

Swim meets can be both exciting and confusing. Our team enters many different types of meets, so it is important to stay up to speed on the information. We will post information on the Mallards website at <http://www.mallardsswimming.com>

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### How do we enter a swim meet?

1. You can check to see which meets we will be participating in by going to the Mallards web site at <http://www.mallardsswimming.com>. Choose "Meet Schedule" on the Home Page menu. You can access the following information:
  - Meet Sessions (Package) – this is from the host team and contains all the details about the swim meet.
  - Meet Entries – this report will be posted several days prior to the meet.
  - Meet Results – this report is posted following the competition. It contains the following information: time, place, points scored, and number of seconds of improvement (negative number), or number of seconds over your previous best time (positive number).
2. About two (2) weeks before a meet, you will receive an email from the coach with a non-attendance form, with a date by which you must respond if your swimmer is not attending the meet, mark these days on your calendar.
3. If you have family plans on this date, mark the day he or she can't attend and return the form to the coach.
4. If the coach does not receive a non-attendance form before the deadline indicated on the form, be advised that your child's entries will already have been submitted to the meet and you will be charged for meet fees. **Entry fees are non-refundable.**

### Is my child required to participate in all of the meets?

Every child is required to participate in meets. This is a significant part of the Mallards Swim Team educational program. Our aim and goal is to develop competitive swimming skills.

### What a swimmer should pack for a swim meet?

- Each swimmer should have a swim bag
- Label everything your child brings with them with both their name and the team's name
- Two (2) bathing suits (at least) one for warm up, one for race
- Mallards Swim Cap (plus a spare)
- Goggles (plus a spare)
- Two (2) large towels
- Mallards – T-shirt, warm-up jacket and shirt
- Deck shoes
- Fruit or healthy carb snacks. Good items include PowerBars, bagels, granola snacks, crackers, and fresh fruit cut in pieces
- Lots of water and/or sports drinks (Gatorade)

## Meet Etiquette

1. Swimmers are expected to arrive at least 15-20 minutes prior to the warm-up time (refer to meet package for warm-up and start times). Coaches will be on deck for the start of the warm-up and ask that all swimmers check in with them when they arrive.
2. The pool deck is reserved for swimmers, coaches and officials; parents are not permitted on the pool deck – this is both an insurance issue and a matter of meet courtesy. Be sure to remain in the spectator's area! Parents can volunteer to be officials (timer etc.) at meets we attend.
3. All swimmers are to remain with the coach and team unless they ask for permission to leave the deck area. We need to stay together to support our teammates and build team spirit. This also allows the coach to point out good swims; ensure that the swimmer is focused on the task and conserving energy for their races.
4. Marshalling – Swimmers are required to check in at the marshalling area prior to their race. Swimmers' events will be posted in the team area. It is the swimmer's responsibility to watch the marshalling board for his or her event number to be posted. Swimmers must check in with their coach immediately before marshalling for last minute advice, and immediately following each race for comments and correction. Swimmers should establish a habit of always asking the timers for their time following a race. If there is time between events, the swimmer can ask for permission to leave the deck to visit their parents. New swimmers should see the coach about an experienced "buddy" to assist them at the meet.
5. Pack a permanent marker and highlighter pen.
6. Buy or borrow a heat sheet and write your child's events, heats, and lanes on their hand with a permanent marker.
7. Meets are opportunities to measure how your swimmer is doing in their training at that moment. Almost everyone has a bad swim or meet occasionally. If your child is DQ'd (disqualified), it is not the end of the world. Almost every swimmer has been disqualified at least once. As a parent you must ensure that your child has a positive experience even if they do not swim well. Remember that our children learn values and sportsmanship from us. Coaches go to meets to coach and parents should go to meets to cheer, offer love and encouragement.

## We are attending our first swim meet. What can we expect?

Enjoy your child's swims. Encourage them to get ready for their next swim and support coaches' feedback after each race.

## What a swimmer should know about a swim meet?

In practices prior to the meet the coaches will explain all details of the upcoming meet: goals, strategy, time standards, entries, time of arrival, etc.

**What the family should pack for a swim meet?**

Pack healthy snacks such as fruit & veggies. Fruit & energy bars are also excellent choices. Get good rest the evening before with plenty of carbohydrates during lunch and dinner. These are important factors for a successful swim the next day. For more information, please check the Mallards website and click on "Nutrition".

**How to mark a hand at meets?**

The strokes are abbreviated with the following initials: FR – freestyle, BK – backstroke, BR – breaststroke, FL – fly and IM for individual medley. One way is to draw with permanent markers a small graph on their hand using just the initials for each of the following:

D – (distance)	S – (stroke)	E – (event)	H – (heat)	L – (lane)
50	FR	7	3	8
25	FL	23	5	1

Some of the older swimmers only put the event/heat/lane.

E – (event)	H – (heat)	L – (lane)
7	3	8
23	5	1

This really helps the younger swimmers get to the right lane. Anyone can look at their hand and help them.

**Meet Results**

Meet results are usually posted at the Meet, the day of the meet. They are also posted on the Mallards website within 4-5 days after the meet or you can go to Swim Canada web site at <https://www.swimming.ca/meetlist.aspx>

If you have any questions or concerns regarding meets please contact Head Coach via email at [Headcoach@mallardsswimming.com](mailto:Headcoach@mallardsswimming.com).