

# GRPA SWIM MEETS PARENTS MEETING

Cherokee County 2021

# WHO.....

- Swimmers must 7-18 years of age by June 1<sup>st</sup>, 2021
  - and live in Cherokee County.
- They also must have participated in either the ASA Swim league or the NWGSL.

# WHEN AND WHERE

- **District Meet- June 26th, 2021 Warm-ups begin at 12pm**
- **@ Cherokee County Aquatic Center**
- **Actual warm-up time will be sent out the week of the meet.**
  - **Meet Starts at 1pm**

# GUIDELINES FOR PARTICIPATION

- Swimmers should not register to swim at the District Meet if they will not attend the State Meet.
- If a swimmer qualifies for the State meet and chooses to not participate there is a \$7 per event fee for scratching from the state meet.
  - If they are medically unable to compete a dr. note will waive the fee

# HOW TO REGISTER

- **Deadline is June 16<sup>th</sup> @ 5pm to the Cherokee County Aquatic Center Front Desk**
- **Must bring with form.....**
  - Registration Form
  - Birth Certificate or Passport (copy or we can make a copy)
  - Concussion Form- we will have blank ones if you do not already have.
  - Payment
- Swimmers can compete in 3 individual events and 2 Relays
- Just because you elect to participate in relays does not mean your child will be selected. Our relays are based on the number of swimmers going to districts and selected by best times first.

## Cherokee County District Swim Meet Entry Form 2021

Swimmer Name: \_\_\_\_\_ Team : \_\_\_\_\_

Birthdate: \_\_\_/\_\_\_/\_\_\_ T-Shirt Size State:  Youth  Adult \_\_\_\_\_

MALE  FEMALE

Age Group as of June 1st, 2021:

7/8  9/10  11/12  13/14  15-18

Phone #: \_\_\_\_\_

Parent Email: \_\_\_\_\_

**District Swim Meet: June 26th, 2021@ Cherokee County Aquatic Center**

State Swim Meet: July 16th(10&under) and July 17th(11 and up), 2021 @ Cumming Aquatic Center

### Fees for District Swim Meet:

- \$6 swim meet fee and cap
- \$7 per individual event
- \$3.75 per relay

### Fees for State Meet Team : (not owed at this time)

- \* \$11 swim meet fee and Team T-Shirt
- \$7 per individual event
- \$3.75 per relay

Select the events in which your swimmer would like to participate: (only 3 individual events)

- |  |  |
|--|--|
| <input type="checkbox"/> 25 Freestyle (10 and under only)    | <input type="checkbox"/> 25 Backstroke (10 and under only) |
| <input type="checkbox"/> 50 Freestyle                        | <input type="checkbox"/> 50 Backstroke (11 and up only)    |
| <input type="checkbox"/> 100 Freestyle (11 and up only)      | <input type="checkbox"/> 25 Butterfly (10 and under only)  |
| <input type="checkbox"/> 25 Breaststroke (10 and under only) | <input type="checkbox"/> 50 Butterfly (11 and up only)     |
| <input type="checkbox"/> 50 Breaststroke (11 and up only)    | <input type="checkbox"/> 100 IM                            |

If your swimmer would like to participate in a relay select one or both: (2 relays Allowed) \*

Freestyle  Medley

\*Participation in a relay is not guaranteed as the number of relays will be dependent on the number of swimmers who are interested. Relays will be made using times submitted by team coordinators only.

- You Must attach a copy of the child's birth Certificate, and Parent Concussion form. They may not be entered into the meet with out this documentation.
- **All entries are due by June 16th, 2021 at 5pm to the Cherokee County Aquatic Center. No entries will be accepted after this time.**
- If a swimmer places 1st-3rd at the District Meet they are automatically entered into the state meet. If you do not plan to swim at States you should not swim at the District Meet. Any Scratches after Districts will be fined \$7 per event.

### Consent

**\* I understand that if my swimmer qualifies at the District Meet that he or she is expected to swim at the GRPA State Championships. \_\_\_\_\_ initial**

**\* I also understand that if my swimmers relay qualifies at the District Meet that they are expected to swim at the State meet even if they do not qualify as an individual. \_\_\_\_ initial**

**\* Anyone who qualifies for the State meet and does not show for the meet WILL BE FINED BY GRPA, and can be suspended from future District and State Meets. \_\_\_\_\_ initial**

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I have a copy of my child's Birth Certificate or Passport

I have a signed concussion form for my child

I have my payment for my individual events with my entry

# Concussion

## INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

### What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

### How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.

**Talk with your children and teens about concussion.** Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



**Plan ahead.** What do you want your child or teen to know about concussion?

### How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

#### Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to or after* a hit or fall

#### Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"



[cdc.gov/HEADSUP](https://cdc.gov/HEADSUP)

## CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

### What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

▶ **Children and teens** who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

### What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to [cdc.gov/HEADSUP](http://cdc.gov/HEADSUP)



#### Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

- I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_

- I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Legal Guardian's Signature: \_\_\_\_\_

# DISTRICT MEET PRACTICE

- June 25th at Cherokee County Aquatic Center
  - 830am-9:20am                      5-8 year old
  - 930am-10:20am 9-12 year old
  - 1030am-1120am 13-18 year old
- 
- Starts/Turns
  - Relays

# VOLUNTEERING

- Volunteers will be needed for both the District and the State Swim Meet. There are 1<sup>st</sup> half and 2<sup>nd</sup> half positions available.

Positions will be :

- \* Runners

- \* Timers

- Sign up genius will be sent out to all teams after our roster check in meeting.

# DISTRICT MEET DAY

- Arrive by no later than 11:30am we will have team area on the side of the building. We will have two tents out during the meet, but others are encouraged to bring as well. Also, bring chairs, coolers, etc.
- Swim Cap will be provided the day of if you are not at practice before.

# DISTRICT MEET DAY

- We will warm-up as a team during our scheduled time. There is not any open warmup space until the meet begins.
- The meet will start @ 1pm- this meet length will depend on the # of swimmers entered – it is traditionally about a 5-6 hour meet.

# DISTRICT MEET DAY

- Spectators will be decided by the # of swimmers- we will announce prior to the meet at this moment it is 2 per swimmer
- Meet will be live streamed via zoom- link will be sent for you to register.
- The Oasis Pool at CCAC will be open to the public this day and will require admissions to be paid. Swimmers will be asked to remain out of that pool until they have completed their events for the day.
- Awards are given to the team at the end of the meet. They will be available for pick up the following week at the Cherokee County Aquatic Center Front desk .

# DISTRICT MEET DAY

- TOP 3 Swimmers/Relays in each event will qualify to attend the State Meet.
- If you do not intend to go to the state meet your swimmer will have an hour once the results are finalized to scratch at the front desk at CCAC. Announcements are made in the facility.

# IF YOU QUALIFY FOR THE STATE MEET.....

- State Meet Practices :
- Will be announced via email on Sunday June 27<sup>th</sup>
  - Traditionally they are
    - 9am-10am 11 and up
    - 10am-11am 10 and under
- They will be held at CCAC
- T-shirts will be ordered when the State Team is confirmed
  
- State Team Picture will be July 14<sup>th</sup> at Practice
- State Team Party: July 14<sup>th</sup> 5pm- 7pm @ CCAC

# GRPA STATE MEET

**State Meet- @ Cumming Aquatic Center**

- **This meet is a pre-lim/finals meet. Top 8 qualify for finals**
- **July 16th 10 and under 7am warm-ups**
- **July 17th 11 and up 7 am warm-ups Actual Warm-up times for each day will be decided by Wednesday of the week of the meet**
- **Warm-ups are not required but please communicate with coach and coordinator that you will not be in attendance**

# GRPA STATE MEET

- We will have a team area where we will have 2 tents set up again we encourage others to bring more.
- This will make it easy for us to find your swimmer during the meet if we need them for any reason.
- Their Outdoor pool is open during the day. Swimmers will be asked to remain out of the pool until they complete their events for the day.

# GRPA STATE MEET

- There is a mandatory 2 hour break from last event completed in prelims and start of warm-ups for finals
- Hotel will be coming soon
- More info to come.....
  - Spectators
  - Welcome party
  - Etc.

# QUESTIONS??

