievements have been reached, movement to the next program level will be recommended.

THE FIFTH LEVEL: ADVANCE PROGRAM ages 15+

This program is Competitive and Pre-Competitive focused on perfecting technique, training and mental preparedness.

Monthly competitions and Regionals (if qualifying times are achieved). Advance practices are 2 hours in length, up-to five times a week.

MOVING PROGRAM LEVELS

Depending on your child's progress through the swim season, you may be asked to consider moving your child to another swim program level, movements of this nature are typically suggested because your child's coach has determined that all of the basics from the current level have been mastered. However, sometimes the swimmer's age is also a factor.

Advancement to another swim program not only fosters continued improvement in your swimmer's ability but also takes into consideration that athletes will experience greater enjoyment when practicing with children of a similar ability and age.

The coach will consult parents before any swimmer moves to another group. The club Treasurer will assess fee changes for the balance of the season and inform the parents accordingly.

PRACTICES

A schedule detailing practice times and locations will be provided for all swimmers on the club website www.huronhurricanes.ca. Practice locations and times are set by the Executive and Head Coach and are subject to change based on holidays, meets, etc.

Most practices are in the water. Dry-land training is done out of the water to aid and enhance swimming performances and may include calisthenics and stretches.

Practice for the swimmers will finish in April/ May. Swimmers that are successful in advancing past the regular HHAC season will be responsible for their own coaching costs.

Please plan to arrive at practices at your swimmers appointed start time in order to be properly prepared. It is important to arrive on time to avoid disrupting the coach and other swimmers.

The Hurricanes regularly use two local pools for their swim practices:

- Vanastra Recreation Centre 26 Toronto Blvd. Vanastra, ON
- Maitland Recreation Centre 190 Suncoast Dr E Goderich, ON

2023 - 2024 Pool Time

Monday (Vanastra) 5:00pm – 7:00pm

Tuesday (Goderich) 5:00pm - 7:00pm

Wednesday (Vanastra) 4:30pm – 6:30pm

Thursday (Goderich) 5:00pm - 7:00pm

Saturday (Vanastra) 7:00am – 9:00 am

****Pool times may vary depending on registration numbers****

Fundamentals 1x/week

Wednesday – Vanastra 5:30pm to 6:30pm

Novice up to 2x/week

Monday- Vanastra 5:00pm to 6:00pm

Thursday – Goderich 5:00pm to 6:00pm

Junior up to 3x/week

Monday – Vanastra 5:00pm to 6:30pm

Tuesday - Goderich 5:00pm to 6:30pm

Thursday – Goderich 5:00pm to 6:30pm

Saturday - Vanastra 7:30am to 9:00am

Intermediate up to 4x/week

Monday - Vanastra 5:00pm to 7:00pm

Tuesday - Goderich 5:00pm to 7:00pm

Wednesday – Vanastra 4:30pm to 6:30pm

Thursday - Goderich 5:00pm to 7:00pm

Saturday – Vanastra 7:00am to 9:00am

Advance up to 5x/week

Monday - Vanastra 5:00pm to 7:00pm

Tuesday - Goderich 5:00pm to 7:00pm

Wednesday – Vanastra 4:30pm to 6:30pm

Thursday - Goderich 5:00pm to 7:00pm

Saturday – Vanastra 7:00am to 9:00am

SWIM MEETS

The club's meet schedule is set by the Executive and Head Coach and is subject to change throughout the season based on space availability at the meets offered. Be sure to regularly check the club website www.huronhurricanes.ca for the most recent and accurate list of upcoming meets and dates. As well, prior to any meet, be sure to confirm the date, warm-up time and location of each swim meet. It is your responsibility to have your child at each meet on the appropriate day and time, and with the necessary equipment.

Meet schedule can be found@ www.huronhurricanes.ca

It is the parent's responsibility to pay for coaching, for any meets not listed on the HHAC meet schedule for the season.

SWIM MEET FEES

The parent/guardian understands and agrees to pay the fees for swim meets and any transportation or accommodation fees associated with swim meets in which their child participates after receiving and agreeing upon notification of the swim meet, the parent/guardian is responsible for the cost of the meet entry fees after they have been submitted to the host clubs meet manager regardless if the swimmer attends the meet or completes the events, whatever the reason.

Fees must be paid once families receive the "Swim Meet Fees" email sent from HHAC's Club Treasurer. Families must be in good financial standing with HHAC in order for their child to be registered for the next swim meet.

Locally, HHAC hosts its "home" meets in both the Vanastra Recreation Centre and Maitland Recreation Centre. These are called Purple & Black meets and are a FUN opportunity for the team to come together and for our Pre-Competitive swimmers to see what a meet is like.

MEET RESULTS

The hosting club records results of your child's performance at a meet. Often these results are posted in a central location in the stands or hallway area during the meet.

At the completion of a meet, results are filed with Swimming Canada by the hosting club. These results can be viewed electronically on the Swimming Canada website www.swimming.ca. Check under "Events" followed by "Meet List & results" to see the times for all swimmers.

Swimming Canada also tracks individual results for all registered swimmers. Swimmers times by event for each meet attended as well as highlighted best times for the season:

Go to www.swimming.ca.

Click SEARCH.

TYPE in your swimmers registered name.

CLICK on your swimmers name, their birth year will be noted beside their name.

Meet Mobile Swim Meet App is an essential swimming app for families, swimmers, coaches, and fans. Meet Mobile provides real-time event results at any time. In addition to real time results, you will see pre-race rankings, standings, and heat/lane assignments as they become available and individual and team scores. This app also allows you to flag swimmers/ and or teams as "favorites".

SWIM EQUIPMENT

Each swimmer is responsible for their equipment at practices and swim meets.

In addition to personal items: practice swimsuits, towels, deck shoes, warm-up suits and toiletries, swimmers should be equipped with the following items:

SWIM CAPS

All swimmers are requested to wear a swim cap of their choice during HHAC practices.

All swimmers are required to wear an HHAC swim cap while at swim meets. All swimmers will receive 1 HHAC swim cap at their first practice. Swimmers will have a choice of either silicone or latex.

HHAC swim cap replacement will be at cost, and charged to the family from HHAC's club Treasurer. Current cap replacement cost can be found on the clubs website under "Schedules+Equipment"

Swim caps will help protect the hair from excessive drying by the chlorine and provide team identification.

GOGGLES

All Swimmers are required to wear goggles. Goggles will help you see where you are going to avoid collisions and protect your eyes from the chlorine. It is a very good idea to always have one or two pairs of extra goggles that fit for a swim meet.

EQUIPMENT

Swimmers MUST bring their own equipment to every practice. Swimmers will need the following equipment:

- 1.mesh carrying bag (optional BUT super helpful)
- 2.goggles
- 3.kick board
- 4.pull buoy
- 5.fins (swim fins, NOT snorkeling fins)
- 6.comfortable swim cap (some swimmers find the HHAC swim caps super tight, which is great for competition, but for practice some swimmers opt for a more comfortable cap)
- 7.paddles- ages 11+
- 8.ankle band- 13+
- 9.snorkel- **recommended for intermediate and advanced. Optional for juniors.**

HHAC may sell the club's used equipment inventory at a discounted price if available. If interested in used equipment please email hhacswim25@gmail.com for more information.

NEW Swim gear can be purchased from:

- ★ Penetangear located in Kincardine, ON: <http://penetangear.com/>
- ★ Team Aquatic Supplies Ltd: <https://team-aquatic.com/>
- ★ **OR** wherever aquatic equipment is sold.

REMEMBER: Never leave valuables in the locker room and put your name on everything!

OFFICIATING

One parent/guardian per family agrees to take an officiating course this season.

The parent/guardian agrees to help the club host successful purple & black meets throughout the year by participating in officiating/volunteering. After registration the official's coordinator will send an email regarding the timers clinic.

FAMILY FINANCIAL AND PARTICIPATION REQUIREMENTS

Your family's financial and volunteer hour requirements are essential for HHAC to be able to provide your swimmer with a quality program you expect.

HHAC's major expenses include: pool rental, coach fees and operating expenses including advertising, accounting fees, awards, photocopying, etc.

HHAC will ***NOT*** under any circumstance be able to accept cash as a form of payment, for but not limited to HHAC fees, fundraising and swim meets, and equipment. Payments can be made in the way of cheques, e-transfers, money orders or bank drafts (made out to HHAC). E-transfers are to be sent to hhactreasurer25@gmail.com

HHAC FEES

PLEASE SEE THE CLUB WEBSITE FOR ALL CURRENT REGISTRATION FEES www.huronhurricanes.ca

Fees are set based on the level at which your swimmer trains – the more hours of training per week, the higher the fees. However, please note these fees do not correspond to a fixed number of hours, or practices per week/season. Some practice times will change depending on pool availability, meets and coaching availability.

Fees may be paid in full at registration, or 7 monthly installments (dated October 15, 2023 through March 15, 2024) with the first month paid at registration (**CHEQUES OR E-TRANSFERS ONLY**).

FUNDRAISING : Fundraising can help make swimming better and more affordable for everyone. Revenue raised from outside sources can be used toward non-budgeted expenses such as additional club equipment, team travel, swim meets and events etc. Each family is responsible for raising \$100 in profit through a cash raffle (\$100 due at registration or post-dated cheque due December 1st, 2023). There may be other fundraisers during the swim season that will help raise funds for the club, but swimmers are not required to participate. If a swimmer joins after the draw date, a prorated 'late registration fee' will be required. For example, if a swimmer joins in January, their late registration fee would be \$45.

NOTE Swim-A-Thon is NOT part of HHAC's fundraisers. Swim-A-Thon is a Swim Canada event in which HHAC receives funds back as a grant.

VOLUNTEER: The Huron Hurricanes Aquatic Club relies on the help of family volunteers to manage Club activities on a daily basis as well as run successful, well organized events. Each family is required to volunteer a minimum of 10 hours. There are opportunities all season as executive members, official timers, at both in-house and away swim meets as well as events and social committees. If a family is not able to complete the hours required, the \$300 post-dated cheque (bond fee) will be cashed in June.

All swim meets run on volunteers and HHAC is expected to bring volunteer officials to every swim meet that HHAC attends.

Swimmers will be emailed or notified via Sign Up Genius regarding volunteer opportunities.

Examples of opportunities for volunteer hours include but are not limited to:

- Swim A Thon
- Advertising and promotions
- Organizing club dinners/events
- Christmas Parades
- Official/Timer
- Equipment cleaning

BOND FEES - Volunteering

Are applicable by family. Parents will have several opportunities to attain their bond hours by officiating/volunteering at swim meets, or by volunteering for various tasks outlined above. If the total of your volunteer hours are not reached, your bond cheque will be cashed in June. If your swimmer begins or leaves in the middle of a season your volunteer bond cheque will be prorated to the month the swimmer begins or leaves the club. For example: if a swimmer gives notice in January, the return of volunteer bond fee would be \$90. If notice is given of a swimmer leaving after March 1 there is no prorated fee or return of bond fees. This transaction would happen after June 15 of the season.

MID-SEASON CHANGES

For purposes of calculating financial commitments for swimmers either joining, moving program levels or leaving part way through the swim season, the swim season runs from September to the end of April (8 months) for Novice swimmers, and to the end of May (9 months) for Junior, Intermediate and Advance).

JOINING AFTER THE SEASON STARTS: HHAC registration fees, fundraising amounts and volunteer time for swimmers joining later in the season will be determined on a prorated basis, depending on the number of months remaining in the season. ***Swim Ontario fees are payable in full, at time***

of registration. Swim Ontario + Swim Canada registration fees are not prorated and are non-refundable no matter when a swimmer joins.

MOVING PROGRAM LEVELS: If your swimmer's swim program level changes mid-season, the registration fees will be adjusted and prorated based on the number of months remaining to the end of the season.

LEAVE OF ABSENCE FOR MEDICAL REASONS: If your child has suffered an injury and cannot participate in swimming, you may request a leave of absence.

If the leave of absence is for a **period of greater than six weeks**, you will be entitled to a registration fee rebate. Your registration fees will be prorated for the period the swimmer is absent from club activities. The non-refundable Swim Ontario fees, fundraising amount, and volunteer hours will not be factored into the rebate figure.

Injuries incurred after March 1st will be ineligible for any rebate.

A leave of absence for any reason other than medical will not be considered for rebate.

HHAC recommends that a parent/guardian discusses the athlete's physical condition with the Head Coach if the injury has resulted in a recovery time of greater than twelve weeks. If the extended leave of absence results in the swimmer leaving the club, you must inform the club, in writing, of your decision (see below/next page).

All rebates and adjustments will be issued after the athlete resumes club activities.

LEAVING THE CLUB: If your swimmer chooses to leave the club before the end of the season, you must advise your Coach and the Executive **IN WRITING and dually e-mail to: hhacswim25@gmail.com AND hhaccoach@gmail.com**

The **resignation will take effect as of the month-end following the month that notification was received.** (For example, if a resignation notification was received any day in January, the resignation effective date will be February 28.) Applicable refunds will be calculated as the resignation effective date. Refunds will NOT be retroactive to the date of the last swim practice attended unless the decision to leave is related to a leave of absence due to medical reasons (see above/previous page).

Swimmers are welcome to attend all practices until the resignation effective date if desired.

After the resignation effective date, any unpaid monthly registration fee cheques will be returned. Registration fees paid in advance (monthly or in full) will qualify for an equivalent refund.

The non-refundable Swim Canada, Swim Ontario and bond fees will not be factored into the refund.

After receiving written notification of the swimmer(s) request of leaving HHAC, The club Treasurer will inform the family by email following the next scheduled Executive meeting of any outstanding

balance owing to HHAC, or if applicable you will be issued a refund from the club (less a \$10 administration charge).

There will be **no refunds after March 1st**.

If your swimmer transfers to another club in Ontario: It is the new club's responsibility to first register the swimmer with Swimming Canada electronically. This process triggers a request to HHAC for a transfer authorization. Authorization will be granted only once it has been ascertained that no fees are owing to Huron Hurricanes Aquatic Club. Note: According to Swimming Canada's national transfer policy – each transferring swimmer will be deemed “unattached” for a 30-day period once the transfer authorization has been granted. After the 30-day period, the transferring swimmer will officially be registered with the new club.

If you fail to meet your financial obligations, action will be taken to collect all fees owing on approval of the Executive.

CLUB COMMUNICATION

HHAC strives to keep all of its members informed. The club has many formats that it utilizes to ensure that you are kept up-to-date with the latest information.

WEBSITE: HHAC's website is a very useful resource for our members. At a glance, you will find interesting and useful information concerning the club's activities (e.g. swim meet schedule, practice schedule, fundraisers, positions to fill volunteer hours, etc.). The website also provides you with many links to other websites related to the sport of swimming. If you have any questions regarding the club, the first and best place to look for an answer is on the club website. The website address is www.huronhurricanes.ca.

EMAIL: HHAC uses electronic media to distribute club information. This method is very timely and reduces costs associated with printing. It is important that you provide the club with an email address that you intend to check on a regular basis. HHAC Executive and Coaches will regularly contact families via email to pass on timely information and reminders. As well, email will be used to alert families of short notice changes (e.g. pool closures in bad weather, canceled practices, etc). If your email address should change at any time throughout the season, it is **your** responsibility to update your registration information with the club's registrar, executive and coach. This can be done by emailing your new email address to hhacswim25@gmail.com **AND** hhaccoach@gmail.com to advise that there is a change to your email address that is currently attached to your file.

HHAC asks the volunteer executive members and/or paid coaches who have access to the Executive and Coach email accounts to check these accounts once per week. **This is not expected**, only asked. We all know and understand that life can become extremely busy, and sometimes due to

unforeseen circumstances, these accounts may only be checked once or twice per month. If you have a matter that is pressing, HHAC encourages families to attend a practice and ask to speak to a coach or executive member, depending where your matter needs to be addressed, often matters can be taken care of during this time. HHAC encourages open communication between parents, executives, coaches and swimmers; it's how clubs remain healthy.

“NEWSLETTER” HHAC will email a running date like newsletter that lists: events, fundraisers, meets and due dates, holiday closures and reminders etc. at least once a month, sometimes a new upcoming date needs to be added to the “newsletter” in which case another email with new date/information will be sent within the month.

EXECUTIVE MEETINGS The club Executive meets once each month to discuss upcoming meets, events, plans, club issues, etc. This meeting is open for any member to observe at any time. If you wish to bring an issue to the attention of the Executive, please contact the club President to be given a place on the meeting agenda.

ANNUAL GENERAL MEETING Is held at the end of each season (May) the club holds its Annual General Meeting (AGM). This meeting is used to review the club’s financial position, discuss plans for the new season and appoint or vote for persons who will be holding key positions in the new season, including the Executive. Any major issues are tabled and any changes to the club by-laws, or policies are presented for approval at this time. All members are invited and are strongly encouraged to attend.

Everything You Need to Know About Swim Meets

Attending your first swim meet is fun and exciting but can also cause a little nervousness and anxiety. Understanding how swim meets work can help to ease anxiety and nervousness. Please read the following information and feel free to ask if you have any questions or concerns. We hope this information is helpful for both the new swimmer and parents as well as some good reminders for the seasoned veterans.

WHAT TO BRING TO A SWIM MEET?

1. Swimsuit, cap, and goggles. Packing an extra suit, cap, and pair of goggles is always a good idea. These items seem to rip and break at the most inopportune times!
2. Towels – wet bodies everywhere, so pack at least two.
3. Something comfy for your swimmer to sit on such as a sleeping bag, old blanket.
4. Several changes of clothes such as sweatpants, sweatshirts, and t-shirts. Swimmers need to stay warm between events and there is nothing worse than pulling on cold, soggy sweatpants.
5. Plastic bag for wet stuff.
6. Entertainment for the whole family such as travel games, cards, coloring books, books, iPods,

Gameboys, etc. - especially important if you are bringing youngsters who are not swimming!
Parents often bring newspapers, books, laptops, and sewing, anything to pass the time!

7. Small cooler of healthy snacks and drinks. Suggestions for items to bring: water, fruit juice, Gatorade, granola bars, fruit, yogurt, cereal, trail mix, sandwiches, bagels.

8. Sharpie marker, pen, highlighter. Some swimmers like to write their events on their arms.

9. Parents should bring Cash (for swimwear, t-shirts, snacks at the snack bar, or host clubs often have silent auctions, etc.)

10. Swimming pools are normally very warm. Please dress appropriately. Normally a short sleeve shirt is very comfortable no matter what the season but you may want to bring a light jacket or sweatshirt for those days they decide to crank up the air.

BEFORE THE MEET STARTS

1. *All* swimmers must confirm their participation in a swim meet. **SIGNUPS AFTER THE DEADLINE WILL NOT BE ACCEPTED.** If for any reason you are unable to attend a meet in which your swimmer is signed up, please contact HHAC.

2. Meets require the help of parent volunteers. ALL officials at meets are volunteers.

3. Arrive at the pool at the designated time, typically one hour before the meet begins. This will allow time for coaches to take attendance, have a team meeting and swim warm ups. Warm up times are pre-determined by the hosting team and will be listed in the meet info, posted on the host clubs website. Coaches will post warm-up times a day or two before a meet. **PLEASE ARRIVE AT THE POOL AT THE REQUESTED TIME.** There is a lot to do before a meet begins. Having all swimmers there and ready will cut down on any pre-meet stress.

4. Swimmers usually keep all their belongings with them on the pool deck or other designated area for swimmers. Help your swimmer find the team or HHAC coach(es). **PLEASE NOTE** Parents ARE NOT ALLOWED on the pool deck.

5. Swimmers report to the pool and/or coach for warm-ups. It is very important for all swimmers to warm-up with the team. Swimmers' bodies are just like cars on a cold day; they need to get the engine going and warmed-up before being able to go all out.

6. Swimmers return to the team area after warm-ups. Time to dry off, put on warm clothes, and go to the bathroom.

7. The meet will usually commence immediately after warm-up.

THE MEET STARTS

1. Know what events your swimmer is competing in. This can be found on meet mobile OR the event entries from Hy-Tek that the coach sends in the meet information email. It is important for swimmers to know what event numbers they are swimming. Heat sheets and highlighters are a swim parent's best friend!

2. Swimmers self marshal, PARENTS watch the board for your swimmers event and lane.
3. Report to your lane a few heats prior to your race. The timers behind the starting blocks often check to make sure that swimmers are lined up in the correct order. However, it is always a good idea to have your swimmer check in with the lane timers to make sure they are in the correct lane and heat.
4. Parents, find a seat. According to SNC rules, parents are not allowed on deck unless they are serving in an official capacity, such as timers or stroke and turn officials. Parents must sit in the spectator area.
5. Swimmers, swim your race.
6. Check in with the coaches...again!
7. Swimmers go back to the team area, relax and wait for your next event. Be sure your swimmer is well hydrated and has a few small snacks throughout the meet.
8. When a swimmer has completed all of their events for the day, they are able to go home. Be sure however, to check with the coach before leaving to make sure your swimmer is not included in a relay or have qualified for finals.
9. Ask for help!! If during any of this you feel lost or confused, be sure to ask other parents or swimmers for help! We have all had our “first meets” and know it can be overwhelming. Once you have attended one or two meets, it will all become very routine and enjoyable.

DURING & AFTER THE MEET

1. HAVE FUN!!! While we compete at meets and strive to do our best, having fun, cheering your teammates on and being proud HHAC swimmers is the ultimate goal.
2. Be happy for those that win and earn medals and ribbons!
3. Plan to do better. Achieving your personal best is the goal of the next meet. Your coaches will help you at practice to get better.... you can do it!

SPECIAL NOTE TO PARENTS

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

You will be at the meet for a few hours – so prepare by bringing some reading. If you don't think that a bleacher seat is comfortable, feel free to bring something comfortable to sit on (blanket or a folding stadium seat).

Better Yet- ***become an official and get involved. You get to be close to the action and have a great view of your child's race. This. IS. the greatest show!***