



Swim Meet Newsletter From Parents Committee

On the day of the swim meet, one of the most common questions is “What am I swimming?” Here are some tips on what to do when you arrive at the pool and terms you might hear through the day.

When your child first arrives at the pool for a meet, it is imperative that they sign in with the person responsible for checking in that age group. They can get their events written on their hands at this time. The people checking the swimmers in are volunteers. The coaches are using this time to finalize a line-up, so please check in with the volunteer and allow the coaches to complete their work. In the event that your child is late or cannot make it to the meet, this is the last opportunity that the coaches have to adjust the meet line up.

Soon after everyone is checked in, the Heat Sheets or Event List is posted. There is a sheet for each age group by gender. If you have more than one child of different ages or gender, you will need to look at more than one sheet. Across the top are the event numbers and event description. Along the side are the swimmers names. The events your child is swimming in are represented by a mark at the intersection of their name and an event. There are different types of marks:

Seed Times – The time your child was entered at and will be placed accordingly in the meet.

X – Your child is swimming in that event for points

EX – Your child is swimming that event for exhibition. If your child is swimming exhibition, it means that the order in which they finish does not count toward the points earned by the team. Remember, the coaches have a maximum of three entries per each event that can count towards scoring. The times that the swimmer achieves still count towards qualifying for meets.

A, B, C – In the case of A, B, and C, this means there are three relays each with four swimmers. So there should be four As, four Bs, and four Cs. If there is a stroke with the letter i.e. A-Fly, this would mean that for the Medley relay, your child is swimming butterfly in the A relay. If there is a number with the letter i.e. A1, this would mean your child is the first leg of the freestyle relay. If your child is swimming a relay, they need to know which relay (letter) and which stroke or number.

You may notice that your child is swimming in an older age group than what he/she actually is. For instance, you may see that your 8 year old is swimming in the 9-10 relay. This is not a mistake. Perhaps the coaches want to see how your child does at an event that is not currently offered in their age group or they may need to move someone up an age group to complete a

relay team of four. In any case, it is usually more stressful to the parents than the swimmers when this happens. If you see your 8 year old is going to swim the 50 Free with the 9-10s, they will do fine. They do more than 50 meters at practice so they will be able to swim the length. Maybe your child has been working on his/her flip turn (the turn done at the end of the pool to go back in the opposite direction) and the coaches want to see how it looks in a race. If you make a big deal about it, your child might start to get nervous too. Save your anxiety for when your child is in the water.

If during your child's race, you notice an official's hand is raised, that signifies that a swimmer has been disqualified, more commonly known as DQ. This means that the swimmer is performing the stroke incorrectly, started too early, or some other infraction. If your child DQs, the coaches will receive a paper stating what the disqualification was so that they can work with the swimmer on improving. DQs are learning experiences for the swimmer and are teaching points for coaches. They happen to not only new or young swimmers but also to more experienced swimmers.

As the meet is progressing, ribbons will be generated for each event. Place ribbons will be given for each race for first through sixth place (could be different at an Invitational, check the meet notice for specifics). If your child swam exhibition, they will receive a participation ribbon. The only time your child will not receive a ribbon is if he or she has a DQ either individually or as part of a relay team. Ribbons will be placed in the swim folders. Our goal is to have the ribbons in the folders within 24 hours after the meet.

A few closing points on sportsmanship and team camaraderie. After each race coaches expect to see Wahoo swimmers attempt to shake hands with the competition in the lanes next to them. Please help reinforce this if you see your child exit the pool before shaking hands. For those new to swimming you will soon see that swim meets are not exactly the quickest of competitions and can be hard to maintain the focus of all swimmers. Please help encourage your swimmer to cheer for their teammates and not just play with their Nintendo DS. Lastly, unless you absolutely need to leave early from a dual meet it is asked that you stay to the end of the meet to cheer on your teammates and hear the coaches comments at the conclusion of the meet.

If you have any questions, seek out a veteran parent at practice or a meet and see if they can help.