Swim meet information

Parents are not allowed on the pool deck, this is a Swim Canada rule.

Please do not bring watches and remove neckless and bracelets. Swimmers are not permitted to race with watches on.

DO NOT send money or contact the host club or meet managers for any reason, all communication goes though our swim club.

I will have my phone so if you need to get a hold of us please send me an email michelle@calgaryswimming.com I will check it periodically to make sure you have an effective way to communicate with me if needed, you are not to be on deck unless it is an emergency.

We are expecting that the swimmers come to the coach before and after each race. The coaches will be giving instructions to the swimmers before the race, and then giving feedback after. My expectation is that by the end of the swim season (May) all swimmers will understand
1) How a meet runs – based on age/development
2) Where they need to be and when – checking in with coach and asking for help when needed
3) How to get from the coach, to marshaling, to their lane for their race
Resulting in how to be "independent" at meets getting to and from their races.

The swimmers will learn how to use heat sheets, and how the meet moves from event to event. This is a fundamental skill for swimmers in the development program and with it comes the potential for a missed race. Missing a race is rare, but it might happen, sometimes it will happen when the swimmer is behind the blocks simply because they were chatting to a friend, or even to Mom or Dad who are timing their lanes, yes I have seen this happen more then once. Fortunately, we learn through mistakes and as much as we try to avoid missing races, it can happen.

We will give each child the support they need; however, we will not "hold their hand" though the process so they can lean the skills they need for the next stage of their swimming. Please be supportive of your swimmers. If they miss a race they will be upset. After they have talked to their coach come give them a hug, tell them its ok and you love them. We will do our best to mitigate missing of races, it is not a common occurrence but can happen.

Warm ups will be done in smaller groups and run over the whole hour. For example, some kids will start right at the begging of warm up time; while others will get in half way though. This helps with the kids standing in long lines getting cold. Swimmers are expected to be in the team sitting area before and after they warm up. We will also be doing a team cheer at the meet.

Meet Expectations from coaches:

Swimmers are ready to swim with team gear and have their events written down. Swimmers are to come to the coach before and after each race. Coaches will call down events from the team sitting area so the swimmers need to listening for their coach to call their names or their events.

We are expecting the swimmers to support their teammates and interact together in the stands. Bring some cards, books, colouring to do or share with friends.

Expectations for Parents:

Things your swimmer needs to have packed. Label all your stuff! Re-Label all your stuff!

· Swimmers need all their team gear – cap, goggles, suit, t-shirt, deck shoes are always nice to have

· Nut free snack/lunch

· 2 towels, things get wet

· Extra cloths. Something warm for under team shirt (fleece is great!) and dry cloths for home.

· Water bottle (no glass)

· A bag to hold it all

What NOT to bring:

· Glass bottles or snack containers. No glass of any sort.

· Chips, candy, pop

· Messy and crummy food that will be hard to clean up

· No technology games. no phones to be out on deck. Leave the Gameboys at home. Bring a book or puzzle.

· NO NUTS OF ANY KIND

When can swimmers go home

Swimmers can go home when they are finished all their events be sure that the children tell the coaches that they are leaving. Swimmers who are waiting for parents to finish officiating at the meet can stay and play

Epipen and medical information

If your swimmer carries an epipen, please let us know where it is if there is medical information that we should know, please tell me

Can swimmers "visit" parents during the meet

Parents are not to be on deck unless volunteering, if you wish to see your child for a quick visit the swimmers need to come talk to the coach. Events and times lines of the meets can change and if you have your swimmer with you, they might miss a race.

Swimmers are expected to sit with the team, not with their parents.

DO NOT coach your swimmer

Swimmers will all be reminded by the coaches about what to do, but under stress some kids do the weirdest things in a race. Its all part of learning; don't panic! It's all part of the experience. Mistakes are part of learning we want the children to have a fun and exciting time at the meet. Our goals for Churchill Squad and Shouldice Squad are

TO LOVE TO SWIM

TO SWIM WITH CONFIDENCE

TO SWIM WITH EXCELLENT TECHNIQUE

TO LEARN THE **FUN**DAMENTALS OF THE SPORT

none of these goals say anything about swimming fast; but remember that if your swimmers achieve our 4 goals, then the fast swimming will happen.

What should parents say to swimmers after a race?

· I'M SO PROUD OF YOU!

· I really like watching you swim.

· Did you have fun?

· Great swim!

· That was Awesome!

What parents SHOULD NOT SAY to swimmers after a race

· What was your time?

· Did you get a best time? At this level we are not focused on times but rather the outcome of technical requests that we are working on performed under the stress of a race.

· Placement dose not matter at this level so please refrain from focusing on it.

· Please don't compare your swimmer with other swimmers; each child is her/his own important person and we want to celebrate ALL the successes

What if my swimmer gets disqualified – known as a DQ?

Disqualification is part of the learning process, we have a lot of rules in our sport and as the swimmers develop they will stop getting DQ's

We do mark the DQs and have them noted so we can track and log them. As parents do not dwell on a DQ, that will not help your child enjoy the learning process of racing. Yes some times they will have "funny" things in their strokes that will cause a DQ, it will be ok, we know about them and are addressing them.

Missed Races:

This happens, give them a hug, tell them you love them, let them know its OK, and there will be a next time at the next meet. They will be upset... hugs are good.

Can parents take photos?

you are welcome to take photos of your swimmer please do not use a flash at the start of a race because the starting "beep" has a flash too

· DO NOT use the video to show your swimmer what she/he did wrong

· DO NOT post anything on the internet – as you all know, this is a safety issue

<u>Info about the meet on our website</u>

How do you know when and what lane your swimmer is in:

go to our website and to "Events" – find the meet name and you might see a heat sheet, event list, and meet information. Sometimes the meets do not give us this information ahead of time. Session reports are rough timelines, if everything goes perfect and they do not switch up events. Things change to make meets more efficient. Use these as a rough guide line.

Where do I find the results

Please remember that we are not really interested in times we do not carry stop watches at swim meets we want our swimmers to (1) have fun; (2) try hard; and (3) swim with excellent technique the results will be posted on the website in the members' section under "entries and results" as soon as the results are available

Be Supportive, Be Proud, and Love to watch them grow.

Some time lessons in life are hard, support them, don't make it worse. Kids will get DQ's and kids might miss races They will also, learn, have fun and grow in swim skills and life skills. Re supportive of the process. We are so excited to work with all your swimmers at the meet and can't wait to see them race!

Michelle and coaching team!