## Team Parent Info

## Thank you for volunteering to be a Team Parent for the Sweetwater Surfers this season!  We are looking forward to a great summer! Below we have outlined what we need from our team parents. Please contact us if you have any questions! We will be available at the meets! Just look for the big black box!

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## Mark up all swimmers in the age group well before warm ups.

## When you first arrive at a meet you will need to locate the Team Parent Box.  This will contain an age group clipboard and ziplock bag that will contain the items you need in order to get the swimmers marked.  You should IMMEDIATELY begin marking the kids’ arms with the Sharpie pens provided.  Instruction on how to mark them is included on the clipboard.  Please do this before the kids have applied sunscreen or bug spray, as the Sharpie will NOT stay on if the kids have already applied these products.

## Line swimmers up for warm ups.

## Make sure they have goggles and caps and take shoes off. For 6U this is well before the National Anthem has been sung so be sure to have them ready at the poolside.

## Keep track of swimmers throughout the duration of the meet.

## Help them make it back to the designated area after warm ups and keep track of the swimmers in their specific age group in order to line up for each event. You should have swimmers stay with the proper age group throughout the meet in order to be ready. If a swimmer is not lined up on time, they may miss their event.  We do not want this to happen so please plan accordingly. Make sure they get a chance to go to the bathroom well before it is time to sit at the benches.

## Line them up for every event they are swimming

## Line the swimmers up on the ready benches, guide them to the ribbons area after completion, and then bring them back to the designated age group area. You will have a clipboard with the order of events and you will also be provided a lanyard with the same.

## Team parents MUST arrive early to the meets and should only be missing one meet per season.

## Home Meets: Team Parents need to arrive and set up at 3:30. Team warms up at 4 pm so you can mark arms after warm ups if you didn’t finish before.

## Away Meets: Team Parents need to arrive and set up at 4:00. Team warms up at 4:30 pm so you need to mark arms before warm ups.

## If you are going to miss a meet for any reason or if you are running late to a meet, PLEASE notify Catalina or Louise as soon as possible.

## Sincerely,

## Your 2018 Team Parent Coordinator

## Sasha Adams, sashaadams@gmail.com

**Swim Meets 101**

What Happens at a Swim Meet? (adapted from Janet Rohrig)

* **When to get there**
  + **PLAN TO ARRIVE NO LATER THAN 3:30 pm at home meets and 4:00 pm at away meets.**
    - We will warm-up first and the meet will officially begin at 5:00 p.m. Swimmers should wear their suit to the meet and have their goggles properly fitted. When you arrive, take your children to their respective Age Group Tent. There, the Tent Parents will mark their swimmer number and meet events on their back/shoulder/arm.
* **Preparing your swimmers**
  + **PLEASE DO NOT PUT SUNSCREEN ON SWIMMERS BEFORE THEY ARRIVE.**The marker won’t write on top of sunscreen.
  + **SWIMMERS SHOULD STAY IN THEIR TENT THROUGHOUT THE MEET.**The Tent Parents assigned to the tent need to know where the swimmers are at all times. They must be available for their events. If you want to take them to the Concession Stand or elsewhere, please “check them out” with the Tent Parents.
  + **FEEL FREE TO BRING THINGS TO ENTERTAIN YOUR CHILD DURING THE MEET.** Books, coloring books, cards, are all good ideas. Don’t bring anything valuable, or anything you don’t want to lose. LABEL EVERYTHING.
  + **GATHER YOUR THINGS BEFORE IT GETS DARK.**Once the sun goes down it is hard to find things in the dark. Please, please, please help pick up trash and keep the area clean.
* **Swimming tips**
  + **HOME TEAM WILL BE ASSIGNED EVEN NUMBERED LANES.**Away team will swim in odd number lanes.
  + **6 AND UNDERS WILL COMPETE IN THE FREESTYLE AND FREESTYLE RELAY.** They may leave after their last event, Event 20.
  + **7/8′s AND 9/10′s MAY COMPETE IN UP TO TWO INDIVIDUAL EVENTS AND TWO RELAYS.** The Coach will determine in which events they will participate. However,11/12′s, 13/14′s AND OPEN (15 thru 18) MAY COMPETE IN UP TO THREE INDIVIDUALEVENTS AND TWO RELAYS. The Coach will determine in which events they will participate.
  + **EVERY SWIMMER RECEIVES A RIBBON FOR EVERY EVENT THEY SWIM.** Even a disqualified swimmer receives a Participation Ribbon.
  + **Disqualifications**
    - **A SWIMMER MAY BE DQ’D BY A STROKE JUDGE FOR IMPROPERLY PERFORMING A STROKE.**This happens to even the best swimmers at times. Use of lane ropes, pool sides, or bottom of pool will result in a DQ.
    - **EARLY TAKE-OFF BY AN INDIVIDUAL IN A RELAY WILL RESULT IN A DQ FOR THE ENTIRE RELAY TEAM.**
* **Meet length and timing**
  + **THE HALFWAY POINT IS USUALLY AROUND EVENT 30 OR 35.**This is when first half volunteers are released and second half volunteers begin. Second half volunteers – PLEASE report on time.  This does not apply to team parents.
  + **THE MEET WILL LAST UNTIL AT LEAST 9:30-10:00.**All teams have some sort of concession stand. It’s a good idea to pack water and healthy snacks/sandwiches, though, to get you and your gang through the meet.
* **Families at the pool**
  + **PARENTS SHOULD BRING LAWN CHAIRS TO SIT IN.**
  + **PER SHRSL BY-LAWS, NO ALCOHOL, SMOKING, PROFANITY OR VERBAL ABUSE IS ALLOWED AT SWIM MEETS.**
  + **SWIMMERS / SIBLINGS ARE NOT ALLOWED IN OR NEAR BABY POOLS!**
  + **Swimmers may bring games, books, cards, iPods etc. for them to play with.  There are concessions at all meets but a cooler with snacks and drinks is also a good idea.**