

## Important Reminders and Tips for Meet Participation

- 1) Please make sure to arrive **ON TIME** (the arrival time is posted for each meet). If you are running late, you **MUST** contact either Coach Teresa or a board member and receive confirmation of the contact. Otherwise, you may be scratched (removed) from certain events! **DO NOT NO-SHOW MEETS!** If you must miss a meet at the last minute, you **MUST** contact Coach Teresa directly (either via Remind or phone)!
  - If you arrive after 8:15 to this meet **without** informing a board member or Coach Teresa, you will be scratched from relays and replaced with another swimmer (to avoid having to scratch the relay entirely) – keep in mind that this **could still** result in an entire relay being scratched if there are not enough swimmers in that age group!
  - If you No-Show meets, you risk being withheld from relays for the duration of the season. Multiple No-Shows mean you risk being withheld from competition entirely.
- 2) ALL SWIMMERS MUST **check in** with Coach Teresa upon arriving at the meet so that she knows you are here! **Do not assume – make sure she checks your name off!**
- 3) Make sure you know ALL of your swimmer's events – if you are not sure, ASK A COACH OR A BOARD MEMBER to double-check for you!! **It is typical to take a picture of the event list and/or write the event numbers down in marker on your swimmer's hand.**
  - Read the “**Meet Entries Report**” to see your swimmer's events
  - Look under **ALL AGE GROUPS** that your child may be a part of (e.g. “10 and Under” includes 8 & Under and 9-10, “Open” includes ALL ages)
    - **All** swimmers almost always compete in 2 individual (on their own) events.
    - **Most** swimmers will compete in at least one relay (in a group of 4 swimmers).
    - **Relays** may be separate from individual events - most swimmers will be in 3 to 4 events and AT LEAST 1 RELAY – **PLEASE DOUBLE CHECK AND DO NOT ASSUME!!**
  - **KEEP IN MIND:** I enter swimmers in events only if I know they are capable of swimming the event legally. I will not put swimmers in events that are beyond their capacity to compete. I also try to expose swimmers to as many different events as possible over the course of the season (again, depends on level and ability).
- 4) Line up for events **AT LEAST** 15 numbers ahead of your race (e.g. if you are in Event 23, you should be going to the bullpen **BY** Event 8). The race number will be posted – if your child is under 11 or new to the team, **please help them line up for their events.**
- 5) ALL SWIMMERS MUST **check out** with Coach Teresa/Jerome before they get dressed and leave the meet – this way, no one will accidentally miss any events, **particularly relays!** **PLEASE NOTE: if even 1 swimmer is missing from a relay, that relay cannot run. DO NOT LEAVE FOR ANY REASON UNTIL YOU HAVE CHECKED OUT WITH COACH TERESA/JEROME!**
- 6) Please help your child make smart food choices during the meet – help them keep hydrated and fueled, **but I strongly advise against eating large volumes of food DURING competition** (after all their races are done it is ok).
- 7) Please make sure you fulfill your volunteering duties – if you signed up to do something (time, officiate, help with concessions, etc.) please make sure that you do it!

Thanks so much for all of your help! We cannot have meets without parent support, and we really appreciate your contributions. If you have **ANY** questions about the meet, events, volunteering, or **ANYTHING**, please ask one of the board members OR one of the coaches right away!