



First Time at a Swim Meet?

Here's What You Can Expect

1. Arrive at the Meet on time!

There is very little time between team warm-ups and when the Meet officially starts. The sooner your new swimmer gets in the water, the more comfortable they will feel.

2. Apply sunscreen before you leave home.

You want it to dry because you'll be writing on your child with a Sharpie later (See #4 and #5)

3. When you arrive at the Meet, locate the posted HEAT SHEETS.

This is the sheet that tells what your child is swimming:

Event type of stroke (freestyle) and length (25m, 50m)

Heat group of 6 swimmers swimming an event together

Lane the lane your swimmer will be swimming in that race

4. Write EVENT - HEAT - LANE with Sharpie on your child's arm.

For example, your child's list may look like this:

13 3 5 (means event 13 - heat 3 - lane 5)

29 1 2 (means event 29 - heat 1 - lane 2)

This helps the Coaches and Meet Workers make sure your child is where they need to be when they need to be there.

5. Write CW and child's FIRST and LAST name on your child.

This helps Coaches and Meet Workers match your child with the correct event. You'll be surprised how 15 6-year-olds in goggles and swim caps look alike!

6. The Team gathers to do a few cheers and the Meet starts!

7. Next, drop your child at the Clerk of Course.

This is the area where Coaches and Meet Workers put kids in order of their races a few events BEFORE it's their turn. This also frees you up to grab a towel and get ready to cheer!

For Morning Meets, we also have a **Pre-Clerk of Course** where we like to keep the age groups together. It's hard to hunt the kids down in a crowd and if you're a first time swimmer, the parent volunteers may not know names and faces yet.

8. What's this White Card?

At Clerk of Course, your child will be given a card with their race information on it. They hold onto this card until they are lined up for their race. A Runner will then take that card from them.

9. Pay Attention!

Parents must help get their swimmer to Clerk of Course. We don't want someone to accidentally miss a race.

DON'T FORGET:

1. Racing suit, goggles, swim cap
2. Sunscreen
3. Bottled water
4. Healthy snacks
5. Fat Black Sharpie (and an extra for the family who forgot)
6. Paper / Pen for you
7. Chairs
8. Cameras and Video Cameras
Oh! the photo opps you'll have!
9. Post-Meet dinner at the Cool Springs Mall at 6:00 pm
10. Sharpie comes off with a little sunscreen and soap.

TIPS FROM THE VETERANS

1. Get your swimmer to warm-ups before checking the Heat Sheet. There's always a crowd! Write your copy down, then write on your child after warm-ups.
2. Freeze a couple bottled waters and throw in your cooler. They keep your cooler cold, melt, and will be ready to drink later!
3. Get the swim cap wet before you put it on. Don't know why, but it makes it easier.
4. Don't be afraid to ask questions! We know what the first year was like and we want to help you!

Things happen. If your child cannot attend a Meet, notify Cissy Fleet as soon as possible: 400-8273

It seems really chaotic at first, but it is AMAZING how it all gets done. You will get into the groove of it before you know it. You will be so proud of your new swimmer, and of yourself, for surviving that very first Swim Meet. **Go Pirates!**