

## What to Expect at Swim Meets

### 1. Swimmer Expectations

- a. **Must wear Catalina Gear** (t-shirt, hoodie or warm up jacket) **at all times on deck.**
- b. For every session of a meet be on deck 15 minutes before warm up starts unless otherwise instructed by your coach.
- c. Check in with your coach when you arrive.
- d. Place your belongings with teammates & team does activation together prior to warm up starting.
- e. **Do not leave the deck without permission from your coach**
  - i. **\*Swimmers should stay in the designated area. Swimmers should not be in the stands with their parents unless directed by Coaches.**
- f. Talk to your coach before every race. Let your coach know when you are going up to the marshalling area or starting block (swimmers will go to a designated marshalling area about 3-5 heats before their own event).
- g. **All swimmers are to check in with the coach immediately following a race**
  - i. **If cool down pool is available then swimmer should do cool down and then check in with their coach.**
- h. Drink water throughout the day and eat nutritious snacks!

### 2. What to Bring

- a. Plenty of warm clothes (hoodie, sweatpants, robe, parka etc.)
- b. 2-3 towels per day
- c. Pack an extra set of goggles, swim cap, and suit in case there is an “equipment malfunction”
- d. Deck shoes to keep your feet warm
  - i. Sneakers
  - ii. flip flops **(with socks?)**
- e. Water bottle
- f. Plenty of nutritious food and snacks for the day
- g. SOMETHING TO DO... cards, books, drawing, etc. as it is a long day of waiting.
- h. Blanket or yoga mat to sit on
- i. **Electronic devices that connect to the internet are NOT allowed on deck (e-readers or boogie boards are acceptable). If you are not sure, please clear the device with the Coach. Cell phones are not allowed on deck. Please keep them in a locker or with parents.**

### 3. Parents

- a. Swim meets can be hot – for the parents watching! Layers are a good idea! Even if the weather is freezing outside you may need summer attire in the stands!
- b. Bring yourself some snacks and water (there may not be a concession)
- c. Find a seat in the stands – many of the RDCSC parents sit together. Stadium seat pads are recommended for comfort on the bleachers.
- d. Feel free to ask questions – experienced swim parents love to talk swimming!
- e. Due to insurance regulations, PARENTS ARE NOT ALLOWED ON DECK unless they are serving in an official capacity.
- f. All questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to a coach. The coach will pursue the matter through the proper channels.
- g. Most meets are posted on [meet mobile](#), available for a small subscription fee on the App store. This site will show heats and results and usually updates quickly as races happen.
  - i. At meets not on meet mobile you can purchase heat sheets (usually \$2-\$3 per day) to find out when your child is swimming during warm up. Some parents like to have a pen and highlighters to keep track of when swimmers are racing. Results are usually posted somewhere in the stands after the races.
- h. Swimmers may swim with other swimmers who are older or younger – at many meets they are placed according to their swim times. This makes for exciting races because all the swimmers are close to the same speed. When the results are posted – swimmers are ranked with their age group. (age groups vary according to different meets)
- i. When your child is finished swimming for the day, they are free to go – but make sure they check in with the coach to make sure they do not have a relay or finals. Also, they should double check what time they should be back the next day.
- j. Disqualifications (DQ) happen to every swimmer, especially at the beginning of their competitive career. It is important that the swimmer talk to their coach after a DQ to make it a learning experience.