



PARENTS/GUARDIANS OF NEW COMPETITIVE SWIMMERS !

As a swim parent/guardian you will play an integral role in your child's development as a swimmer. It is important for you to show good sportsmanship at all times towards coaches, officials, and swimmers. For your swimmer, winning a race, setting a record, or attaining a time standard will feel great, but this is just one aspect of the overall swim experience. Setting goals, growing as an individual, and having fun are all key elements to enjoying the swim team experience. Each time a swimmer competes, they will gain a new experience, this will help them improve over time. It is important to know that this improvement does not always happen quickly, especially as the swimmer gets older.

One way to support your swimmer is by getting involved. Volunteer and become part of the Bluefins network of parents/guardians who assist in ensuring each swim meet runs smoothly. You can assist with the canteen, through fundraising, or by serving as an official on deck. Becoming an official is a fun and rewarding experience that will give you up close and exciting memories for a lifetime. Swimming is only successful because of the large number of volunteers that dedicate their time and work together to provide the best experience for everyone.

SWIM MEETS:

The Bluefins attend a number of provincial swim meets (on island), regional meets (off island) and national meets (Eastern's) per year.

Prior to each swim meet the coach and athlete will pick events based on what the coach feels are best for the athlete's long-term development. All swimmers are expected to participate in the relays and should plan to stay until the end of each session.

At the meet:

- Team up with other parents/guardians; they can be invaluable to help you understand how things are working
- Dress comfortably, it is a long, warm day
- Purchase a program - it will help you keep track of when your swimmer is swimming
- Bring a highlighter and/or pen to help track events easier



Reading the program:

- The meet is divided into sessions - Example: Friday evening, Saturday morning, Saturday evening, Sunday morning
- Swim events (e.g. 50 Free) are assigned to certain sessions, all who are swimming that event will swim it in the assigned session
- Swims events (e.g. 50 free) are divided into girls and boys events
- Each event is subdivided into heats, consisting of 4-8 swimmers depending on the number of lanes in the pool
- Swimmers who have not previously swam an event will be listed as No Time (NT)
- Lanes are assigned based on seed times, the center lanes contain the fastest times
- Final relays are not posted until warm-ups of that session; swimmers should always consult their coach to see if they are on a relay

Results:

- Results are scored according to age groups and gender; male and female of the following age groups: 12 and under, 13-14, 15 and over. [Depending on the meet, 12 and under can be split into 10 and under and 11-12).]
- Disqualifications (DQ) posted in the results indicates that the swimmer made an error during their swim
- Points are awarded to the top 3 - 8 (depending on type of meet) swimmers in a category for individual and team scoring
- At the conclusion of the meet, there can be a ceremony where the "Top Achievers" and "Top Team" are announced

Swim Meet Progression

Competitive swimmers are always encouraged to participate in as many swim meets as possible. It is understandable that sometimes swimmers must choose which meets work best with their family situation; therefore, it is important that at the beginning of each season parents/guardians review the upcoming seasons meet schedule and discuss with the coach which swim meets would be the best for your swimmer.