

## **NEW RICHMOND AREA TIGER SHARK SWIMMING**

### **PARENTS MANUAL & SWIM MEET TIPS**

#### **Recommended Items to Bring**

- Pillow
- Sleeping Bag
- Lawn Chairs
- Extra Goggles
- Extra Swim Caps
- Sweatshirt
- Sweatpants
- Towels
- Slippers/socks
- Deck Shoes (swimmer and parents for pool deck)
- Small Cooler (for snacks and drinks)
- Shampoo/Conditioner/Soap-These items generally are not provided in the showers.
- Video games (not too loud, please)
- Card games
- Books to read
- Permanent Marker
- Pencil or pen

#### **Swim Meet Clothing**

It gets HOT in pool areas. Most wear a T-shirt under our sweaters and sweatshirts. Some parents even bring shorts to change into at the meets. Your swimmer will need to be kept warm (see sweats above) but you will get very hot in the pool area.

#### **Food**

There is usually a concession stand provided at all the meets. You may bring your own food if you choose. The concession stand revenue is usually for fundraising for the hosting team. Patronizing them is totally your choice. The prices generally are from \$0.25 to \$4.00 per item. We suggest that if you like bottled water to bring your own supply. This seems to run out the fastest at the meets. The hosting team very much appreciates that food and drinks are eaten in the concession areas. Please have your swimmer and family respect this.

## **Rest Areas**

When you get to the meet, this is the one place you will want to find first. Our team will have a designated area, usually labeled, to put all of your “stuff”. The rest area for parents and swimmers is generally in the gymnasium. That’s where the lawn chairs and cushions come in. It is more comfortable to sit on chairs than on the floor, at least for the parents. A lot of the kids read books, play cards and/or video games during the breaks. Please be sure to know where your swimmer is at all times. This is so important because of seeding/staging (see below). Lay out the sleeping bags and coolers and pillows, etc. and get comfortable. Then find the seeding/staging area.

## **Swimming Events**

Also in our rest area the coach will post a list of events and relays. You need to check the list to see what even your swimmer is listed under and get out the marker. Write their event number on their arm, foot, or hand. You need permanent marker so that it doesn’t wash off. Don’t worry, it will in a few days. This is really important for your swimmer. It is the only way for swimmers to know at all times what their next event is. Be sure to check the relay list! More than likely, your swimmer is in a relay. If swimmers don’t stage/seed with the rest of the relay team, the team could be disqualified. It is imperative that each member on a relay team shows up to swim. It is not fair for the rest of the relay to not swim the even because of one swimmer not showing up. Please impress this on your swimmer. We want everyone to have an opportunity to swim all of his/her events. FYI-each swimmer is allowed to swim in 4 individual events and 1 relay. This makes it difficult for the coach to have to “fill in” with other swimmers when your swimmer does not show up for the relay. Thank you in advance for your understanding.

## **Seeding and Staging**

For those of you who are new to swimming, “seeding or staging” is when the swimmers are called to line up for their event. Swimmers need to be aware of what event is being called for seeding/staging. When their number is called, they need to go to the seeding/staging area. This area varies with each pool. Be sure to find out where this is as soon as you get settled in the rest area at the meet. When swimmers are called to the staging/seeding area they will receive a card with their event/name/lane listed on it. Once they are stage/seeded they must remain there. The officials will then advance them on to the pool when their event is called. Please talk to your swimmer about this, especially if they are new or young. You can stay with them if you would like, but it is perfectly okay to leave them with the officials and you can find a seat in the pool area.

## **Heat Sheets**

It is recommended that you buy a heat sheet when you get settled in. This is not necessary, but it will make your day go a lot easier. The heat sheets at most of the meets are generally the same. If you have trouble reading it, please ask a returning parent to help you. There are anywhere from 1 to 10 heats in any given race. All swimmers for an event are swimming against each other, even if they are not in the same heat. The heats are generally set up with the slower swimming times in the beginning heats and the faster times in the ending heats. This certainly does not mean that a swimmer in the first heat could not win the race. If your swimmer does not have a recorded time, then she/he will generally be up in one of the beginning heats.

## **Pool Deck**

It is a good idea to invest in some deck shoes. You can wear street shoes into the pool area, but your feet as well as the rest of your body will get hot. You can also go to the pool area barefoot. As you probably know, no food or beverage is allowed in the pool area at any pool. Find a place to sit to see your swimmer. If you have a "heat sheet", you will know which lane and which heat your swimmer is in. Cameras and camcorders are certainly allowed and we encourage you to use them. Cheering is great, but wait until the swimmers have entered the water, and then you can yell all you want. We want everyone to know how much we support our team. We want everyone to know how much we support our team! It is a good idea to only go to the pool area when it is our swimmer's turn to swim. Most of the pools do not have enough seating to accommodate all of the parents/families that come to watch the meet. When your swimmer is "on deck" to swim, you can come up close to the deck to watch, but please respect the officials and leave them room to do their job. Also, please remember that there are parents behind you that want to see also. We all want to see our swimmers. Also, one more tip-remember to have that extra towel ready when they get out of the pool.

## **Awards**

The meet host will give out ribbons as awards. Each hosting team does this a little differently. Some may give out the ribbons after the results of each event are posted, while others may give them all to the coaches at the end of the meet. It is a general rule that ribbons are awarded only through 6<sup>th</sup> place. This is up to the hosting team. A ribbon may be given out to each swimmer winning a heat. This can be especially rewarding to swimmers who may not have a top 6 time, but can still win a ribbon for swimming first in their heat. If the ribbons are not being given out as posted, then the ribbons will be given to the coach to distribute at the next practice.

## **Disqualification**

Please be assured that even swimmers who have been swimming for years get disqualified on occasions. This is not uncommon. Officials are generally very good at what they do, and we as parents need to respect this (please see Codes of Conduct). If you have a dispute with a disqualification, please talk calmly with the coach, not the official. The coach will decide if the action warrants contesting. More than likely, the coach will have seen the error, if there was one, and he/she will talk to the official. Disqualifications can be for a variety of reasons. If you are confused about why your swimmer was disqualified, please talk to the coach. Try to look at it as a learning experience for your swimmer. Talk to your swimmer about the disqualification before the next meet. Our coach will be more than happy to work with the swimmer on how not to do it again. In some cases, the official even talks to the swimmer and explains what the error was. The officials do want the swimmers to have fun, but they are also paid to be officiating.