

## CHURCH RUN'S SWIM MEET DAY New Family Survival Guide

Below is a listing of things to help you adjust to the swim team experience. You may also contact any board member if you have questions.

After morning practice, plan to spend the day out of the sun (note activities' schedule). Young swimmers may benefit from a nap to compensate for later bed time.

Let coaches know by FRIDAY prior to a meet if your child will be absent the next week.

Let coaches know if your child will be late arriving at a swim meet to make sure he/she is not scratched from the meet entries. No exceptions can be made once scratched.

Note arrival times for meets that will be posted in the weekly newsletters. Directions to pools will be given if needed.

Have your swimmer 'sign-in' upon arriving at the pool for the swim meet (usually a table set up at the entrance to the pool). This is the ONLY means of identifying your swimmers' attendance.

Parents who are assigned a volunteer job for the swim meet also need to sign-in upon arrival to pick up their name tag. *A swim meet cannot start without all workers in position.* **If you find that you cannot work your assigned job for a meet, it is YOUR responsibility to swap with someone for another meet.**

It may help to write the event numbers on the back of your child's hand (sharpie). Your child's events will be posted at both home and away meets to get this information.

Event – what the child is swimming (freestyle, backstroke, butterfly, breast, individual medley, relay)

Heat – which group your child is swimming with for the event (heat 1 = first group, etc.)

Lane – each swimmer is assigned a lane (lanes 1 through 6) (the starter is typically near lane 1)

Plan on returning the next evening to have your swimmer complete their events in the result of a rain delay. All efforts will be given to completing a meet on the scheduled day as long as a meet can be completed by a reasonable time.

If event 44 (9-10 girls freestyle) is not IN the water by 10:30, there will be NO relays. This time is verified by the parent reps on both teams.

Have your swimmer pack 2 towels, cap, and goggles, light snacks, small form of entertainment to get him/her through the evening. Check the forecast for dropping temps – sweatshirts/sweatpants help keep kids warm.

No alcoholic beverages are allowed at swim meets per GRAL (Greater Richmond Aquatic League) rules. If the opposing team files a complaint, the meet will be forfeited and our team sanctioned.

Coolers with food/drinks are permitted on all pool decks. NO GLASS containers are allowed.

Mite (8 & under) Relays are swum at 6:00 – those swimmers gather by 5:45 to go to clerk area. Church Run uses senior and junior swimmers to serve as helpers (2 per relay). These helpers will be looking for their swimmers at 5:45 in the team's assigned area.

All other relays follow the individual events – every swimmer is important as for every 1 swimmer who leaves early eliminates 3 other swimmers who have waited to swim.

Parents are not permitted in the Clerk of Course area unless that is their assigned work area.

If your child needs assistance, **ask a coach to help**. Clerk workers are also good at helping new kids get where they need to be.

All teams operate a snack bar at swim meets with a wide variety of food and drink choices.

Your child's event will be called via a PA system. There are typically 2 calls for an event; listen for their number and make sure they get to the Clerk of Course area (find the area when you arrive at an unfamiliar pool).

If your child is nervous, please take them to the bathroom before going to Clerk of Course. They are not supposed to leave the clerk of course area once entering as it is hard for volunteers to get them back in their places.

If your swimmer is not quite ready to swim for the first meet, you will be notified by a coach. The coaches do not want a child to panic and have a scary first meet experience.

In the event of a rain delay, you will be contacted by a board member to verify that your swimmer can return the following evening.

If you cannot attend a meet and there is a rain delay to the following evening, your swimmer can be entered for the meet. Let the coaches know as soon as possible about adding your swimmer.

There are 4 classifications of swimmers: Novice, Advanced, Junior Varsity, Varsity

Novice Swimmers (N): Those who have the slowest time standards in an event

Advance Swimmers (Adv): The next level of time standards (a minimum and maximum time)

Junior Varsity (JV): The next higher level of time standards (a minimum and maximum time)

This category qualifies for the championship meet held the last weekend of July

Varsity (V): This is the highest level of time standards (a minimum only)

This category also qualifies for the championship meet.

Ribbons (6 places) and points are awarded to swimmers in each of these categories. A swimmer whose time falls into a specific classification competes with other swimmers within the same classification.

For example, a novice swimmer competes for ribbons against other novice swimmers.

The results of an event will be posted in a designated area at every swim meet.

**WARM-UPS:** This is a designated time (approximately 4:45 for home meets and 5:05 for away meets) for your swimmer to report to the area behind the starting blocks. The youngest age groups go first, followed by the older swimmers – the entire team is not in the pool at the same time! Have your swimmer ready to go into the water with cap and goggles on before reporting. The coaches will be waiting behind the blocks. The announcer will call for the swimmers to report at their designated times.

If you are assigned the second half volunteer job, plan to report after event 26 or 27 – varies at different swim clubs. The clock time will vary depending on the number of swimmers competing that evening.