

## Welcome to the Blocks: New Families' Guide to Summer Swimming

Whew! You registered, found the goggles, survived the practices, and now it's time for the first meet. It's loud, it's humid, and it can feel totally overwhelming—but we've got you covered. Here is everything you need to know to navigate your first summer swimming season at Green-Fields.

### What Exactly is a Swim Meet?

A swim meet is a competition where athletes race to finish as fast as possible. Swimmers aim for a "**Personal Best**" (**PB**) or to qualify for larger championships. At the end of the day, points are tallied based on where everyone finishes, and the team with the most points wins the meet.

**The League:** Green-Fields is one of 33 clubs in the **Tri-County Summer Swim League (TCSPA)**. We compete in **Division B**.

### The Big Shows: \*

- **Peach Bowl:** Held at GCIT on the Tuesday after the regular season ends. This is a Gloucester County-specific championship. Coaches will alert you if your swimmer will be swimming at the Peach Bowl.
- **Tri-County (The Burt German Championship):** The "Super Bowl" of our summer, held the first weekend in August. Swimmers must earn a qualifying time during the season to compete here. Tri-County is held at a different club each summer.



### "A" Meets vs. "B" Meets: What's the Difference?

In our league, we have two different types of competitions. Knowing which one your child is swimming in helps set the right expectations for the day.

**The "A" Meets (Competitive):** These are our official league dual meets, where every second counts.

- **The Goal:** To win the meet as a team and for individual swimmers to achieve "Seed Times" or "Qualifying Times" for championships like Tri-County.
- **Lineups:** Coaches choose the lineup based on who has the fastest times in each event.
- **Atmosphere:** A bit more formal and focused, but still full of team spirit!
- **Results from A meets and your swimmer's time can be found via the Tri-County Swimming website:** <https://tricoswim.org/>. Meet results are typically updated during the week.

## Welcome to the Blocks: New Families' Guide to Summer Swimming

The "B" Meets (Developmental & Fun). Think of these as fun scrimmages. These are designed for experience, improvement, and team bonding.

- **The Goal:** To give every swimmer a chance to race, try new strokes, and gain confidence without the pressure of a league scoreboard.
- **The Matchups:** These can be against another local team or even "Intrasquad" meets where we race against ourselves—like our annual Green vs. Blue Meet!
- **Atmosphere:** Relaxed, high-energy, and usually involves a lot of cheering (and maybe some extra snacks).

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### Understanding the Events

An **Event** is a specific race. They are broken down by:

- **Age Groups:** 8 & Under, 9-10, 11-12, 13-14, and 15 & Over.
- **Distance:** 25, 50, or 100 meters.
- **Stroke:** Freestyle, Backstroke, Breaststroke, Butterfly, or the Individual Medley (I.M.).

**Note:** In a typical summer meet, a swimmer is limited to **two individual events**. They won't swim every stroke every time!

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DO YOU NOT UNDERSTAND?

**The Relay:** A team of four swimmers.

- **Freestyle Relay:** Everyone swims freestyle.
- **Medley Relay:** Each swimmer does a different stroke in this order: **Backstroke, Breaststroke, Butterfly, Freestyle**.

**The I.M. (Individual Medley):** One swimmer doing all four strokes alone in this order: **Butterfly, Backstroke, Breaststroke, Freestyle**.

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### Meet Jargon: A Cheat Sheet

- **Heat:** Since only 6 or 8 kids can race at once, events are split into "heats." Even if your child wins their heat, they might not win the overall event—it all comes down to the final times across all heats.
- **Heat Sheet:** The "program" for the day. It tells you exactly what event, heat, and lane your swimmer is in. See an example of a Heat Sheet below.
- **Seed Time:** Your swimmer's fastest previous time. This is used to place them in a heat with swimmers of similar speed.

## Welcome to the Blocks: New Families' Guide to Summer Swimming

- **The DQ (Disqualification):** This happens when a stroke or turn judge sees a technical rule break (like a "wiggle" on the blocks or an improper kick). **Don't panic!** DQs are a rite of passage and the best way for a swimmer to learn.
- **Touchpad/Watch Time:** Most championships use electronic pads. At regular meets, we rely on parent volunteers with stopwatches.

HY-TEK's MEET MANAGER 3.0 - 0:50 AM 5/21/2010 Page 1

77 vs Wells Branch - 5/22/2010  
Meet Program - RWB 2010

Event Number	Event Name	Age	Team	Seed Time	
#1 Mixed 6 & Under 100 Yard Freestyle Relay					
<b>Heat Number</b>	<b>Lane</b>	<b>Name</b>	<b>Relay</b>	<b>Seed Time</b>	
<b>Heat 1 of 1 Finals</b>					
1	WB-ZZ	E	NT		
		Stephan, Karla G W5	Scott, Dami E W5		
		Shane, Kyla A W6	Simpson, Abe B W6		
2	WB-ZZ	C	NT		
		Wadhwa, Beck R M5	Zayas, Riley S M5		
		Breiger, Mara E W6	Cardwell, Aubrey G W6		
3	WB-ZZ	A	NT		
		Lorimore, Faith M W6	Yang, Hailee I W5		
		Jahnke, Abby K W6	Kooster, Riley H W6		
4	WB-ZZ	B	NT		
		Uribe, Isa G W5	Uribe, Max N M4		
		Mendez, Mario R M6	Waworuntu, Darren M6		
5	WB-ZZ	D	NT		
		Harold, Mari P W5	Harris, Arson M W4		
		Christian, Annabelle E V	Freeman, Ephraim S M6		
6	WB-ZZ	F	NT		
		Young, Mario E W6	Nguyen, Carolyn R W6		
#12 Girls 6 & Under 25 Yard Freestyle					
<b>Heat Number</b>	<b>Lane</b>	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>
<b>Heat 1 of 4 Finals</b>					
1		Chambers, Joy C	4	WB-ZZ	NT
2		Walker, Mia T	4	WB-ZZ	NT
3		Harper, Sophia N	5	WB-ZZ	NT
4		Harris, Arson M	4	WB-ZZ	NT
5		Nguyen, Elinabeth	4	WB-ZZ	NT
<b>Heat 2 of 4 Finals</b>					
1		Scott, Dami E	5	WB-ZZ	NT
2		Yang, Hailee I	5	WB-ZZ	NT
3		Stephan, Karla G	5	WB-ZZ	NT
<b>Heat 2 of 2 Finals</b>					
1		Zayas, Riley S	5	WB-ZZ	NT
2		Freeman, Ephraim S	6	WB-ZZ	NT
3		Waworuntu, Darren	6	WB-ZZ	NT
4		Mendez, Mario R	6	WB-ZZ	NT
5		Prenoville, Ryan	5	WB-ZZ	NT
6		Wright, Jackson H	5	WB-ZZ	NT
#14 Girls 7-8 25 Yard Freestyle					
<b>Heat Number</b>	<b>Lane</b>	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>
<b>Heat 1 of 3 Finals</b>					
1		Tran, Kimberly T	8	WB-ZZ	NT
2		Kann, Jennifer T	7	WB-ZZ	NT
3		Finch, Chloe E	8	WB-ZZ	NT
4		Schulze, Rachel B	8	WB-ZZ	NT
5		Prosper, Anne-Marie J	8	WB-ZZ	NT
6		Adams, Fifi J	7	WB-ZZ	NT
<b>Heat 2 of 3 Finals</b>					
1		Melito, Anaya	8	WB-ZZ	NT
2		Wadhwa, Serena J	8	WB-ZZ	NT
3		Carter, Anaya J	8	WB-ZZ	NT
4		Waworuntu, Demi K	8	WB-ZZ	NT
5		Miles, Peyton P	8	WB-ZZ	NT
6		Harper, Shelby N	8	WB-ZZ	NT
<b>Heat 3 of 3 Finals</b>					
1		Verdicchio, Abbie H	7	WB-ZZ	NT
2		Jamalabod, Hanna	7	WB-ZZ	NT
3		Baskley, Emma R	8	WB-ZZ	NT
4		Ulsak, Caren R	7	WB-ZZ	NT
5		Yang, Syd A	7	WB-ZZ	NT
6		Kumar, Riya A	8	WB-ZZ	NT

## The "Volunteer-Powered" Season

Summer swim meets are entirely run by parent volunteers—we literally can't start the clock without you! To ensure our meets run smoothly and fairly for all the athletes:

- **The Requirement:** Each family is required to volunteer at least **3 times** during the season.
- **The Tent Parents:** This is a high-energy role where you stay with the swimmers under our tents to keep them organized and ensure they get to the starting blocks on time.
- **Other Key Roles:**
  - **Timers:** The best seat in the house! You use a stopwatch to record finishes for a specific lane.
  - **Announcer/ Master of Ceremonies? (Home Meets Only):** If you love being the "Voice of Green-Fields," this is the role for you! You'll announce the names of every swimmer as they step up to the blocks and read the official results to keep the crowd pumped.
  - **Runners:** A great way to get your steps in—you collect the time cards from the timers and deliver them to the scoring table.
  - **Ribbons and Times Keepers:** A "sit-down" job where you help organize and label the awards for the swimmers after their races.

## How to Sign Up

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You should volunteer for the specific "A" or "B" meet that your child is participating in.

- **For "A" Meets:** Our A-Meet Coordinator, **Christine Pierce**, will email a **Sign-Up Genius** link to all families ahead of time. Please keep an eye on your inbox to grab your preferred spots early!
- **For "B" Meets:** These are more informal developmental meets—you can simply sign up on the pool deck when you arrive.

### **Essential Tech & Links**

- **Meet Mobile:** An app almost every swim parent uses to track live results and heat sheets.
- **Tri-County Website:** [tricoswim.org](http://tricoswim.org) – Where you can find official season results and rankings.
- **USA Swimming:** Great resources for parents, including the "10 Commandments for Swimming Parents."
- **SwimOutlet.com** – A one-stop shop for all your swimming gear. Consider their **SwimOutlet+ Membership** (\$4.99 annually) for exclusive member pricing and rewards on every order.

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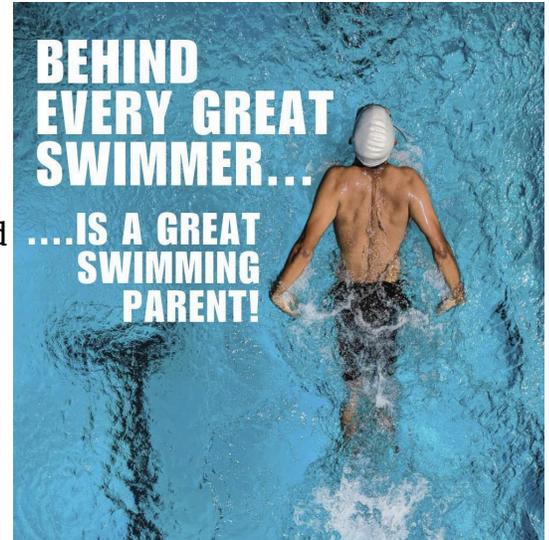
**Welcome to the team—see you on the deck!**

## Welcome to the Blocks: New Families' Guide to Summer Swimming

# The Ultimate Swim Meet Packing List

### For the Swimmer

- **Two Swimsuits:** If one rips or feels uncomfortable after warmups, you'll be glad to have a dry backup.
- **Two Pairs of Goggles:** Goggle straps have a "sixth sense" for snapping right before a race!
- **Two Towels:** One for sitting on (the ground gets wet!) and one for drying off between events.
- **The Team Cap:** Keeps hair out of eyes and shows off that Green-Fields pride.
- **Flip-Flops or Slides:** Essential for staying safe (and clean) while walking the pool deck.
- **A Warm-Up Parka or Sweatshirt:** Even in 90°F heat, swimmers get the "pool deck chills" after being in the water.
- **The "Sharpie":** The unofficial tool of the sport. Use it to write Event/Heat/Lane numbers on their arm.
- **The "Boredom Buster":** While we love the cheering and socializing, it's good to have a book, cards, or a small game for those longer breaks between events.



### For the Parents

- **Folding Chairs (Away Meets Only):** Green-Fields has plenty of seating, but for away meets, you'll likely be on grass or concrete. Bring a comfortable chair!
- **A Small Cooler:** Pack water, Gatorade, and light snacks (grapes, granola bars, or crackers).
- **Cash/Card for the Snack Stand:** Our home meet snack stand will be open and fully stocked!
- **Sunscreen and a Hat:** Every meet is outdoors except for the Peach Bowl at GCIT. July mornings in Jersey are no joke.
- **Portable Power Bank:** Between taking photos and frantically searching "Is my swimmer ready for the Olympics?", your battery will drain fast.
- **Handheld Fan:** A total lifesaver for those humid, windless mornings on the deck.

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### Pro-Tip: The "Last Name" Rule

Label **everything** with your last name. In a sea of 100 kids, identical goggles and towels have a way of wandering off. If it has a name on it, it usually finds its way back to our tent!

## *Welcome to the Blocks: New Families' Guide to Summer Swimming*

### **Volunteer FAQ: Everything You Need to Know**

Our swim meets are powered by parents! If you've never worked a meet before, don't worry—most of these roles can be learned in about two minutes. Here's a guide to the positions you'll see on our Sign-Up Genius.

#### **What is a "Tent Parent"?**

At all swim meets, we have **two large Green GFSC Tents** where our swimmers stay together to wait for their races. These tents are the heart of our team area! As a Tent Parent, you are the "Home Base" under the Green Tents. Your job is to:

- **Keep the Energy Up:** Help the group stay together and have fun between events.
- **Stay on Schedule:** Make sure kids are heading up for their events on time.
- **Gear Check:** Ensure every swimmer has their cap and goggles ready to go.
- **Escort the Littles:** Walk our youngest swimmers from the Green Tents over to the starting blocks when their event is called. It is a high-energy, rewarding role and the absolute best way to get to know the kids and the other families!

#### **What is the Announcer / Master of Ceremonies? (Home Meets Only)**

If you love being the "Voice of Green-Fields," this is the role for you! As the MC, you set the tone for the entire meet from the starter's table. Your main tasks are:

- **The Spotlight:** Announcing the names of every swimmer and their assigned lane as they prepare to dive in.
- **The Results:** Reading the official results once they have been verified.
- **Team Spirit:** Leading the cheers and keeping the atmosphere high-energy and fun for everyone under the green tents.

#### **What does a Timer do?**

This is a fan-favorite job because you get a front-row seat to the finish line. You'll be assigned to a specific lane with a stopwatch. You start the watch on the strobe light/horn and stop it when the swimmer touches the wall. You'll then record the time on a card or heat sheet provided to you.

#### **What is a "Runner"?**

If you like to stay moving, this is for you. After each heat, the Runner walks to the timers, collects the official time cards, and brings them to the Scoring Table so the results can be processed. It's a great way to see the whole pool deck in action.

#### **What happens at the Scoring Table?**

#### **What is the "Ribbons" role?**

## *Welcome to the Blocks: New Families' Guide to Summer Swimming*

Once the results are official, we need to get those hard-earned awards ready! You'll place labels on the back of the ribbons and organize them by team and age group so they can be distributed to the swimmers later.

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### **Important Reminders**

- **The "3-Meet" Rule:** Every family is required to volunteer for at least **3 spots** per season.
- **A-Meets:** Keep an eye on your inbox for the email from **Christine Pierce** with the Sign-Up Genius link.
- **B-Meets:** No pre-scheduling needed—just show up and sign in at the pool deck!

### **New to this?**

No problem! For "A" Meets, we hold a quick volunteer meeting 15 minutes before the start to walk everyone through their roles. For "B" Meets, just check in at the deck and we'll show you the ropes on the spot.