

Swim Meet 101

Helpful hints for new parents:

- 1 Check with your coach to find out what time to be there for meet warm up. Plan to arrive 30 minutes before your swimmer's warm up to allow for set up, checking in, etc.
- 2 When you arrive, look for the Desert Aquatics team area. The coach likes to encourage sitting together.
- 3 Things to bring:
 - a. Suit
 - b. Goggles
 - c. Cap
 - d. Towel (2 would be recommended)
 - e. Drinks, Food, Snacks
 - f. Cash for snack bar
 - g. Sunscreen, Parka, Easy- Up Sun Shade
 - h. Something to do in downtime (book, crossword, cards)
- 4 Check In for the meet PRIOR to warm up. THIS MUST BE DONE BY THE SWIMMER, NOT THE PARENT. **If there is an emergency and you will be arriving late, call a fellow parent to notify the coach. ALL SWIMMERS MUST CHECK IN BEFORE EACH EVENT CLOSES (USUALLY 30 MIN PRIOR TO RACE TIME).
- 5 Psyche Sheet/Meet Program – Programs will usually have an estimated time line inside to give you an idea of when your child will race. NOTE: THE SWIM MEET WILL NOT BE DELAYED JUST TO HONOR THE TIME LINE LISTED IN THE PROGRAM.
- 6 Warm up with your teammates under the supervision of a Desert Aquatics Coach.
- 7 Check the posting board to get your Heat/Lane assignment before each race
- 8 Check in with your coach BEFORE and AFTER each race – this is mandatory for every swimmer (SWIMMERS – NOT PARENTS).
- 9 It is the SWIMMER'S responsibility to get themselves to the blocks prior to their race and their heat. It is a good rule of thumb to listen for the announcer to announce the race number. PARENTS – The area behind the blocks is for SWIMMERS only. Once your swimmer has finished their races for the day and your swimmer is not on any relays at the end of the meet, you may leave, BUT check in with the coaches before you do! Be sure to find out what time they want you back the next day for warm up.
- 10 PARENTS: Desert Aquatics needs/requires the assistance of each and every family registered for the meet to help with timing. If you are not able to time, you must let us know prior to the meet as this will be assigned to you before each meet. These are generally the best seats in the house and you may end up timing your own swimmer. The team is required to time so please don't let your swimmer down.
- 11 NEVER hesitate to ask your fellow Desert Aquatics parents to help you – if you need help reading heat sheets, timing or just locating the snack bar – just ask.

Desert Aquatics wants everyone to enjoy their experience at swim meets – following the rules will help make the swimming competition more fun for both the swimmer and family.