

## Guidelines for a Good Swim Meet Experience

Our first competitions will be held next weekend. Below you will find some helpful hints about having a good swim meet experience. First time families should watch next week's newsletter for more "Tips for your First Swim Meet".

### Prior to meet day.

1. Two weeks before competition check the EBSC web site and the posting at the pools to ensure your swimmer is entered in the competition. If you see a problem please contact Trina Schaetz @ [tdschaetz@yahoo.com](mailto:tdschaetz@yahoo.com) and Brent Boock @ [boockbrent@yahoo.com](mailto:boockbrent@yahoo.com) .
2. The Thursday before the meet check the EBSC website and the "Gator Gazette for meet timelines.
3. Make sure your swimmer has the needed racing equipment:
  - Blue Speedo suit (1)
  - EBSC team cap (2)
  - Goggles (2)
  - EBSC apparel to wear between events.

### Before the meet starts:

1. Arrive at the pool 15 minutes prior to the posted warm-up time (The warm-up time is when things start...not when to arrive). This will give you ample time to get your swimmer and yourself prepared for a positive meet experience.
2. Purchase admission and meet program. Meet program (also commonly called a "heat sheet") will list the event, heat, and lane assignments.
3. Please write your swimmers events on they're hand/arm (see below). This is not the coach's responsibility. **SEE EXAMPLE BELOW**
4. Have your swimmer check in with his/her coach. Make sure you and your swimmers are aware of any relay involvement (This often changes on meet day due to tardiness, absentees, illness, etc.).

### During the meet:

1. Swimmers will sit with the team or with parents in the stands. Keep aware of the swimmers event # so he or she does not have a "missed swim".
2. Many meet hosts have a "staging area" where swimmers are helped into the correct heats and lanes. If this is not the case the swimmers is responsible to be in the right place at the right time. Parents and coaches can help swimmers get where they need to be.
3. Before and after every race swimmers must talk to they're coach. This ensures the swimmer is ready for the race and allows feedback immediately following each race. Be sure to encourage your swimmer to check in with his/her coach after every race.
4. All swimmers should check with they're coach before leaving the competition site. There may be another event or relay they need to compete in.

### Other:

1. According to USA Swimming rules, parents are not allowed on deck unless they are serving in an official capacity (timing, officiating, etc). Similarly all questions regarding meet results,

officiating, or conduct of the meet should be referred to the coaching staff. They will be able to pursue it through the appropriate channels.

2. Occasionally swimmers will be disqualified due to a stroke or turn infraction. All swimmers receive disqualifications and this should be viewed as a learning opportunity. Swimmers are given “DQ” slips which delineate the infraction. The coach will instruct the swimmers how to improve so this does not happen again.

3. Meets are often a great time of stress for young swimmers. Allow the coach to coach your swimmer. Be positive and supportive regardless of the outcome of each race.

4. Swimmers and parents are responsible for picking up all awards received. The results from each event are posted about 30-45 minutes after each race.

5. Be sure to bring your own food. Host teams usually have a concessions stand but this may not sell the nutritious snacks we want our swimmers eating.

6. Good foods include granola bars, fruit, cereal, sandwiches etc...Candy is not an acceptable snack!

### Example heat sheet page:

Elmbrook Swim Club Hy-Tek's MEET MANAGER 2:58 PM 5/10/2005 Page 1  
**14 & Under Wisconsin Short Course State Meet, Sanction #: 2005-028WI**  
**Hosted by Lake Country Phoenix Swim Team**  
**Meet Program - Saturday 11-12 & 13-14 Finals - North Pool**

#### Event 58 Boys 11-12 500 Yard Freestyle

Lane	Name	Age	Team	Seed Time	Finals	Place
<b>Heat 1 Timed Finals</b>						
1	Kuriga, Lucas	11	Menomonee Falls Swim Club	5:41.55	_____	_____
2	Wolf, Bobby	12	Southwest Aquatic Team	5:39.24	_____	_____
3	LeClere, Theo	12	Waukesha Express Swim Team	5:29.76	_____	_____
4	Rose, Spencer	12	Elmbrook Swim Club	5:25.78	_____	_____
5	Heiser, Brian	12	McFarland Spartan Sharks	5:28.44	_____	_____
6	Lentz, Tyler	12	Central Wi Wave Makers	5:35.35	_____	_____
7	Finger, Michael	12	Green Bay YMCA	5:40.53	_____	_____
8	Rozich, Isaiah	11	Eau Claire YMCA Marlins	5:43.88	_____	_____
<b>Heat 2 Timed Finals</b>						
1	Kastner, Leo	11	Menomonee Falls Swim Club	6:41.55	_____	_____
2	Warden, Billy	12	Southwest Aquatic Team	6:39.24	_____	_____
3	Lemonnes, Trip	12	Waukesha Express Swim Team	6:29.76	_____	_____
4	Randall, Steve	12	Elmbrook Swim Club	6:25.78	_____	_____
5	Hipp, Bob	12	McFarland Spartan Sharks	6:28.44	_____	_____
6	Lefter, Timm	12	Central Wi Wave Makers	6:35.35	_____	_____
7	France, Mitchell	12	Green Bay YMCA	6:40.53	_____	_____
8	Roman, Ignatio	11	Eau Claire YMCA Marlins	6:43.88	_____	_____

### Based upon the above meet program example:

The swimmer named Spencer Rose will be in:

Event # 58 – Heat # 1 – Lane # 4 – 11&12 Boys 500 Freestyle

To ensure your swimmer knows when and where to be, you should write their event information in a grid on your swimmers hand/arm. Please use permanent ink such as a sharpie marker. See our example below:

