

### **The 'What To Do List' for Swim Meets**

Below is a list of what to do, and prepare for, when you attend a swim meet.

Prior to a swim meet, the kids will receive their events. Please do not discard this sheet. The best place is on the fridge. There may be events on the list that your child may be hesitant to swim. The coaching staff always has your child's best interest in mind when choosing events. There is always a reason for the chosen event.

At the same time they receive their events, swimmers will also be given an invoice for how much it will cost for the meet. There is always a deadline for payments. Please make your payments by the due date. If you are not going to swim in the meet, please inform one of the coaching staff so we can scratch your child from the meet. The coaches will assume that non payment of your meet fees by the due date means that your child will not be participating and we will scratch them from the meet.

Please check your email, as well as the blog on the website for new and updated information such as: timing clinics, stroke and turn clinics, warm up times, etc.

There is always a meet package posted on the bulletin board at the pool. In it will be the start and approximate finish times for each day. You should make a point of being at the pool 20 minutes prior to the start time. The club warms up on deck before beginning warm ups in the pool.

Swim meets can sometimes be a marathon. Coaches can't predict what time the kids will be racing because we don't have control over how fast or slow the meet will be running. Therefore, we ask that parents and kids stay at the pool for the duration of the day. The coaches are coaching your kids – not looking after them, so please ensure there is someone there to look after them. Once you are done all your events for that day, then you can leave.

Meet program. There is also a copy posted at the pool on the wall. During the meet, the club is selling copies of the program and it's always a good idea to have one. You can also share one with another parent or two. That way you will know what event, heat and lane your child will be in for all of their races throughout the weekend.

Relays. As best as we can, the coaches hope to have everyone in relays. However, due to scratches, and performances during a meet, coaches will make last minute changes.

Volunteering. Any kids participating in the meet, a member of the family must sign up to volunteer during the swim meet. Volunteer sign up sheets are posted on the club bulletin board prior to meets.

For those who are new to swim meets. Here's a list of items to bring for the meet.

At least two towels

Water bottle (should be drinking throughout the day)

Goggles (2 pairs – in case one breaks)

Barracuda Swim Cap (2 pairs – in case one breaks)

Barracuda T-Shirt – if you have more than one, bring them as they tend to get wet throughout the meet

Shorts or track pants

Flip-flops for feet

Food - bananas, sandwiches, grapes, crackers, etc – preferably foods that are easily digestible and healthy

Barracuda Swimmers are expected to wear team gear at all times during the swim meet. **BARRACUDA T-SHIRTS AND CAP ARE MANDATORY.** The club has made a good effort to provide quality gear at an affordable cost. This will enable us to project a more "professional" image during the meet. These items can be purchased from the equipment manager.

Swimmers should remember that they represent the Barracuda Swim Club and should always dress and act in a manner that reflects their pride in the club.

Questions? If you ever have a question regarding the swim meet, please contact a coach before the beginning of the meet.