

Bullpen Volunteer Guide

GOAL

Get all 10 & Under swimmers lined up behind the blocks in their assigned lanes for each race prior to their scheduled swims.

SUPPLIES

- Meet programs (one for each volunteer)
- Pens
- Radio
- Bullhorn (optional)
- Bullpen Event Number Flip Chart
- Spot markers:
 - 4 sets in the bullpen
 - 1 set behind the starting blocks
 - 1 set at the turn end

BULLPEN VOLUNTEER ROLES

Divide these roles among the bullpen volunteers so each person has a clear responsibility:

Coordinator(s)

- Line up 10 & Under swimmers by event and heat in the bullpen.
- Aim to **always have TWO HEATS ready behind the blocks:**
 - One heat ready to go onto the blocks
 - One heat behind them, waiting

Escort(s)

- Walk swimmers to the starting blocks in the correct order and lane.
- For relays, escort swimmers to both ends of the pool:
 - Swimmers #1 and #3 go to the **start side**
 - Swimmers #2 and #4 go to the **turn end**

Event Number Changer

- Update the Flip Chart to show which events are being called to the bullpen.
- Change the event number **after the final heat of each 9-10 boys' event.**
- Radio the announcer to remind him/her to call these events over the PA system.

HELPFUL HINTS

- Use the **spot markers** to organize kids by lane and heat:
- 1st row = Heat 1
- 2nd row = Heat 2, etc.
- Try to have **FOUR heats lined up** as far in advance as possible.
- Tell swimmers to **stay on their assigned spots** once lined up.
- **No climbing/walking on the retaining walls** near the bullpen.
- If swimmers are misbehaving, alert a coach from that team for help.
- If a swimmer is missing, notify a coach immediately.
- Events are often **combined**—look for **[brackets]** in the meet program to identify these.
- Use the radio to communicate with the announcer – ask him/her to call events to the bullpen.
- Move swimmers to the blocks **no later than the start of the prior heat/event**.
- Have Medley Relay swimmers **behind the blocks 5 minutes before meet start**.

RELAY-SPECIFIC INSTRUCTIONS

Lining Up Relay Teams

- Use **all four rows** of spot markers for relays:
 - Swimmer #1 → 1st row
 - Swimmer #2 → 2nd row
 - Swimmer #3 → 3rd row
 - Swimmer #4 → 4th row

Escorting Relay Swimmers

- One **Escort** takes Swimmers #1 and #3 to the **START side**.
- Another **Escort** takes Swimmers #2 and #4 to the **TURN end**:
 - Walk toward the slide
 - Have swimmers hold hands while walking
 - Spot markers at turn end show lane numbers

Medley Relay Order ✓ Remind swimmers which stroke they are swimming.

- Swimmer #1 – **Backstroke**
- Swimmer #2 – **Breaststroke**
- Swimmer #3 – **Butterfly**
- Swimmer #4 – **Freestyle**