

WELCOME NEW FAMILIES TO CRUISERS SWIM TEAM!

What to Expect at Your First Swim Meet:

You've figured out practices, signed up for a meet, and now what do you do? We've made a list from some seasoned parents with tips and tricks to make it as smooth as possible!

Suggested Items for a Swim Meet:

(Please remember these are optional! —**Pro Tip:** Pack the night before; warmups are early!)

1. Swim Bag (With the following items in it)

- Team Swimsuit (bring a spare suit in case yours rips-it has happened before!)
- Team Cap
- Goggles (good idea to have an extra pair for backup)
- Towels (2)
- Sharpie & Highlighter
- Sunscreen
- Flip flops
- Heat Sheet (print at home before you arrive, no heat sheets available for sale at the pool)
- Change of Clothes (for your swimmer)
- Hat/Sunglasses (for you)

2. What to bring to sit on:

- Chairs such as camping or beach chairs
- Sleeping bag to open so kids can play games on it
- Pop Up Tent to provide sun/wind shade while waiting for your events

3. Entertainment during meet for swimmers and non swimmers (suggestions)

- Travel Games
- Coloring Books
- iPod/iPad or Nook/Kindle
- Newspapers/Books
- Laptops
- Sewing

4. Food and Water

- Please keep your swimmer hydrated. It will get very hot.
- There is a snack stand at all meets but a lot of people bring their own food.
- Meets start at 8am and are done by 2pm, but can end sooner. Plan for food!

WHEN TO ARRIVE & WHAT TO EXPECT

1. **Arrive** at the pool at least 15 minutes before the scheduled warm-up time begins (usually 6:45 for home meets and 7:10 for away meets).
2. **Find a place** to put your swimmer's "stuff." The team usually sits together on one side of the pool. Get there early...space is usually limited.
3. **CHECK IN WITH YOUR COACH IMMEDIATELY:** Help your swimmer find the coaches on the pool deck.
4. You will **use your Sharpie** to write their events, heat numbers and lanes on their arm so they can read it. See Example below:

E	H	L	STROKE
5	1	3	Medley Relay
15	2	4	25 Freestyle
37	1	2	25 Backstroke
49	3	6	25 Breaststroke
81	1	5	Free Relay

- E= EVENT
- H=HEAT
- L=LANE
- Stroke is the stroke your child is swimming; **DO NOT WRITE THIS ON THEIR ARM.** This is for your reference so the chart makes sense.

Write this on your child's arm with a Sharpie so he/she can read it and so the people that work in heating can help put the kids in the right order.

Pro Tip: For 10 & Under swimmers, please also write their last name and age group on their back on their left shoulder blade. This helps heating organize swimmers to the proper lanes and helps the timers verify they are recording the correct swimmers time.

*PARENTS-If you are uncomfortable writing on your child's skin, please remember what their events are and be sure to bring them where they need to be on time!

Pro Tip: The Equate/Walmart brand makeup remover wipes remove the sharpie off of skin beautifully!

WARMUPS

1. Swimmers report to the pool and/or coach for warm-ups.
2. It is very important for all swimmers to warm-up with the team. Swimmers' bodies are just like cars on a cold day; they need to get the engine going and warmed-up before being able to go all out. That being said, if your 6 year old doesn't swim for an hour or 2 after warmups, it might be better to help them stay warm and dry on very cold swim days.
3. Warm-up lasts approximately 20 minutes.
4. The meet will usually start about 10-15 minutes after the away team warm-ups are over.

WHILE YOUR SWIMMER WARMS UP...

Check in with the parent delegates to get your volunteer tag! Each meet your swimmer swims in, someone from your group is **required to volunteer** at least half the meet. We need timers, water runners, officials, announcers, scoring, runners, and more.

- Volunteer sign ups are available as a job sign up on team unify after you commit to attending a meet.

WHAT DO I DO WHEN THE MEET STARTS?

1. **Breathe.** You made it and it is exciting to just be here.
2. **Pay attention to the Clerk of Course numbers.** There is a sign that will have event numbers that should be in heating at that time.
3. **Listen for event announcements.** Upcoming events are usually announced over the loudspeaker, asking swimmers to report to the heating.
 - Example of what may be said, "Event #26, 9-10 Boys, 50 freestyle, first call."
 - Swimmers need to report to heating with cap and goggles.
4. **Walk your child to the heating area** when their even number is called (or shown on the heating sign). Know what events your swimmer is competing in. (Write it on your hand to help you remember.) A heat sheet and sharpie are a swim parent's best friends!
5. When your child moves to the blocks after heating **there will be someone there** to make sure they are in order and swimming in the right event and lane.
6. You will hear **whistles on the pool deck.**
 - A series of short whistles means, "Pay attention; the race in front of you is ending soon!"
 - One long whistle means, "Swimmers in the next race, step up onto the blocks. It is your turn to race!"
7. **Cheer all of the kids on** with positive encouragement when you are poolside.
8. You will notice children **stay in the water after they race.** It's proper etiquette to stay in the water until all swimmers in your heat have completed all of their laps.
 - Many pools use fly over starts. (see Swim Dictionary below)

AFTER YOUR CHILD'S RACE....

Tell your swimmer how great they did! The coaching staff will be sure to discuss stroke technique with them later. Let your child's coach be the coach, and you be the positive parent.

Tell your swimmer how proud you are of their effort. Take your swimmer back to your area and relax, find something to eat, and wait for the next event to be called.

RELAYS

Relays are the team part of a swim team. And we need everyone assigned to relays to please stay. Please remember that if one child is a "no show" we may have to scratch that event even if the other swimmers stayed to race.

SWIM DICTIONARY

All-Stars: A swim meet at the end of the season that children in every Division must qualify for based on time.

Championships: A swim meet at the end of the division meets. To qualify for Championships, your swimmer must attend 10 practices and race in 2 meets. Then they swim in prelims to qualify for a place in the Division Championship Meet.

Distance: Recreational pools are 25 yard or 25 meters for one lap. A Long or Olympic course is 50 meters for one lap.

Division: 5 or 6 teams from MHSL that we race against at all our home and championship meets. East and West are always in the same division.

DQ: The disqualification of a swimmer as determined by the meet referee. If an official observes a disqualification, they will raise their hand. It doesn't mean it is your swimmer; it could be any swimmer that the official is observing at the time. DQ's may occur because of illegal starts, strokes, turns, or finishes. False starts in relays are also DQ's.

Drill: A technique swim where one particular mechanic of a stroke is isolated from the rest of the stroke and practiced in slow short distances in order to refine it.

Event: A swim meet is made up of "events" which are the specific age groups, boys or girls, swimming specific strokes, such as the "Girls 10-12 50 Yard Freestyle"

Free Relay or Freestyle Relay: This is swam by four swimmers. Each swimmer swims in any manner. This is the very last event of the meet, and is so fun to cheer everyone on to celebrate a great meet.

Fly Over Starts: The racers from the previous heat move to a corner of their lane and the next heat dives in at the start, and then the previous swimmers get out of the pool. Since starters wait for people to be still and not distract the swimmers, this can help meets run faster.

Heat: In each event there may be numerous heats. Your child will be in one of them.

Heat Sheet: The program for the meet, showing all of the “heats” or races in chronological order, including swimmers’ names and seed times. This is posted on the walls of the building before the meet begins.

Heating: An area where the kids are “staged” prior to their race.

Individual Medley or IM: This is swam by one person and the order is Butterfly, Backstroke, Breaststroke, and Freestyle.

Lane or Lane Assignment: Most pools have at least 6 lanes, and some have 8 or more lanes. The swimmers are “seeded” based on their fastest previous times. For a six lane pool, the fastest seeded swimmer will be in lane 3, next fastest lane 4, then 5, 2, 1 and 6.

Meet Event Order: Each stroke/event proceeds by age group from youngest to oldest, starting with 6 & under. Girls swim before boys. The usual order of events at MHSL dual meets is 200 Freestyle (13-14 and 15-18 only), Medley Relay, Freestyle, Butterfly, Backstroke, Breaststroke, Long Freestyle, Individual Medley, and Freestyle Relay.

Medley Relay: This is swam by four swimmers. Backstroke, Breaststroke, Butterfly, and Freestyle, in that order. (This is very confusing to the little ones...let the heating team and the 8 and under coaches take care of this for you)

Meet Length: Plan approximately 5 hours for the meet...please do not leave early if your child is in a relay.

Meet Referee: Oversees all the officials and Stroke and Turn Judges. Do not approach them and ask why your child was DQ’d...ask your child’s parent representative or coach for help.

Mountain Hi Swim League (MHSL): The parent run summer swim league we participate in.

No Show: Swimmer did not start or show up for their scheduled event.

Parent Rep: Is a volunteer parent that represents you at the swim meet and manages the entire swim season.

Results: The results of the race are posted every 20 events throughout the meet. At Butterfield, they are posted at the front doors to the building.

Scratch: An event a child is not swimming or did not show up to swim in the event.

Seed Time: The time your child swam at a previous meet. If your child does not have a time, it is ok. They will after the first meet. The time is used to place swimmers in heats.

Stroke: Freestyle, Backstroke, Breaststroke or Butterfly

Stroke and Turn Judge: Volunteer parents that observe the racing lanes to make sure all swimmers are following the stroke rules.

Swim Cap: A cap with the team name on it that designates your child is part of the Cruisers Swim Team.

If during any of this you feel lost or confused, be sure to ask other parents for help! There is a lot of experience on this team and everyone is very willing to help.

We have all had our “first meets” and know it can be overwhelming. Once you have attended one or two meets, it will all become very routine and enjoyable.

Congratulations! You are now ready to be a swim parent!