

SHEPHERD BEST PRACTICES - 6 AND UNDERS

1) CHECK-IN FOR JOB

Pick up your Apron, noise maker (if you want), and Shepherd Sheets. Take note of **ALL COMBINED EVENTS** as these affect the flow of the meet.

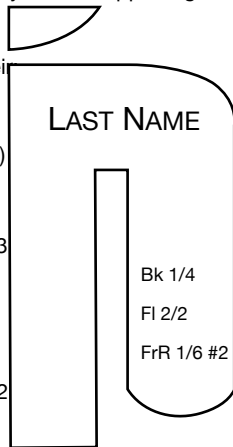
2) INTRODUCE YOURSELF.

Between **Check-in and the Team meeting** right before the meet starts find and **introduce yourself** to the swimmers & parents your are supporting.

3) WRITE ON THE SWIMMERS...

After introducing yourself, with a **sharpie**, write their
-**last name** on their **RIGHT** shoulder
-**seeding** on their **arm**
(Abbreviated stroke _ Heat / Lane (_ Relay Position))

| Stroke | Abbr | Examples |
|--------------|------|------------|
| Medley Relay | MR | MR 1/2 #3 |
| Free | Fr | Fr 1/4 |
| Breast | Br | Br 1/6 |
| Back | Bk | Bk 1/3 |
| Butterfly | FI | FI 1/2 |
| Free Relay | FrR | FrR 1/6 #2 |



3) GATHER SWIMMERS FOR EVENT

Four to six events before their race head to the gathering area for the **parents to drop off** their swimmers. Be ready to **head to CoC by 1st call** over PA system by Announcer.

4) ORGANIZE SWIMMERS

In CoC area line up swimmers in **lane order** and get ready to head to blocks. For Relays, Position 1&3 start from starter side, Position 2&4 are on far side.

5) DROP-OFF SWIMMERS.

Walk swimmers to blocks dropping off **one swimmer at a time** at each lane.

SHEPHERD BEST PRACTICES - 7 | 8s

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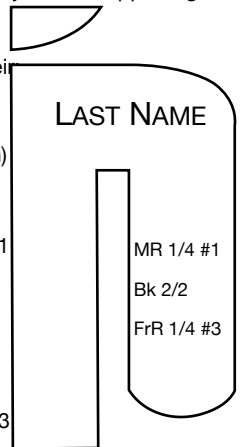
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(Abbreviated stroke _ Heat / Lane (_ Relay Position))

| Stroke | Abbr | Examples |
|--------------|------|------------|
| Medley Relay | MR | MR 1/4 #1 |
| Free | Fr | Fr 2/4 |
| Breast | Br | Br 1/6 |
| Back | Bk | Bk 2/3 |
| Butterfly | FI | FI 2/8 |
| IM | IM | IM 1/8 |
| Free Relay | FrR | FrR 1/4 #3 |



3) GATHER SWIMMERS FOR EVENT

Four to six events before their race head to the gathering area for the **parents to drop off** their swimmers. Be ready to **head to CoC by 1st call**.

4) ORGANIZE SWIMMERS

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5) DROP-OFF SWIMMERS.

Walk swimmers to blocks dropping off **one swimmer at a time** at each lane.

SHEPHERD BEST PRACTICES - 9 | 10s

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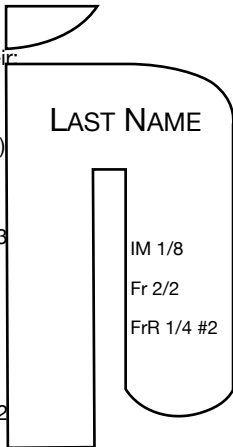
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-**last name** on their **RIGHT** shoulder
-**seeding** on their **arm**
(Abbreviated stroke _ Heat / Lane (_ Relay Position))

| Stroke | Abbr | Examples |
|--------------|------|------------|
| Medley Relay | MR | MR 1/2 #3 |
| Free | Fr | Fr 2/2 |
| Breast | Br | Br 1/6 |
| Back | Bk | Bk 1/3 |
| Butterfly | FI | FI 1/4 |
| IM | IM | IM 1/8 |
| Free Relay | FrR | FrR 1/4 #2 |



3) GATHER SWIMMERS FOR EVENT

Four to six events before their race head to the gathering area for the **parents to drop off** their swimmers. Be ready to **head to CoC by 1st call**.

4) ORGANIZE SWIMMERS

In CoC area line up swimmers in **lane order** and get ready to head to blocks. For Relays, all Positions start from starter side.

5) DROP OFF SWIMMERS.

Walk swimmers to blocks dropping off **one swimmer at a time** at each lane.

CLERK OF COURSE - BEST PRACTICES

1) CHECK-IN FOR JOB

Pick up your noise maker (if you want), sharpie, and Meet Program. Take note of **ALL COMBINED EVENTS** as these affect the flow of the meet.

2) HELP ANNOUNCE EVENTS

While the older swimmers are in the water, support shepherds by calling out gathering announcement in Bullpen.

3) CONTROL TRAFFIC FLOW ONTO DECK

Station yourself at the swimmer entrance and provide guidance to swimmers approaching. Heat and lane assignments, when the best time to come onto the deck should be.

Direct Parents that are not working on deck to the observation side of the entrance.