

SWIM MEETS

Behavior

Whenever a Whitman swimmer wears any item of the team uniform, or is competing for the team, the individual should remember that his/her actions and words reflect the team they represent and should behave accordingly.

All questions swimmers or parents may have concerning meet results, officiating, or conduct during the meet, should be referred to the coaching staff only. They, in turn, will pursue the matter through proper channels.

Parent Volunteers

Many parent [volunteers](#) are required to make each meet run smoothly, whether we are swimming at Whitman or the opposing team's pool. Timing, staging, and writing ribbons are just a few of the jobs that are easy to learn and actually make the meet enjoyable for those who help out with them.

Prior to the Meet

- All swimmers must be able to tread water for two minutes and swim the length of the pool and back UNASSISTED by time trials. If they cannot, the coaches will refer the swimmer to the Sea Pups group.
- If there is a reason a swimmer cannot attend a meet, the parent must notify the coach via email by Monday preceding the meet.
- The A-meet line up is announced at Friday's Team practice, and hung in the cabana after it is announced. The B-meet line up is announced the morning of the meet (Wednesday) and hung in the cabana afterward.
- Parent volunteers should check the volunteer lists to see which jobs they are assigned for the meets. If a parent cannot do the job, they must (1) find a replacement and (2) notify a member of the Swim Board.
- Relay teams will be made up of the 4 fastest times. These times will usually be determined by previous swim meets (the relays for the first A-meet will be determined by time trials.)
- Put swimmers name and team on all swim gear in permanent marker.
- Ensure the swimmer gets a good night's sleep the night before a meet.
- Drink plenty of water the day before the meet. (See the basic health and nutrition section.)

What to bring to the meet

- All swimmers should wear the team suit. Note: This should only be worn for meets **NOT** for practice or leisure.
- Sunscreen (preferably waterproof) – should be applied before and during the meet
- Swim Cap
- Two towels
- Light nutritious snack (see Health and nutrition section)
- Water Bottle (with name on it)
- Playing cards or book
- Chair for parents
- Small chair for swimmer(optional)
- DO NOT bring anything of value

At the Meet

- The team always sits together in the team area. For A-meets at home, this is in the baby pool area. For B-meets this is in the sand near the volleyball court. For away meets, the coaches will let you know.
- Swimmers must remain in the team area during the entire meet.
- Parents sit on the steps behind the designated line unless they are volunteering. **ONLY** volunteers, judges, and swimmers are allowed on deck.
- Parents should report for volunteer duty immediately. Timers pick up stop watches, stagers pick up cards, etc.
- Swimmers are responsible for knowing the events they are swimming in, and for being present and on time to swim for each event.
- In between races, swimmers should rest, and stay warm.
- All swimmers are required to stay for the entire meet unless the coaches have been informed of other arrangements.
- Swimmers must clean up the team area, both at home and away meets, before leaving the swim club.

After the meet

- A-meet results will be posted in the cabana on Monday after the meet.
- Swimmers should check their folders for ribbons.