



## What to Expect at a Swim Meet

### Why go to Swim Meets:

- Swim meets are fun! This is the opportunity for swimmers to race and enjoy the hard work they have put in at practice. This is also where most swimmers get to be social and hang out with friends.
- Parents get to hangout and meet other parents from the team. This is also a chance for parents to show their support to their swimmer, recognizing the hard work they have put into every practice.

### Before the Meet Starts:

- Look over the meet itinerary (go to the EVENTS section towards the bottom of our webpage and look for the meet). The itinerary will provide some important information about the meet. We do sometimes have to wait for information about the meet from the meet host; some itineraries get posted the week of the meet.
- Arrive to the pool 15 minutes before the start of the team assigned warm up.
- Find a place for yourself and your swimmer to sit. Try to sit with other team members and get to know some other parents. This is a great way for you, the parents, to get involved.  
Recommended items to bring: Chair/blanket to sit on, swim suit, towels (bring extra), cap, goggles (bring extra), team shirt, games/books/toys for swimmer and siblings, healthy snacks, water bottles, jacket or parka. Remember this is a team event; swimmers are expected to be in FCST suits, shirts, and caps.
- Some parents and swimmers find it helpful to write the heat and lane assignments for each event on the swimmers arm. You will be able to find the heat and lane assignments posted on a wall as the meet is about to start.
- When warm –ups begin your swimmer should report to the assigned lane with an FCST coach. The swimmer should be prepared to get in the water with their cap and goggles on. It is very important and an expectation for all swimmers to warm up with the team. A swimmer’s body is just like a car on a cold day they need to get the engine warmed up before they race.
- USA Swimming rules ban all parents from being on deck (unless you are volunteering in a position on deck). If you have a question regarding an event, a disqualification, or other questions about the meet please speak to your coach at an appropriate time (preferably after the meet). The coach will take care of the situation through the proper channels. Please keep in mind that coaches are working during the meets and do not always have free time to talk. We will get to your concerns as soon as possible.

### During the Meet:

- It is important for the swimmers to know where and when they are suppose to be to swim. If the child is very young or novice please send them to their coach for help. Coaches can reassure the swimmer or find an older swimmer to help guide the child.
- Swimmers must talk to a coach before and after each swim. Please remember that coaches should do the coaching and providing feedback to the swimmers. As the parent your job is to let the swimmer know you love them and are proud of them. Let them know you love to watch them swim!
- Swimmers should be doing a warm up before and after they swim. Any questions about what they should be doing in warm up or when please send them to their coach. This is a key part of development for the swimmers, and cultivates habits that they will need as they continue to progress.

**What if My Child has a Bad Swim:**

- Sometimes swimmer will have off swims or get disqualified. If your swimmer approaches you after this race please be positive with them and do not feed into the emotion of the moment. It is important for the swimmer to learn from the mistake, take the coaches feedback, and know that no matter what you love them. An off swim should not be a disappointment to you, please keep in mind that they will often be harder on themselves than you could be.
- Most importantly keep in perspective that this will not be their last race. There is a possibility of hundreds more to come. We should be instilling in the kids a love of the sport, an atmosphere that allows for mistakes and learning, and to have fun!

**Miscellaneous Meet Stuff:**

- Some meets will have relays. If your swimmer is selected for a relay it is an honor and they are expected to stay. One of the biggest disappointments at meets is when one relay member leaves the meet early and the other three members do not get to swim.
- Remember this is a team event; swimmers are expected to wear an FCST cap, team shirt, and team suit.
- Enjoy your time with your swimmer and family. Most former swimmers will tell you that their favorite memories are not of important races but time spent with their family and friends. Have fun!