

FAQ's

SWIM MEET ETIQUETTE: SWIMMING IS A **TEAM** SPORT

Swimmers are expected to follow this procedure before each event they swim.

Before lining up for a swim race, swimmers are expected to go to the warm up pool and complete their warm-up. Swimmers should then go to their Coach to get instruction for their race and then go to the staging area behind the starting blocks and line up in the appropriate lane. After completing their race swimmers should go directly to their Coach to receive feedback on the event just completed.

Immediately after talking to their Coach, swimmers should go back to the warm-up pool to "warm down" after the race. Only after a complete warm down may a swimmer go to talk to their family or go to the concession area or locker room. This process is repeated for every event the swimmer races.

NOTE: *There may be meets where a warm-up / warm-down pool is not available. The swimmer must still visit their Coach before and after each event.*

1. Is my swimmer automatically entered in each team meet? Should I confirm my swimmers entries when I see them posted

ANS: Yes, unless a family notifies the Coaching staff, every swimmer will be entered in all team meets in which they qualify to participate. Once the tentative meet entries are posted, families should review them immediately. If there are no concerns with the entries, no response is required. If there are concerns or if the swimmer / family have a valid reason to request a change of entries then email a response to the Coaches.

NOTE: Coaches watch each swimmer daily at practice and entries are based not only on the swimmer's previous performance but on recent performance in practice, i.e. Coaches nearly always know best.

2. Where does my swimmer sit during a swim meet? Where should I (swim family) sit during a swim meet?

ANS: All swimmers sit together as a **Team** with their Coaches. Swim families that are not actively working to run the swim meet should sit in the designated spectator area. There are no exceptions outside of extreme emergency! Parents who are not timing, officiating, seeding swimmers, working hospitality, or any other meet function should not go on pool deck during a swim meet. There may be swim meets where due to a severe lack of spectator and deck seating the designated parent seating and team seating are in the same area, i.e. a gymnasium off the pool area at a High School. In this case parents will be sitting with their swimmers and teammates. This situation does not, however, allow parents to interfere with the necessary communication between Coaches and swimmers during the meet.

3. Can I talk to my swimmer during a swim meet?

ANS: Because of the structure of swim meets, their length, number of participants and time between events, swim families often feel as if they have unlimited access to their swimmer in between his/her events. This is no more appropriate than visiting the bench area of a football game to talk to a player because they are currently off the field or sitting in a little league dugout with your player because they are not at bat. It is possible to briefly see your swimmer when they have completed an event, talked to their coach and finished their warm down swim. Do not go on pool deck at any location. Also many locations request that swimmers not go into the spectator area, so families may need to meet their swimmers in the locker room, lobby, or concession area of a swim meet. Again, the swimmer is part of a **TEAM** and when not preparing for their own event, should be cheering on their teammates.

4. I'm afraid my swimmer is going to miss their race and want to help them, what should I do? Who will help them?

ANS: Many new swimmers / families will write the swimmers event #, heat # and lane assignment for each of the swimmers events on their arm with a sharpie marker to try to help the swimmer remember. However, it is part of the development process of the swimmer that they not only learn their swim strokes and to swim fast, but also to learn to manage themselves at a swim meet. This includes warm-up, race, and warm-down swims and well as discussing with their Coach strategy before the race and an assessment after the race. Often Volunteers will be assigned to "seed" the younger swimmers for their races. They will work behind starting block area to make sure that all swimmers are present and in the correct lane. If your swimmer is new and unsure, they should ask the Coach which Volunteer is in charge of seeding. Then when it is time to race, if they need assistance they should seek out the Seeding Volunteer.

5. Will a schedule of events and their times be available prior to each meet? Do we have to stay for the entire meet or can we leave after our swimmer's last event?

ANS: Sometimes but not always the host team will publish a "tentative" meet timeline. Remember this is tentative and meets can run more quickly or slowly than projected. Coaches must be notified if there are other activities the day of the meet they may require a family to arrive late or leave early. Your swimmer should notify their Coach if they are leaving a swim meet before it is over and may in some cases be required to stay until the meet is over