



SWIM MEETS

The reason for all these practices!



WHY SWIM IN MEETS



Meets are the best way for your swimmer to see improvements

Swimmers will see improvements in both their technique and speed. Meets are also a great way for coaches to see what they need to keep working on in practice.

Meets are FUN!

Swimmers get to spend the day bonding with teammates and cheering them on in a completely different environment than practice.

Participating in meets builds a great team

Learning sportsmanship, building confidence, goal setting opportunities... These all create a great team environment by creating great teammates!

Parents get to hang out with other parents

It's a great opportunity for the grown ups to make new friends, too!

WHAT COACHES WANT YOU TO KNOW

- Sign up early, even if you aren't sure about your child qualifying/attending. We can always withdraw your swimmer upto the signup deadline with no meet fees.
- Feel free to list days available ("Only Saturday") and ideas about events in the "Notes".
- Trust that coaches will put your child in events that they feel they are ready to try.
- Encourage swimmers to talk to coaches about events if they have questions. Or, parents, send an email to ask questions if your child is younger.
- Show them where they can find the meet info for each meet online.
- The info from meet hosts is shared as soon as possible. When we receive timelines, meet files, etc. varies greatly by meet host, so please be patient.
- Prep your child with what events they are entered in once programs become available.
- Your most important job: Love and Support your swimmer. Praise their *effort*, and remind them how amazing they are for *trying new things*. Results are a very distant second to these things. Let coaches deliver the hard news and be the *coaches*.

SIGNING UP FOR MEETS

HOW DO I SIGN UP FOR MEETS?

All of the meets our team will attend are listed on the left side of our website under “Meets & Events”. You can view the information about the meet by clicking on the meet name. Or, if you already know you want to attend the meet, click on the “Edit Commitment” button you see to sign up.

QUICK TIPS

Need help signing up online?

Watch our video tutorial! Click on “Meet Signup Tutorial” under the “Meet Info & Signup Tutorial” Button on the middle of our homepage for a step by step video.



PREPARING YOUR SWIMMER



- Make sure your swimmer gets a good night's sleep and eats a healthy meal before the meet.
- Coaches will give an "on deck" time in their weekly email (typically 10-15 minutes prior to warm-ups).
- Your swimmer should bring the following items to the meet:
 - Team suit (wearing it there is best)
 - Team swim cap
 - Goggles (a back up pair is a good idea)
 - Towel(s)
 - Water bottle and healthy snacks
 - Quiet activities (playing cards are always a good option)
 - *No electronics are allowed on deck for swimmers 12 and under*
- For non-intrasquad meets, swimmers should look for other teammates and/or coaches, as teams sit together.



PREPARING YOUR SWIMMER



(continued)

- Printing a copy of the meet program (posted on our team website under “Meet Info” when we receive it) for you and your swimmer is a good idea.
- Writing the following info on your swimmer’s arm in Sharpie, so they know what events they swim, is **HIGHLY** recommended:
 - Event Number
 - Heat Number
 - Lane Number
- Remember, cheer loudly from the stands, as parents are NOT allowed on the pool deck at any time!

MEET RESULTS



Meet results are generally posted quickly, but are not always official at the time of posting. There are several ways to see meet results:

Results posted at the meet

Most teams will post meet results on the wall at the meet as soon as possible. They need to be adjusted for things like no-show swimmers, but they are usually posted after every few events in a common space.

Meet Mobile

This is an app where many (not all) teams post programs and results. It shows results for all swimmers and all meets, but is easily searchable to find your swimmer. You can also “favorite” teams and swimmers, so it’s a fun way to track multiple friends. Many high schools also use this app. There is both a free and paid version. Results are posted to the app as soon as the host team releases them.

Your Hurricanes Account

You can always log into your Hurricanes account to see your swimmer’s meet times. They can also be viewed against the time standards, so you can track their progress if they have specific time goals.



OTHER THINGS TO KNOW



- Time Standards
 - What are they and where do I find them
- Meet Fees
 - How do I know what they are and when are they invoiced?
- Travel Meets
 - Where do we stay?
- How to Get Involved
 - Officiating
 - Recurring volunteer roles
- Additional Resources
 - Website tools
 - People to ask