



SWIM MEET INFORMATION

UPAC swimmers may compete in a variety of meets throughout the year. Swimmers and parents are responsible for signing up for meets, after consultation with the Head Coach. Meet information is posted in the lobby of the pool on the UPAC Bulletin Board by the doors to the locker rooms and will also be distributed to swimmers at the swim practices and via email. The due dates are posted on these sheets. You will also find a list of the meets that we are planning to attend for the year. The coach may advise swimmers to enter certain events or the swimmer may encourage the coach to help, but since it is an individual sport and we want the individual swimmers to look forward to participating in the meets, it is intimately their decision as to what events they choose to enter.

After all of the entries have been turned in, the coach may ask swimmers to participate in relays depending on how many swimmers are entered in each age group. We will always try to create relays if there are enough swimmers to put on together. This selection may be done prior to, or the day of the meet.

If you have any questions about what events to sign up for, you can ask either the coach or any of the other parents that are around at sign up time. Please check the meet schedule and look for information as it comes available for meets because it is very difficult to add to the meet roster after the due date.

If you do not get entries turned in by the due date, then you can still possibly swim in the meet by “deck entering”. This means that you go to the meet and find out during the warm-up if there is a lane available for any of the events that you are interested in swimming. You will have to bring your USA Swimming card to show the clerk of the course, and you will have to pay the fee to the host team in order to get into the event.

UPAC will participate in about one meet per month. You are responsible for paying the fees at the time you submit the meet entry forms. If you deck enter in any additional events, you will also be responsible to pay for those events at the meet.

There may be additional meets that we may want to attend that are not listed on the meet schedule. These will be optional for any swimmer that is qualified to swim in these meets.

COMPETITION

UPAC staff does not see the first place person as the only winner. We'd rather look to see who behaves like a winner. There are certain characteristics of a winner, and every swimmer, no matter where they place, has the opportunity to emulate those characteristics: concentration, listening skills, and working toward goals.

Sports are not an end in itself, but a vehicle we use to teach children life skills and how to reach their potential. We use sport as organized play to demonstrate and measure one's abilities. Seen in that light, winning without learning is not UPAC's desired intention. In competition, the important measure is not who collected the most ribbons, or even who improved the most seconds. The real critical measure is who learned the most from the competitive experience.

Swimmers quickly forget the ribbons, records, and other material benefits. They will, however, remember the development of interpersonal skills, discipline, listening skills, time management, goal setting, and enhanced self- image. These are the things that make the swimmer a more successful person with a better chance of living a life closer to their peak potential, and to contributing to the world in which they live.

EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT SWIM MEETS BUT, WERE AFRAID TO ASK

Swim meets are a great family experience! They're a place where the whole family can spend time together. Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and as detailed as we possibly could. If you have any questions, please ask the Coach.

Signing up for the Meet

1. A meet sheet will be distributed a few weeks prior to the meet with a submission deadline. Each swimmer must complete a meet sheet with the 'splashes' in which they wish to participate.
2. Discuss what events your swimmer should sign up for with the Coach if you have any questions.
3. Complete the meet sheet by the deadline and give to the Coach. The club will then pay for the events ('splashes' and any relays the Coach signs your child up for.) If this is not done, the swimmer may enter events the day of the meet, but the cost is increased due to being "deck entered". Meet sheets will be available in the envelope attached to the side of the bulletin board at the Curtis Pool (by the locker room doors) and/or will be emailed to you.

Before the Meet Starts

1. Arrive at the pool at least before the scheduled warm-up time begins. This time is one hour prior to the first event.
2. Upon arrival, find a place to put your swimmer's towels and swim bags. The team usually sits in one place together, so look for some familiar faces.
3. Find the Coach and either you or your swimmer will need to check them in.
4. Once "checked in", write each event-number on your swimmer's arm in ink. This helps him/her remember what events he/she is swimming and what event number to listen for.
5. Your swimmer now gets his/her cap and goggles and reports to the Coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. Swimmer's bodies are just like cars on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.
6. After warm-up, your swimmer will go back to the area where his/her towels are and sit there until the next event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just gets settled in.
7. According to USA Swimming rules (because of insurance purposes), **parents are not allowed on deck unless they are serving in an official capacity**. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff. They, in turn, will pursue the matter through the proper channels.
8. Heat Sheets. A heat sheet is usually available for sale in the lobby or concession area of the pool. Heat sheets generally sell for \$5. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event.

Meet Starts

1. It is important for any swimmer to know what event numbers he/she is swimming (again, why they should have the numbers on their arm). He/she may swim right away after warm-up or they may have to wait awhile.
2. A swimmer's event number will be called, usually over the loudspeaker, and he/she will be asked to report to the starting block or staging area with cap and goggles on and ready. Parents are responsible for getting the swimmer to the starting blocks in time for the race, but the coach will be keeping track as well.
3. The swimmer swims their race.
4. After each swim, the coach will discuss the swim with each swimmer.
5. Things you, as a parent, can do after each swim:
 - Tell him/her how great they did! The coaching staff will be sure to discuss stroke technique with them. You need to tell him/her how proud you are and what a great job he/she did.
 - Take him/her back to the towel area and relax.
 - This is another good time to check out the bathrooms, get a drink or something light to eat.
6. The swimmer now waits until his/her next event is called and starts the procedure again.
7. When a swimmer has completed all of his/her events he/she and their parents get to go home. Make sure, however, you, as a parent, check with the Coach before leaving so the coach is aware you have left the pool.

What Happens If Your Child has a Disappointing Swim

If your child has a poor race and comes out of it feeling bad, talk about the good things. The first thing you say is, "Hey, that is not like you. You're usually a top swimmer." Then you can go on and talk about the good things the child did. You never talk about the negative things.

If your child comes up to you and says, "That was a bad race, don't tell me it wasn't," there is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something good. "All right, you have had a bad race. How do you think you can do better next time?" Immediately start talking about the positive things.

What to Take To the Meet

1. Most important: Swim Suit, Cap, and goggles.
2. Baby or talcum powder--To "dust" the inside of swim cap. This helps preserve the cap and makes it easier to put on.
3. Towels--Realize your swimmer will be there awhile, so pack at least two.
4. Something to sit on. Example: sleeping bag, old blanket, or anything that will be comfortable to sit on. The swimmers will be spending a lot of time on it.
5. Sweat suits: bring one. Each swimmer may want to bring two because they can get wet and soggy.
6. T-shirts: Two or three. Same reason as above.
7. Games: travel games, coloring books, books, anything to pass the time.

8. Food: Each swimmer is usually allowed to bring a small cooler. It is better to bring snacks, but they usually have snacks for sale at the meet. Suggestions for items to bring include: Drinks: Hi-C, Fruit juice, Gatorade, Snacks: Granola bars, Fun fruits, yogurt, cereal, jello cubes, and sandwiches

Once you have attended one or two meets this will all become very routine. Please do not hesitate to ask any other UPAC parent or the Coach for help or information!

These meets are a lot of fun for the swimmers! He/she gets to visit with his/her friends, play games, and meet kids from other teams. He/she also gets to "race" and see how much he/she has improved from all the hard work he/she has put in at practice.

Special Parent's Note

The pool area is usually very warm. Therefore, you need to make sure you dress appropriately. Nothing is worse than being hot at a swim meet. It makes the time pass very slowly! At some of the meets, the parents are allowed to sit with the swimmers at the blanket area. If you don't think that a gym floor is comfortable, feel free to bring folding chairs to sit on.