

Swim Meets!

Parent & Swimmer

H A N D B O O K



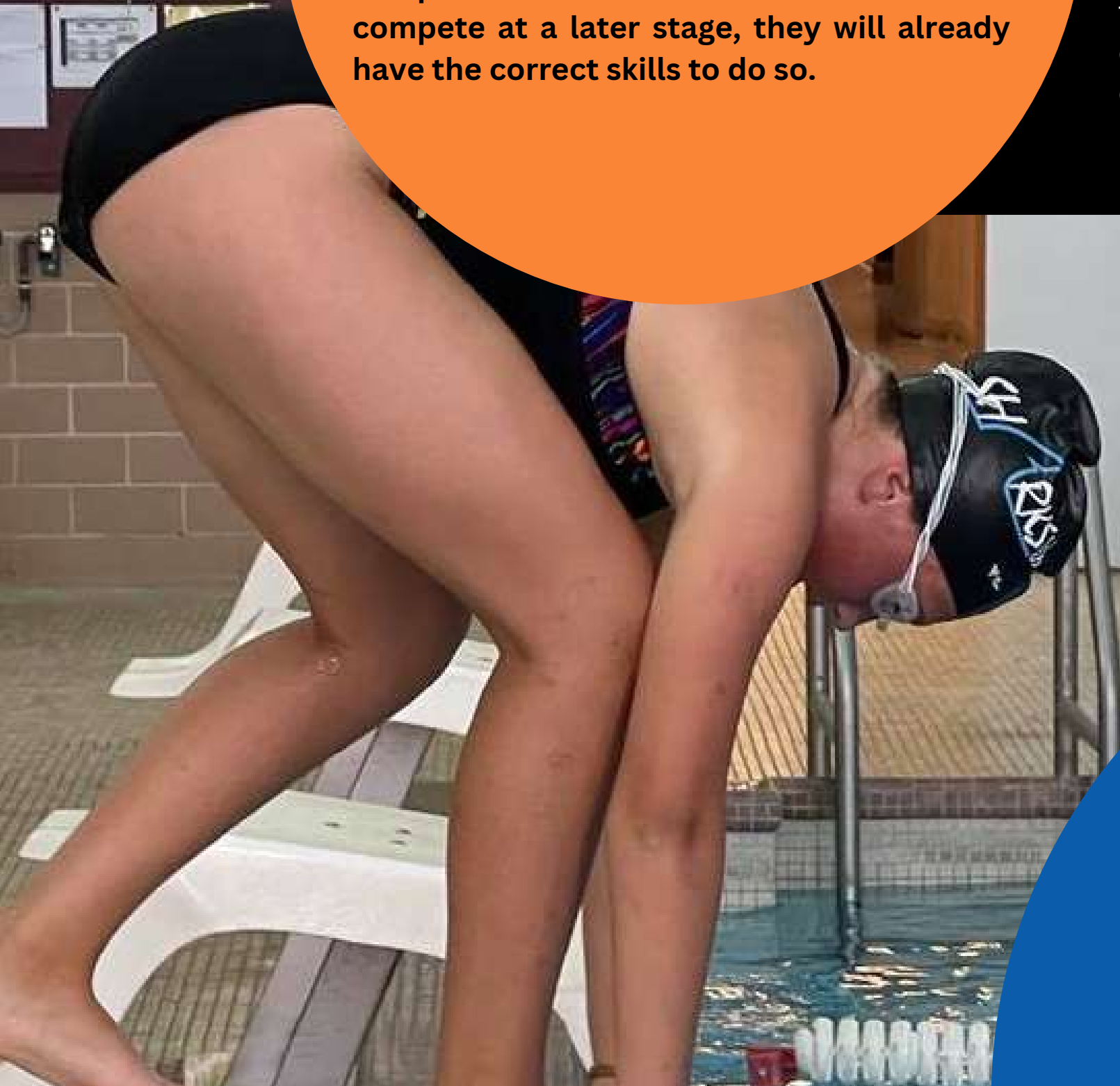
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What's the deal with swim meets?

We realize that competing is not for everyone. It is the swimmer and his or her family's decision whether to participate in a swim meet. Competitions are encouraged but are not mandatory regardless of your chosen commitment level. Every swimmer of the Sackville Swim Club will learn how to compete so that if a swimmer decides to compete at a later stage, they will already have the correct skills to do so.

Swimming is an excellent way to teach children and youth life skills and how to fulfill their potential. Self improvement is stressed in a positive environment which ultimately encourages a heightened self image. Goals are identified and worked towards and participating in competitions is only one way this is achieved.

There are different types of competition based on age, experience and level of performance. Some swim meets are open to everyone, and some swim meets restrict participation to allow only swimmers who have achieved certain time standards. Some meets limit advanced swimmers by de-qualifying them if their times are too fast. Time standards are not uniform across the different provinces and territories in Canada. Provincial time standards are determined by each province based on past provincial results, hence a, "AA" time in NB may be faster or slower than an "AA" time in Ontario. We follow provincial time standards established by Swim NB, and national time standards established by Swimming Canada.



Entering a swim meet

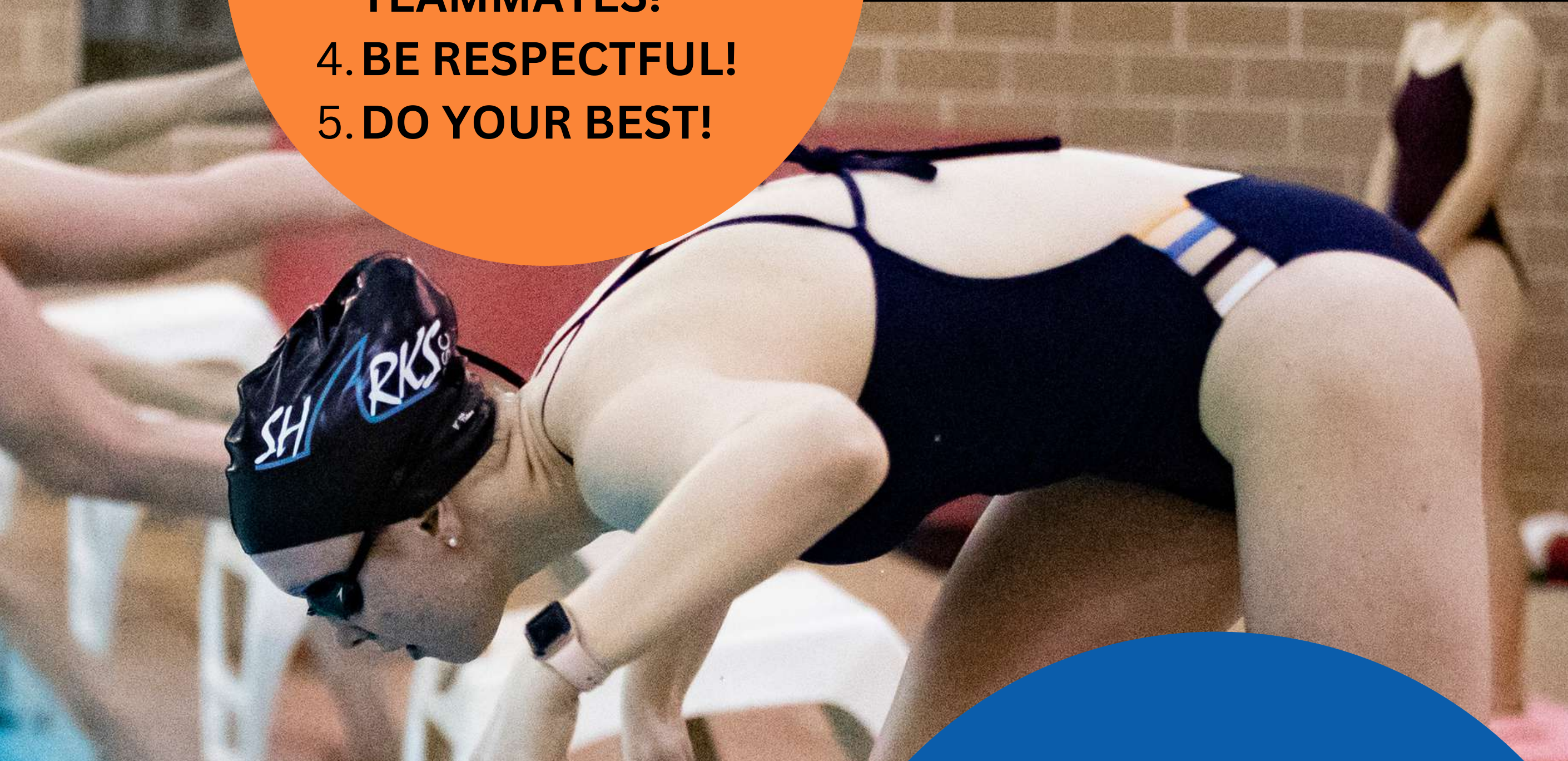
The events that the swimmers will participate in at the meets are the final decision of the coaching staff with the swimmer's input. Swimmers will be entered into the specific meets and events that the coaches feel are appropriate for their current level of development. Entries will be matched according to training programs and each swimmer will be given the opportunity for learning, racing and succeeding. If a swimmer is not comfortable racing a certain event, we encourage your swimmer to discuss this with the coach prior to registering for the event.

Participating swimmers will share equally in all the costs associated with attending meets. They will be responsible for their own entry fees plus a \$10 per day coaching fee, their own travel, and accommodation costs (where applicable).

Swimmer Expectations

- 1. HAVE FUN!**
- 2. BE BRAVE!**
- 3. CHEER ON YOUR TEAMMATES!**
- 4. BE RESPECTFUL!**
- 5. DO YOUR BEST!**

Whenever and wherever a swimmer wears any item of the team uniform, the individual should remember that his or her actions reflect the team that he or she represents and should behave accordingly. All questions that swimmers or parents have concerning meet results, officiating calls, or issues at a meet should be directed to the coaching staff only. The coaches will pursue the matter through appropriate channels. If a swimmer decides not to swim a scheduled race, this must be discussed with the attending coach. Other than that, have fun, cheer for your teammates and race some great events.



1. At the time specified by your coach, come out to the deck wearing your suit, shirt and shorts and find your coach. It is important to arrive on time for the warm-up.
2. The team gathers for a dry warm-up prior to entering the water which include arm swings, and general loosening up.
3. The coach will then give the water warm-up.
4. Following the water warm-up, the swimmer should dry off and put on warm clothing to prevent their muscles from tightening.
5. TEAM CHEER!
6. Get your event, heat and lane numbers from your coach and remember it!!
7. Report to marshalling and your lane.
8. When the heat before you starts their race, get ready for your swim.
9. After your swim, be sure to stay in the pool until all the other swimmers have completed their race.
10. Go talk to your coach and prepare for the next! Stay warm!

Meet Routine

As your swimmer becomes more well-versed in how swim meets function, their swim meet routine will become more established. Once a swimmer has a routine, the more confident they will become when participating in a meet as the stress of the unknown becomes lesser.

Levels of Meets

1. Premier
2. Invitational
3. Championships
4. National Competition

Just within our province, there are several opportunities for our swimmers to set goals and aim higher at each competition.

Across Canada, provinces use "time standards" to control the amount of swimmers that can attend each meet as well as the caliber of competition. There are meets for swimmers with no time standards (Premier), meets for those with a few (invitationals) and meets for those who are at a higher level of competition (championships/open cups/easterns/etc).

Our current SwimNB Time Standards can be found on our website. Click on Sharks > Time Standards.

1. Premier Meet (Development level)

- a. This meet is a one-session that has a maximum time limit of 4 hours in duration. It is a "fun" styled meet that encourages newcomers to give competing a try. There are no time standards that are required to enter this meet however, swimmers may not swim events that they have A or AA time qualifications in.

2. Invitational (Ranges from 2-3 days of competition, 3 to 4 sessions)

- a. These meets are typical a weekend (Saturday AND Sunday) time commitment. They are timed finals and swimmers who wish to compete must obtain at least 3 B standards as well as swim in 3 events that they have a B time in

3. Championships (3 day swim meet - 6 sessions)

- a. Depending on the caliber of meet, swimmers may be required to have one or more A or AA time standards. These meets typically have Heats in the morning and Finals at night. Top 3 winners are usually given a prize (medals, ribbons, etc).