



SWIM MEETS

What to do, and what not to do, to ensure the best possible outcome for all!

SWIMMERS:

Declare for a swim meet by the deadline. Check the website regularly to stay informed.

Remember, you are part of a TEAM.

- When we compete we expect you will be there to contribute to the team effort. This is especially important for our dual meets which are head-to-head competitions against other teams. Exceptions should be just that, exceptions.
- SIT TOGETHER with your team, not with your parents

Eat a good breakfast and lunch the day of the meet. Eat a good dinner the night before. Get plenty of protein and healthy carbs. Stay hydrated.

Be at the pool PRIOR to the time stated for warm ups.

Come prepared with team suit, team cap, goggles, water/Gatorade, snacks, and HEAT SHEET. (For those who use them, also bring your rescue inhaler and epi pen.)

RELAYS: Ask if you are on a relay. Find out who else is on your relay. Check with one another.

Check in with Coach before and after each event. (Not Mom and Dad)

Cheer for and congratulate your team mates.

PARENTS:

Read all emails that come from team.

This is high school varsity-level sport. Please treat it like one. Just as you would not go out onto the field in the middle of a soccer/lacrosse/baseball game, please do not go onto the deck area reserved for Swimmers, Coaches and Volunteers during the course of the meet. In Swimming the “playing field” consists of the area behind the coaches’ tables, the scorer’s table, behind the blocks and up the entire length of the pool on the far side. Your presence in these areas endangers the safety of all swimmers and impedes the Coach’s ability to give full attention to the Swimmers.

During the meet is NOT the time to discuss your Swimmer’s progress with the coach.

HEAT SHEETS are always available online the NIGHT BEFORE each meet. You can use the link on our website (look on right side of home page) or go directly to www.shelbycountyswim.com.

TOUCHPAD LIVE: This link is on our website and allows you to track results during the meet.