

SHARKS 101



Website and Registration Questions – PlainCitySharks@gmail.com

Our website is www.PCSharks.Swimtopia.com Our hope is that you find everything you need on this website. Usually - If it's red and underlined – click on it for more information.

Practices

- Be ready to go with goggles, cap and water bottle if you need one.
- Siblings must be supervised. The pool is NOT open. The Zero Entry section of the pool is closed.
- The Splash Pad is usually open weather permitting.
- Parents are welcome to sit and watch and are encouraged to remain near the Zero Entry edge of the pool so that swimmers aren't distracted.
- We do not take attendance, but it is ok to let us know if you are on vacation for a week and won't be at practice.
- We are fortunate to have Coach Michael, as well as Assistant Coaches Katie and Emily.

Signing up for Swim Meets

- You must sign EACH CHILD up for EACH meet.
- In order for your swimmer to be included in a meet you must let us know via Swimtopia. We call this "declaring your intent to swim." You are required to declare EACH of your swimmers for EACH meet. If a swimmer has not been signed up for a meet they will not be included in the lineup and they will not swim.
- The deadline for meet declaration is 5:00 PM on the Friday before a Wednesday meet. This will be clearly messaged, with reminders via Swimtopia and we will help new families through this process.
- PLEASE NOTE~ There are 72 events including 16 relays with 4 swimmers per lane. We will have over 100 swimmers on our team alone. Each swimmer can swim in up to 2 individual events and 2 relays. Putting together a meet lineup is a very time-consuming process. This is different than organizing a baseball lineup.

Preparing for your first Swim Meet

- Label Everything.
- Bring a Black Sharpie

- Bring a highlighter
- *Decide ahead of time* if you want your swimmers to be allowed to draw on themselves with the Sharpie you brought.
- Discuss with your swimmers that everyone else on your team has the same shirt, same suit and same cap.
- Food – The meet will happen over the dinner hour. Plan for this. You'll need snacks and water and a lot of it. Some swim meets have a concession stand but you won't want to count on that to feed your family. Keeping hydrated is VERY important. Soft drinks aren't the best way to do that. The carbonation just doesn't work well with trying to hold your breath and swim. Bagels, mini sandwiches, granola bars, fruits and veggies are all good foods for swim meets.
- It might be hot at the beginning of a meet and cool down quickly. You'll want to have a few towels per child as well as warm clothes for after the meet.
- Did I mention how important it is to label everything?
- Our hope is that the "heat sheet" will be shared the day of the meet so that you can have your swimmer all "labeled" and ready to go when they arrive.
- A wagon is not a crazy thing to show up at a swim meet with.
- We are new to the pools where our meets are being held – it is likely you will need chairs for the adults. Swimmers usually get a blanket or towel for the ground to lay down on.
- Bring low key activities. Waterproof Uno, markers, decks of cards. Swimmers need to "chill" while waiting for their events but they need to have ONE EAR OPEN so they can hear what event is "on deck" and be ready to go. After 1 meet, kids get the hang of this!

What will happen at a Swim Meet

- We are new to this league, but we assume they will run meets as orderly as any other meets we've been to.
- Parents are not allowed behind the starting blocks – unless you are timing.
- You can help get your child to the Bull Pen but from there, the Bull Pen folks take over.
- If your child misses an event – IT HAPPENS. It will happen – usually only once – let the coach know as soon as possible. If the Starter can get them into the next heat they will try. If they've missed it, they missed it.
- Meets generally start on time and our expectation is to finish around 9:00PM when things run smoothly
- Events will go in this order: Individual Medley, Medley Relay, Freestyle, Backstroke, Breaststroke, Fly and Free Relay. The start with 6 and under girls, the 6 and under boys. Then 7-8 girls and so on.
- There might be 1 heat of a particular event or there could be 4 different heats. Every meet is different.
- DO NOT, Do Not, do not leave a swim meet without checking with a coach first. Relays can change minute by minute AND they aren't usually set until we are at the meet (for all kinds of reasons) so your swimmer could very likely be in a relay but not be aware until they get to the meet.

- DQ's – they happen. This is a learning league. We are not looking for perfectly legal butterfly in 6 year olds. Mostly coaches and judges want to help correct a swimmers mistakes so that they aren't continued. Swimmers are not "called out" for being DQ'd when it happens. Their time likely won't show up in the results is all. They happen. Ask your coach what the mistake was before you leave the meet. Go to Dairy Queen and look forward to the next chance to swim.

Good Sportsmanship

- It is a swim courtesy to stay in the water until all swimmers have finished an event.
- It is a courtesy to congratulate swimmers in the lane next to you – win or lose.
- These are things we will help remind swimmers of throughout the season. We realize a lot of swimmers are happy to be finished with their race and are ready for a snack.
- These are things that might take a few seasons to remember before it becomes natural and that is fine.
- Swimming is hard work. Be happy with your swim no matter the result. It all counts as experience!
- *PARENTS* – It's fun to cheer and yell for your swimmers. Most swimmers will say they can't even hear you but we all cheer anyway. This is summer swim. In Central Ohio.

After the Swim Meet

- Usually the day AFTER a meet we will receive a meet file from the host team with everyone's times. We will get this loaded onto Swimtopia so you can watch your athlete's progress through the season.
- Swimmers do not always drop time in every meet. It's a goal but sometimes it doesn't happen.
- Who won? We do NOT score the meet to see if one team has more points than another. Usually the day after the meet we will receive a meet file with everyone's times and that will be uploaded to Swimtopia so you can see your athlete's times.

Volunteering

- It truly takes a Village to run a swim meet. It is all hands on deck. The more people we have to help, the less that each one has to do. By asking for double the timers we need, it allows someone to time for half of the meet and watch half.
- We have several committees being organized. Want to bake for the concession stand? Want to help plan the end of season pool party? Interested in being a stroke and turn judge?
- Volunteering at a meet when you have little ones can be a challenge. It isn't possible to time at a swim meet with a toddler on the hip. You will probably want to make other arrangements.

Miscellaneous

- We will have an online spirit wear order through Main Street Treasures starting in early May.
- If a sibling decides to join the team after you have already been through the registration process, you'll have to contact Angie for help. The system unfortunately won't let you go back in to register after it has been completed. It's still easy.... Just email Angie at PlainCitySharks@gmail.com
- We are continuously updating the website. Please check back often for updates especially as we get close to meet dates.
- HEAT SHEETS will be posted on Swimtopia. We will email them and make families aware they are available AS SOON AS THEY ARE. If you haven't heard from me....it's not ready yet.
- It can be very helpful to look over the HEAT SHEET before you get to the meet. Mistakes happen. A swimmer might have been left off by mistake or someone that isn't coming to the meet is signed up. It happens. Work with us and let us know. We will do all we can to get things fixed in time.

This is a lot of information. I hope it helps a little bit. As we get closer to meets we will try hard to post new content to help new swim families be able to jump in like pros.

I plan to put the VETERAN Shark parents to work by sharing their contact information on our website so that when a question arises you have someone you can ask.

Thank you for signing up to be a Shark. We are looking forward to a great season.

Angie Matessa

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