



What to Expect at Swim Meets

Welcome to GCY Swimming. We understand that swim meets can be an overwhelming experience so the coaches have put some information together that will hopefully better prepare you for your first meet. Regardless, please don't ever hesitate to ask your coach any question regarding swim meet procedures.

Before the Meet Starts

- Please arrive 15 minutes prior to the start of warm-up. The warm-up time will be on the meet information which you have already received.
- Check in with your coach so that they know you are at the meet.
- Find where the team is sitting so you know where to drop your swim bags, etc. *Look for the GCY banner.*
- Each swimmer's heat and lane for their events is listed in the heat sheets or meet program. The coaches will have copies for themselves, but it is a big help if the parents have one as well. *Remember that we have a big team and there may be 50-100 or more GCY swimmers at any given meet.*
- It is recommended that the swimmers write their heat and lane for each event on their hand so they don't forget. (It really does work!)
- The team will warm-up together whenever possible. The coaches will let the swimmers know what they need to do for their warm-up including practicing starts and turns. Warm-ups will end approximately 10-15 minutes prior to the start of the meet. This is a good chance for the swimmers to make sure they have water, sports drinks and snacks for the remainder of the meet.

The Meet

- Each swimmer should check-in with their coach prior to their event. This gives the coach a chance to remind the swimmers of the proper stroke technique and/or race strategy appropriate for that event.
- If a separate warm-up pool is available, each swimmer should do another light warm-up. The coach will advise on what to do.
- Swimmers should be behind the blocks 1-2 heats prior to their heat (depending on the length of the event). Until you get used to this, earlier is better so that the swimmers aren't being rushed through the process.

Your Race

- Stay relaxed and remember that we're here to have fun! (*That includes parents!*)
- Do your best and don't worry about the results. The hard work you have done in practice everyday will take care of that.
- Regardless of the outcome - Be a good sport! Congratulate the swimmers next to you and don't get out of the water until everyone in your heat has finished.
- If you happen to get disqualified...DON'T WORRY ABOUT IT!! It just means you did your stroke a little differently than the rules say you can. It is a learning experience and almost every swimmer has been disqualified once or twice in their career (including your coaches!).

After the Race

- If there is a separate pool for warm-up, each swimmer should do a little easy swimming after their race to cool-down. The coaches will help with the specifics for each squad, but it is a good habit we want all GCY swimmers getting into.
- After cooling down, each swimmer should report back to their coach for splits and race feedback. This is the coaches chance to help each swimmer reinforce the positive aspects of their race and provide constructive advise on how their race can be improved.
- Rest – Hydrate – Eat – Rest and wait for you next event!

What to Bring to the Meet

- Race suit (team suit if you have one)
- Practice suit
- Goggles (2 pair)
- Caps (Team caps are mandatory)
- Towels (2-3 if possible)
- Team T-shirt (Mandatory)
- \$\$ cash for heat sheet, sports drinks, snacks, etc.
- Markers/highlighters for heat sheet.
- Healthy food/snacks
- Fold-up chair (optional) – not all pools have seating for spectators

Other helpful tips

- Label clothing so if anything is left at the meet we know who to return it to.
- Help your child understand the importance of getting a good night's sleep and eating healthy the days leading up to each meet.
- If you have questions...and most likely you will, please don't hesitate to ask any of the coaches for help.

HAVE FUN!!!!