

## Caldwell Swim Club Things to Know for Swim Meets

When there is an upcoming swim meet, Janice Favillo will email and print the meet invitation. This is the listing of events, the costs and warm up times for each day of the meet.

If this is your first meet, please talk to Janice about what your swimmer is ready for. In the future you will be able to gauge what your swimmer can and cannot do, but you need to always check with Janice. Complete the invitation and return, with your check, to Janice on or before the date requested.

Attached is a listing of meets for the swim year, which is September 1 through August 31. The meets in bold are meets that Janice plans on supporting as a team, but each swimmer is welcome to attend any meet that they feel they would like. This schedule can be found at [www.snakeriverswimming.org](http://www.snakeriverswimming.org).

The following is from the USA Swimming website, [www.usaswimming.org](http://www.usaswimming.org). This is a sample from their club handbook. This is only a guide, if you have specific questions, please ask Janice Favillo.

### **Before the meet starts**

Arrive at the pool a little before the scheduled warm-up time, 30 minutes is a good time frame. Find a place to put your swimmer's blanket, chair (if allowed at that particular meet) and swim bag. Look for familiar faces, the team usually sits in one place to make it easier for Janice to find everyone and for the team to get to know each other and enjoy the experience.

After you have your swimmer settled, find where they are selling the heat sheets. Heat Sheets will list all the events in order with the swimmers in order of "seed time" and these can usually be purchased in the lobby or concession area. When the team entry is sent in, each swimmer and his/her previous best time in that event is listed. If the swimmer is swimming in an event for the first time, he/she will be entered as a "no time" or NT. A no-time swimmer will most likely swim in one of the first heats in the event.

Heat Sheet prices range from \$4 to \$5. Go through the heat sheet with your swimmer and highlight each event, heat and lane that your swimmer is in. After highlighting these, take a ball point pen and write the event number, heat number and lane number on your swimmers hand, arm or leg. This will help them to remember which they are swimming.

At this time, your swimmer should get his/her cap and goggles and report to Janice for warm-up instructions. It is very important for all swimmers to warm-up with the team. Swimmer's bodies are just like cars on a cold ay, he/she needs to get the engine going and warmed before he/she can go all out. After warm-up, your swimmer will go back to the area where his/her towels are and sit there until their event and subsequent events are called. This is a good time to make a trip the restroom, get a drink or just get settled and into the experience of the meet.

### **Meet Starts**

It is important for any swimmer to know what event numbers he/she is swimming, again, why they should have the numbers on their hand. He/she may swim right away after warm-ups, or they may have to wait awhile.

A swimmer's event number will be called, usually over the loudspeaker. Swimmers should report with his/her cap and goggle to Janice and then proceed to the area behind the start blocks.

The swimmer will swim their race. Immediately after their race, they should go to Janice. Generally the coach (Janice) follows these guidelines when discussing swims; positive comments and suggestions for improvements.

### **Parents Responsibilities at Meets:**

Our team is assigned a lane that we are responsible for providing timers. The timing is usually in 1-2 hour increments of time. PLEASE take this opportunity to provide help to our team. There is usually a sign up sheet at the official timing table, make an effort to head over there in the morning and volunteer for a time slot. Timing seems intimidating and scary, but is really easy. We have veteran parents that will be more than happy and willing to time with you and help you through the process. It is usually cooler behind the blocks and you get water and food throughout the meet, plus you get an up close and personal view of swimming.

After your swimmer swims their race, tell them how great he/she did, the coaching staff will discuss stroke technique with them. Tell them how proud you are of him/her, take them back to team area and have them relax before the next race. Make sure that they are drinking fluids and snacking light to keep up their energy and strength. Make sure that they make a trip to the restroom at this time. Your swimmer now waits for their next event and starts the procedure again.

After your swimmer has completed all their events, you and your swimmer get to go home. Make sure that you have your swimmer check with Janice and that you pickup the trash and personal items around where you are sitting.

**What to take to swim meets:**

1. Swim suit, CSC cap and goggles
2. Flip-Flops, swim shoes, sandals
3. Folding chair (camp chair), blankets, sleeping bag
4. Towels, bring 2-3
5. Food – crackers, cheese, pretzels, bagels, muffins, granola bars, fruits/veggies
6. Travel games, book to read, coloring books, CD player w/CD's
7. Clothes – sweats, shorts, sweatshirt, t-shirt, these are items to wear between events
8. Drinks – water, PowerAde, Gatorade, avoid soda and carbonated drinks
9. Outdoor meets – sun block, hat, canopy

Concessions are usually sold at swim meets. If you forget something or just want to add something to what you bring, this is always an option.

Parents, the pool area is usually very warm. Therefore, you need to make sure you dress appropriately. It makes the time pass slowly if you are hot during the swim meet.