

## “Marlin Swim Meet Information”

*Participation in swim meets is an important part of your child’s development because they provide the only real method of measuring improvement. Swim meets not only offer an excellent opportunity for each swimmer to see the fruit of their labor but it also helps them gain competitive experience, build confidence, develop new friendships and have fun too. I strongly recommend that all swimmers in groups Bronze 2 and above consider participating in as many local swim meets as possible each session. The following information is provided for both swimmers and parents alike. Please read each of them as they can be very helpful when planning for and then when attending a meet.*

**Meet Registration and fees** - Registration for upcoming meets usually begins about 2 weeks before that meet. Information like it’s location, the daily events and the daily fee amounts will be provided on a handout registration form and also will be available on our web page. Coach Evans or your age group coach will choose the events that we think each swimmer should swim. You are welcome to indicate on the form any particular events that you may or may not want to swim. First, download the form, then indicate which days you want to attend and the strokes you may desire, calculate the daily fee total and return the form with entry fees before entry deadline. Meet fees usually average about \$20-25 per day. (Your meet entry fees are based on the per event charge, meet surcharge, relay fee, coaches expense fee and sometimes a added team surcharge and facility surcharge from the host team.) Swimmers are usually permitted to swim 4, sometimes 5 strokes /day. Please note that once you have entered a meet, host teams do not offer refunds and you are obligated for the fees even if you are unable to attend.

**Set your “Goals”** Each swimmer should always set some attainable goals before each meet. These goals should be “performance oriented” with a strong emphasis on achieving P.B.’s ( Personal Best ) swims or achieving a new USA time standard. Avoid setting a goal like beating another individual swimmer. Especially one on our team!!!!!!!!!!!! (Please stay *focused on your own performance, not someone else’s.*)

**At the meet** - We will always want everyone to sit together as a team. (Usually outside if the weather permits) Parents will want to bring folding chairs and a pop-up tent if you have one. Swimmers should bring blankets, towels, extra goggles, warm cloths, small games, books, nutritious snacks and a positive attitude. Swimmers should know their current P.B.times in each stroke before they swim and how close they are to achieving their next time swim standard (USA or Southeastern). After each swim, get your time from the scoreboard or from the timer and then **make sure you always go and talk to Coach Evans or your age group coach after each swim**!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

**Be physically prepared-** You will want to only participate in meets that that you have adequately trained for. If you are not sure if you are ready to participate in a meet or in the longer distances, talk with Coach Evans. If you have been recently ill or have missed a significant amount of practice time before a meet, you may want to consider not participating in that particular meet. Trying to participate when you are not physically prepared can often be very disheartening. Once entered, if something happens that causes you to be unable to attend, please notify Coach Evans ASAP.

**Parents at the meet:** Most meets will normally have two separate 4-hour sessions. (usually the 12/unders in the morning and 13/overs in the afternoon.- but not always, check the registration form.) Once you are at the meet you will want to purchase a “heat sheet” to keep track of the events and assist your swimmer to their next event. There is usually no clerk of course, meaning that it is the swimmers responsibility to get to their event. Parents of younger swimmers may walk their children to the starting area but should not stay with them behind the blocks. After their swim you will want to check the posted results for any disqualifications or computer errors concerning the correct times/places. **Relays** are very important and will usually be offered at each meet (but not always), they can be either at the beginning or at the end of the meet. An effort will be made to include as many swimmers as possible in these relays so please remember to always check to see if your child is entered in a relay before you leave to go home. Continue to encourage your swimmer to do their BEST and don’t be disappointed if they have an occasional poor swim. **Questions?** Don’t hesitate to ask, your Marlin staff will always be available to answer any of your questions.

