

Swim Meet Information



Swim Meet Information - FAQ Style

Q - What are swim meets and why are they important?

A - Swim meets are competitions in the world of competitive swimming, and they are important for many reasons.

1. They help a swimmer assess their progress
2. They help a swimmer and coach identify areas to focus on for improvement
3. They are where swim friendships are solidified
4. They build confidence - being able to compete when nervous is a confidence builder
5. They are fun!

Q - What kinds of meets are there?

A - There are a few different types of meets.

1. Development - these meets are targeted towards newer swimmers and often include 25m races. All the rules of swimming still apply and yes swimmers can be DQ'd (more to come), and yes times achieved count
2. Invitational - these meets are open to all swimmers
3. Qualified - swimmers must achieve certain times to attend a qualifier meet

Q - How do I know if my swimmer should attend a meet?

A - The Meet Schedule (found under Program Info on website) indicates which meets each group is eligible to attend

Q - How do I indicate if my swimmer wishes to attend or decline a swim meet.

A - Account Holders will be notified if their swimmers have been committed to a swim meet. It is the responsibility of the account holder to decline an athlete from a meet if they are unable to attend (swimmers are able to decline by session - meaning they can attend whichever days of the meet they wish to). To manage your swimmer's commitment, log into your account on our website - go to "EVENTS" - find the meet and adjust the commitment as needed. It is a good idea to leave a note if you have removed your swimmer from a day of the meet to ensure the coach is aware.

Q - What happens if my swimmer cannot attend the meet after being committed online?

A - Each meet has a commitment deadline. You are able to remove your swimmer from the meet up until this deadline. After the deadline has passed you will be responsible to pay for events that your swimmer has been committed to as we have committed their attendance to the host team.

Q - Do I need to bring money to pay for my swimmer's events?

A - No! CCSC will pre-pay for all events before the meet. Accounts will be billed for meets attended on the 1st day of the following month.

Q - What should I do if my swimmer cannot attend the meet last minute or is going to be late?

A - It is VERY important that coaches are informed if a swimmer is going to be absent (sudden illness) from or late to a session. Meet management requires our scratches (removed swimmers) and relay confirmations during warm up and coaches need to know if a swimmer is just late or is not attending. Please text 705-791-0612 if your swimmer is running late or unable to attend!

Q - Who chooses my swimmer's events?

A - Our system has the ability for your swimmer to indicate events they would prefer to swim, however the ultimate decision of event selection is left to the coaches.

Q - How do I know when and where the meet is?

A - The meet package is where all relevant information is found. The location including pool address, session times, warm up times, event list etc are all found in the meet package! All swim parents need to be familiar with how to read a meet package! If a meet has qualifying standards they will be included in the meet package.

Q - What time do I arrive and what will happen while we are there?

A - Swimmers need to be on deck 15 minutes before warm up starts. Swimmers will do an activation and then will get into the pool for a warm up. Swimmers remain on deck during the duration of the session, coaches will help swimmers get to their events. Swimmers are able to leave the deck to have a visit with their fan clubs, but must inform their coach that they are leaving the deck and have a return time. Coaches will not hunt down swimmers who are missing from the deck to ensure they don't miss races. Parents can help by ensuring that their swimmers know what events they will be swimming.

Q - How will I know exactly when my child is swimming?

A - Heat sheets are what are used to organize swimmers into groups to race. Each event is divided into heats and each swimmer is assigned a lane in that heat. Heat sheets are sometimes available ahead of time on the host clubs website and are often available on Meet Mobile (more info to come). You may not know exactly what time your child is swimming but the heat sheet will help you to have an idea.

Q - What is a relay and how do they work?

A - Relays are a fun and exciting part of swimming! Four swimmers form a team and take turns to complete the assigned distance eg. 4 x 50m free - each swimmer swims 50m for a 200m relay. Relay teams are sometimes assigned before the meet however relay teams are subject to change at the discretion of coaches. Swimmers are expected to be available to participate in relays unless notice has been given during the commitment process (meaning: please make a note if a swimmer is unable to participate in a relay when confirming your swimmers commitment to a meet). Your swimmer can check with their coach at the beginning of a session to confirm if they have been selected for a relay.

Q - What is "short course" and "long course"?

A - Short course or SC means a 25 meter pool, the Centennial Aquatic pool is 25m. Short course season generally runs from September until Feb. Long course or LC means a 50 meter pool (the Olympics are long course). Our team travels (generally 1 ¼ hr max) during long course season (March - July) as there is not a 50 meter pool in our area.

Q - What does my swimmer need to bring with them?

A - Swimmers will need a suit, CCSC cap and goggles. They will also need 1 - 2 towels, deck shoes and warm clothes to wear in between races (clippers gear is best!) Additional equipment is not required but swimmers are able to bring a kick board for warm up if they like. Swimmers will also need something to do in between events, books, colouring, crafts that aren't too messy, games etc can all be useful to entertain swimmers between races. Cell phones and electronic games are our least favourite form of entertainment as we encourage our swimmers to interact with and cheer for each other!

Q - What should my swimmer eat and drink on race day?

A - Swimmers need to come to meets fueled with food and water. Healthy and nutritious food including all food groups is recommended. Sugary drinks and food are not recommended. Swimmers will need healthy and nutritious snacks and food during the session to eat between races as well as a refillable water bottle. Energy drinks are not necessary or encouraged. Some suggestions for race day snacks include nutrition bars, protein balls, sandwich, fruit, veggie crackers and cheese, bagel and cream cheese, cut up veggies, hummus, celery and peanut butter with a row of raisins, applesauce, yogurt, trail mix, hard boiled eggs, deli meat rolls, pepperettes, low sugar smoothie, granola and dried fruit are a few ideas!

Q - What is Meet Mobile?

A - Meet Mobile is a very useful app that is used to post heat sheet and results. For quick results on your phone, the Meet Mobile app is your best resource. It is a pay-for app that allows parents and swimmers to quickly look up results, splits, and placings. Through this, you can also reference past meet results and rankings

Q - What is a Best Time?

A - A best time is a swimmers fastest time achieved in any particular race. A swimmer's best time is their best time forever, so even if the next time they perform that race they receive a DQ or they don't go faster, their best time remains the same.

Q - What is a DQ?

A - DQ stands for disqualification. If your swimmer receives a DQ this means that they have broken one of the rules of swimming (ei. false start or leaving block early). Each stroke has rules that swimmers must follow, if an official observes an infraction a DQ is assigned to that race. All this means is that the swimmer's results will not count for that race and if they achieved a new best time that it will not count and their previous best time remains.

Q - How much do Swim Meets cost?

A - The cost of a Meet will range due to the expenses involved with the meet. Every meet has set entry fees, usually per event (you can find entry fees in meet package) a surcharge is added to the cost of each meet to cover coaching costs.

Q - What should I do as a parent?

A - Parents are always welcome to attend and watch swim meets. There will often be designated seating for spectators. All swim meets are run by parent volunteers and there are a variety of ways parents can be involved. On deck is the best place to be and the best seat in the house! CCSC will be hosting officials clinics in the near future so you can become qualified to be on deck. Each job is necessary the training will give you all the knowledge you need to fulfil this vital role!

Q - Is there anything else?

A - Yes! Pro tip!

Leave the coaching to the coaches and be your child's biggest cheerleader and support. Every time a swimmer does a race there will be room for improvement, it is best practice to allow this discussion to happen between the athlete and their coach and for parents to give hugs and high fives! One of the best questions to ask your swimmer is "What did coach say?" It allows for discussion while establishing that coach is the "feedback" person and mom and dad are the cheerleaders!