

Meet preparation for parents and swimmers.

1. At the beginning of each season is the time to look over the upcoming long course or short course schedule and decide which meets your swimmer can and should attend. Mark them on your calendar now so that they are not a surprise as the season progresses. Some meets are better suited for certain swimmers. Things to take into consideration are; age, experience, long or short course format, qualifying times and any guidance received by the swimmers coach.

2. Once the meet folder is available sign the sheet indicating which days your swimmer is attending. Keep in mind for 10 and up, any swimmer in their 2nd season and hoping to make STAGS or better times, 2 days should be the norm. Swimmers seeking to swim longer events should see their coach and get their recommendation. Any special considerations can be coordinated through the swimmers lane coach or the head coach.

3. Once this is complete the coaching staff will select those events best suited for each swimmer. Once entered into meet manager by the Statistician and an Individual Meet Entry Report is generated, the events are sent to each parent via email and a paper copy is placed into each swimmers folder. Take this information and share it with your swimmer and bring this form to the meet. If an Event Flow Report is available print it and use it to gauge the time schedule for the overall meet.

4. Once the Meet Entry Report is downloaded and you have your entries, complete the billing process by placing a check in the payments folder including the \$10 Swim Fee, one per family. If you have not been to the meet pool get directions now, do not wait till the morning of and unable to find a working address for Map Quest.

5. The night before should be relaxing for the swimmer, swim practice is usually short that evening so that swimmers can be in bed early and well rested for an early rise the next morning. Swimmers should lay out all their equipment the night before.

6. On the day of the meet swimmers should eat breakfast 1+ hours before warm-ups as a minimum. Preferably, a high carbohydrate/protein meal with a 3-1 ratio. Bottom-line, a well-balanced breakfast will do. Leave early and arrive early. Things to Bring: Meet Entry report, sharpie marker, pen, highlighter, healthful snack, water or sports drink and enough money for a Heat Sheet. Wear; team suit, team cap, team t-shirt, 2 sets of goggles.

7. As soon as Heat Sheets are available, buy one. Using your Meet Entry Report find your swimmer in the Heat Sheet and highlight each race. As soon as your swimmer is available, use the sharpie marker to mark your swimmers arm or leg with their; Individual Event, Event #, Heat # and Lane #.

Example:

Event	Event #	Heat	Lane
50 Free	5	6	2
100 Fly	23	4	4

8. Swimmers should start moving towards their warm-up lanes 15 minutes prior to start prepared to swim. Once the meet begins, parents need to keep track of the meet, using your pen, mark through each heat as it is completed. Swimmers will usually remain with the team and coaches. Swimmers will move towards their lane at least 4 heats prior. Swimmers will report to the coach following each event and will warm up and swim down as directed. Parents need to monitor food intake at meets, this is commonly a nervous reaction and a healthful snack should be made available and is required especially for all day events.

9. Post meet is the time for Positive & Supportive Praise. Your swimmer knows exactly how well they did, down to the 100th of a second, help the team build them up. Pizza and ice cream are always good.