**Swim Meets – How to be prepared**

**When are the meets and when should I be there?**

All regular scheduled swim meets are on Tuesdays. Warm-ups ***start*** at 5:00pm for home meets and 5:30pm for away meets. We suggest you try to arrive 15 minutes prior to allow time for parking and any pre-warm up instructions from the coaching staff. If it is a home meet, please park on the left side (tennis court side) of the lot and leave the right side (basketball court side) for our visitors. At our home meets, the left side of the deck will be reserved for the home team. Our visitors will set up on the right side of the deck. At away meets, our hosts will let us know where to set up.

**How to prepare for the meet**:

A number is assigned to each individual swimmer at the beginning of the season. This number remains the same throughout the season and is available on the line up sheets. All swimmers need to have their number written on their shoulder with a marker. This allows volunteers to properly line your swimmer up and accurately record their time.

Once the lineup sheets have been finalized before each meet, they will be emailed to the team members. Please use the lineup sheets to find out which events your swimmer(s) will be participating in. These line up sheets will also be posted at the meets. These events should also be written on your swimmer indicating stroke, heat and lane the forearm is a good place to write this information so your child can keep track of their events. Understand that a swimmer’s events can change from meet to meet, based on recent performance, availability and team strategy.

**Volunteering requirements at the meet:**

Your ideas and suggestions are always welcome. In addition to your ideas, **the program REQUIRES your active support and participation.**  It takes a minimum of 35-40 people to run each of the 3 home meets and somewhat fewer at the away meets. **It is required that the parents of ALL swimmers sign up to assist with at least four meets.** We have also identified some volunteer positions that are ‘One and Done’ – if you choose one of these positions, you will fulfill your volunteer participation requirement for the season. .(Link to Volunteer positions). To sign up for volunteer positions please go to [www.tsaswimteam.com](http://www.tsaswimteam.com) and choose volunteer selection from the left menu.

**What to bring to the meet:**

We encourage you to bring lawn chairs, as we are not able to use the full allotment of pool chairs due to space constraints and accommodation of the opposing team. Be sure that your swimmer is equipped with towels (multiple encouraged as they can get very damp over the course of a 3-4 hour meet), goggles, swim caps, and sweats (these meets can get chilly at night after the sun goes down). Healthy snacks and plenty of fluids are also essential to sustain proper energy levels throughout the course of the entire meet. Games or any other small items to occupy your child between events can also be useful. All pools have concessions in case packing dinner is not an option. Foods typically range from baked goods to sandwiches, burgers, and other “dinner like” items. Some of the meets can be lengthy due to the large number of swimmers at Wood Valley and other swim clubs.

**Meet Absences:**

You will be able to use TSA Swim Meet Manager (http://www.tsaswimteam.com) in order to notify the coaches that your swimmer is/or is not available for swim meets. Please notify us as soon as possible, or no later than the Friday before the meet. Although emergencies do arise, please try not to wait until the day of the meet to notify us of your child’s absence. If you find out late that your child cannot attend, please contact the coaches as soon as possible. Not communicating a known absence adds unnecessary confusion to an already hectic time. Relays and heat assignments are made the Monday prior to the meet and the coaches must be informed of a child’s inability to attend to make the proper assignments***.***

The scoring of competitive swimming is based on individual events and relays. Each swimmer is entered into individual events prior to the actual start of the meet. Numerous forms are completed, copied, and distributed to meet officials and coaches of both involved teams. The coaches’ line-ups are building blocks. If your child is a no show or leaves without signing out, it affects not only the individual events that the swimmer was placed in, but also can put relays, which other children are a part of, in jeopardy.