

Swim Meet Basics by Coach Tom Schutte

Swim meets are fun, enjoy the experience! Here are a few pointers to help you have a low stress positive experience at all our Klahaya meets.

- Enjoy being part of a fun positive team, race to your own best abilities, and have a good time in the water.
- Sportsmanship is a key element of being a positive athlete. We insist on practicing, racing, winning/losing with a respectful and classy attitude. Negative put downs, showboating, or any demonstration of disrespect is not acceptable at any time. We congratulate our opponents and cheer enthusiastically for our own team.
- Like all sports teams, we have competitions. Klahaya has seven dual meets each summer and then we have the championship meets.
 - a. We will have 7 meets against the clubs in the northern division, 4 home and 3 away or vice versa. They are held every Tuesday and Thursday from late June through mid-July.
 - b. Our coaching staff stresses that we need to have strong participation at BOTH home and away meets.
 - c. AWAY meets are only 15-25 minutes away and we have very minimal parental duties to fulfill. Just show up and watch the exciting races.
 - d. At HOME meets we need about 100 people to host the meet and volunteering is required to make it work smoothly.
 - e. In short, the AWAY meets are less stress, less work, and more leisurely. We hope to see a strong team turn out at all of our dual meets.
- Managing 185 kids in multiple meet events can be challenging for coaches and we need parents' help.
 - a. We require that all families accurately communicate with coaches in writing your exact plans for meet participation on the team form before the season begins. We use this to verify who will be at a given meet within the all 10 of the boys and girls age groups.
 - b. Coaches want to have the highest amount of involvement for our Klahaya team. All kids will be scheduled to swim in all the meets unless a parent notifies us differently through the meet form you submit.
 - c. It is a major problem for our Klahaya staff to hear at very late notice that a team member will not be at a given meet. Computer entries have to be reworked and resubmitted, event participants reshuffled, and numerous relays recreated on the spot. Fill out the form and communicate with coaches.
- At summer league meets, there are 72 total events. All girl events are ODD numbered events and EVEN numbered events are boys. The maximum entry limits are as follows:
 - a. 3 individual events and 1 relay
 - b. 2 individual events and 2 relays
- Like all sport matches, competitions are scored. In swimming it is according to place of finish. The points are awarded as follows:
 - a. RELAYS: 1st place= 8 points, 2nd place= 4 points, 3rd place= 2 points
 - b. INDIVIDUAL: 1st place= 5 points, 2nd place= 3 points, 3rd place= 1 points
- Well before each meet, a Meet Lineup will be posted that shows what each team member is doing in the upcoming meet. It is the responsibility of each team member/parent to locate, read, and record the assigned meet events.

Here is a quick made up sample of a partial meet lineup:

12 & Under Boys	#10 FREE Relay	#20 MEDLEY Relay	#30 25 FR	#40 25 BK	#50 25 BR	#60 25 FY
Ale	A3	B-FY			Heat 2, lane 6	
Mike	A2	B-BR	Heat 4, lane 2			
Grant	A4				Heat 2, lane 4	
Steven	A1	B-BK		Heat 3, lane 4		
Andy		B-FR	Heat 4, lane 4		Heat 4, lane 4	Heat 4, lane 4

Stroke Abbreviations:

FR- Freestyle
 BK- Backstroke
 BR- Breaststroke
 FY- Butterfly

Relay Symbols:

A3= means A relay, third swimmer
 B-BR= means B Medley relay, swimming Breast

- After you see the posted Meet Lineup for your age group, write down your events. Many kids write them down on their forearms with a sharpie. The events will be announced in sequential order.
- Everyone needs to listen attentively and pay attention to where we are at in the meet and when your next event will occur.
- An active rigorous warm-up in the pool is required for all Klahaya swimmers. It elevates an athlete's heart rate, helps them get familiar with the features of a pool like the blocks and walls, and prepares the body for strong efforts. Each age group will have a specific designated time on our team. Be on time for warm-up so you can represent our team to your best ability.
- We will have designated lanes at meets for Klahaya swimmers for all races. Be sure to showup well before your race to check in. Swimmer should report to the designated "ready area" no later than 5-7 events BEFORE their race to check in with the meet volunteers and be placed in the correct heats and lane.
- It is a major problem for our Klahaya team to have kids running around during the meet unaware of the event sequence and miss the relays and individual events because no one can find them. This creates stress, headaches, and we miss opportunities to race and score points for our team. Coaches must be coaching, NOT getting kids to the blocks. Parents are a vital part of this key element for successful meets.
- When your race is over, ask the lane timers what your final time was immediately after you get out of the pool. Check in with Klahaya coaches for race feedback right after each race.
- Pick up your race ribbons throughout the meet. They are fun way to recognize your success! If ribbons are not ready before you leave the meet, you can find them the next day at Klahaya in the ribbon boxes located in the front entrance lobby.
- Be enthusiastically pumped up and cheer for your teammates and friends. Stand at the end of the pool and let your teammates you are pulling for them.
- Have a simple, specific, and positive goal for each race:
 - a. Skill goals- streamline off the turn, legal stroke technique, strong kick, or head position
 - b. Time goal- get a best time, achieve a Prelim qualifying time, or improve your team ranking

- We have SEVEN dual meets to qualify for “Prelims”. For all 72 events, there are cut times used to qualify for the Championship meets. Qualifying times can be found on the KLA site and will be posted on the deck bulletin board.
 - a. A CRUCIAL POINT IS—Once an athlete begins the Championship meet sequence it is mandatory according to SSSL By-Laws for the swimmer to be able to participate all the way through to All City Meet should they qualify. No scratches, no trips, no meet absences are allowed- period!
 - b. Championship meets:
 - i. B-Champs- this meet is a last chance meet for kids to qualify for Prelims
 - ii. Girl Prelims- all odd events, all qualifiers race from all 8 teams and ONLY the top 6 advance to Northern Divisions
 - iii. Boy Prelims- all even events, all qualifiers race from all 8 teams and ONLY the top 6 advance to Northern Divisions
 - iv. Northern Divisions- Championship meet for the 8 northern teams, one heat for each event (this happens simultaneously with the 8 Southern teams)
 - v. All City Meet Championships- the top 6 qualifiers for the combined 16 north and south teams create one heat and race for points.

Arrival Times and Warmups

The coaches will give you specific target arrival times for each meet. For the away meets generally, arrive by 5:00pm. For home meets generally, arrive by 4:30pm. Listen for calls for warm-ups by age group. Earlier arrivals greatly reduce stress.

Helpful Hints for Swim Meets

- Stay out of the sun and get plenty of rest during the day.
- Have your child eat an early, hearty meal with lots of carbohydrates (think pasta!). Nothing to eat within 30 minutes of swimming. Save the sweet treats until after the swimmer’s events are over.
- Bring lots of towels (at least 2-3 per swimmer), warm clothes, sweats, a robe, or a deck coat (if you have one), and keep your swimmer hydrated.
- Use a blanket, your towels and/or cooler to stake out your spot in the pool area -- arrive early!
- Bring a chair or sleeping bag for seating, and a beach umbrella or tent for shade.
- Figure out the locations of the Course area, ribbon table, and restrooms.
- Concessions are available at most, but not all, pools (hot and cold foods), but you may also want to bring your own healthy snacks to fuel you swimmer.
- Get to know your swimmer’s Frog Buddy and cheer them on!
- Please help clean up after yourselves at both home and away meets.
- Sharpies are your friends to keep track of races and help remind your swimmer which races they are competing in. Buy a pack off Amazon - it’s much cheaper.
- Place a tiny piece of duct tape around the strap of your family’s goggles with name initials. It makes it easier for kids to identify and sets them apart from the crowd to prevent loss. Always bring an extra pair to meets - in case one breaks you’ll have a spare.
- Label everything.
- Get there early - no matter where. Parking is always tight and many clubs have very little deck space.
- It has been a major problem for our Klahaya team to have kids running around during the meet unaware of the event sequence and miss the relays and individual events because no one can find them. This creates

stress, headaches, and we miss opportunities to race and score points for our team. Coaches must be coaching, NOT locating kids and getting them to the blocks. Parents are a vital part of this key element for successful meets.

- When your race is over, ask the lane timers what your final time was immediately after you get out of the pool. Check in with Klahaya coaches for race feedback right after each race.
- Get your Klahaya Salmon Caesar Salad orders in early! Sometimes they sell out, which is super sad.
- It's really fun to spend some time following the meet. Get into it. You'll learn a lot and really get in to the Frog spirit.
- Every home meet as a different theme like for example Pajama Party. The theme will be announced at practice the day before the meet so make sure you dress up and have fun with your team!

Event Participation

Every child enrolled in Swim Team will be scheduled to swim at every meet unless you notify the coaches in writing for each meet missed. Email: swimcoach@klahaya.net Please fill out the online form prior to the start of the season to give the coaches ample notice of an absence. In a dual meet, each swimmer is allowed to participate in up to three individuals plus one relay event, or two individual plus two relay events. At small pools, your swimmer may swim only 2 or 3 events. An individual swimmer will be placed according to:

1. Personal best events
2. Ability to legally compete in an event (Can he / she do the stroke properly?).
3. Prior performance.
4. Outstanding effort and attitude during practice.

A swimmer close to reaching a qualifying time may be given extra attempts at an event. The coaches will allow as many swimmers as possible to participate in a meet. Coaches will consider the abilities of other swimmers in the same age group and will strategize for earning the most points possible. There is a method to the coaches' madness. There is a total team limit of 25 EX heats, and we need to strategize where to best schedule them at each meet.

A) Individual Heats

There are two types of Individual Heats: Exhibition Heats and Scoring Heats. Exhibition Heats are run first. While the swimmers do not contribute points towards the team score, individual and relay times count toward prelim qualifying times. Swimmers gain the experience of the meets and an opportunity to improve their times. All swimmers of these events receive ribbons. There is only one Scoring Heat per event in which points count toward the team total. Coaches choose swimmers for Scoring Heats based on times and legal stroke technique.

B) Relays

Relays consist of four swimmers. The distance of the relay depends on the swimmer's age group. The first relay swimmer starts the race when the official starter starts the race.

Subsequent swimmers wait until the relay member in front of them touches the wall at which point, they may push off (if they are in the shallow end of the pool) or dive in and begin racing.

If your child gets sick the day of the meet, call the pool immediately to let the head coach know. Do not wait to see if your child is on a relay, three other swimmers may potentially miss the event, and the team may miss out on points.

Ask Coach Tom questions about any items you may have questions about. Let's follow these guidelines and have some super fun meets this summer!

Go Frogs!