

JCC Stingrays Swim Team 2017
Meet Expectations and General Information

1. Come to meets prepared.
 - a. Please arrive 15 minutes prior to warm-ups
 - b. Bring healthy snacks/water. Sodas and junk food will make you sluggish. Remember, NO PEANUT products.
 - c. Make sure you have a towel, goggles, and your swim cap. Be sure to label your items, as a lot of these items are the same.
 - d. Sometimes it is helpful to bring a large blanket to sit on while waiting in between your events.
 - e. Swimmers need to be labeled on their arm or leg the event, heat and lane they will be in. It is labeled in this order: Event #, Heat #, Lane #. This information can be found on the heat sheet. This year heat sheets will be emailed to all swimmers, please print or keep on phone, if you forget the heat sheet, they will be available for \$2. Please make sure your swimmer has his/her event info. on their arm before coming to the meet. For those coming from after camp care, coaches will assist the swimmer.

2. Check in with the coaches as soon as you arrive and report to your designated area to wait for warm up.
 - a. Please text Tabitha Whyte, Team Rep., at **210-416-0978** if swimmer is running late.
 - b. If an emergency or illness occurs, let the coaches, team rep, or parent volunteer liaison know ASAP so relays will not be DQ.

3. 10 & under swimmers should stay in designated areas with ready bench parents.
 - a. Swimmers should not be walking around. This makes it hard to find them when it is time for them to swim.
 - b. Parents are welcome to come and give swimmers snacks, water, etc. if needed.
 - c. Swimmers need to tell a parent they need to use the restroom or if they need to leave the designated area.
 - d. There will be a coach or deck parent to walk swimmers over for their event/heat and place them in the correct lane.

4. 11 & Up swimmers are expected to line themselves up for their event/heat/lane.
 - a. Swimmers need to ask if they are confused. Please do not miss your event. We are trying to treat you like a young adult.
 - b. Coaches will be on deck at all times to help.

5. Meets usually start within 10-15 minutes after warm-ups are complete.

6. Order of Events: This is available on the MSSSL website.

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7. Disqualifications - DQ
 - a. If you swimmer is disqualified, a coach will explain why.
 - b. Knowing why you are DQ will help you swimmers learn from their mistakes so they don't keep doing the same thing over and over.
 - c. Our goal is to have no disqualifications by Championships and All-Stars.

General Information

- It is beneficial for parents to print heat sheet or have on their phone so they don't miss their swimmer's event. Heat sheets will be available for \$2 if you forget to print.
- Swimmers will be swimming against other swimmers of similar abilities/times. *Coaches enter times for each swimmer and the meet manager seeds them into heats and lanes before the meets begin.
- There can be multiple heats in one event. The last heat is usually the scoring heat (fastest times). Each team is allowed top 3 times to score.
- Girls events are ODD numbered and Boys events are EVEN numbered.
- Restroom and snacks should only happen after a race (not before).
- Swimmers must check out with the coaches before leaving. Changes may need to be made on relays and your swimmer may be needed.
- Ribbons are usually given for Top 6 finishers out of ALL heats in that event. They are given to the coaches at the end of the meet and will be awarded at the next practice.