

A Parent's Guide to Swim Meets

Keep an eye on the pool bulletin board and team website for information about upcoming meets. A meet information packet is sent to our team and includes such things as location of the meet, entry deadlines, type of facility, hotel/motel information, maps, and qualification times for entry.

A week or so prior to the meet weekend, your swimmer's event numbers and times will be posted on the BA web site and/or at the pool. Take some time to study this and write down the information, keeping it for later reference when you arrive at the meet. Check to make sure your swimmer is listed for the days desired.

On the day of the meet, bring something for each attendee to do between events. In addition, bring a pen or marker to write events on your swimmer's hand.

Upon arrival at the pool, make sure your swimmer checks in with the coach, gets signed in and gets belongings settled in the camp area before warm-ups.

When your swimmer leaves for warm ups, it is a good time to purchase a heat sheet with the list of all swimmers, events, and event times. Bring a highlighter to mark your swimmer's events.

What is a Parent's Role at a Meet?

1. Support and encourage your child.
2. Be sure that they report on time to the Clerk of Course for each event for 8 & Under events and to the starting blocks for 9 & Over Events.
3. Help with fears and anxieties.
4. Avoid the temptation to coach your child.
5. Above all, don't hesitate to ask questions of a knowledgeable parent. Rely on other parents, rather than on busy coaches or meet officials.
6. You may want to sit with your swimmer for a few minutes for support.
7. Be ready in the bleachers after each race with a towel and lots of praise!

Additional Meet Prep Considerations

- At winter indoor meets, pool bleachers or balconies for spectators are normally hot and stuffy while gyms where swimmers may have to wait for events can be cool, so be prepared for both.
- At summer outdoor meets, expect hot, cold, or wet weather! Sun block lotion, sun glasses, bug spray, deck chairs, and floppy hats are good ideas.

- It's a good idea to take the time to write your swimmer's name and the team name (BA) on all of your swimmer's gear, goggles, cap, suit, towels, etc.

How Will My Child React to Their First Meet Experience?

1. They may be nervous, may cry, act sick, or complain about being cold.
2. They may not want to swim or want to quit entirely. They may not feel ready to perform.
3. They may see a meet as a very busy swim practice and thrive on all the action!

About Disqualification

Disqualification can be tough to experience, but it doesn't have to be. It happens to swimmers at every level of ability. The officials on deck are in charge of enforcing all start, stroke, and turn rules. When your child has demonstrated an infraction of one of those rules, an official will raise his/her hand, and when the child exits the water, the official will explain the infraction to the swimmer, and encourage them to try again next time. Some children take this in stride, others get very upset. Smiles, praise, and a hug from Mom or Dad can do a lot to help ensure that a DQ ends up being the learning experience it is meant to be.

About Transportation

It is hereby the stated policy of the Boilermaker Aquatics Swim Team, effective immediately and until either revoked or restated by the Boilermaker Aquatics Swim Team Board of Directors, that transportation of swimmers and/or coaches to practices, meets, or any other event considered to be a club function by any non-public conveyance, as defined to include privately owned vehicles, is recognized by the Boilermaker Aquatics Swim Team as a purely private agreement between the parties involved and that neither the Boilermaker Aquatics Swim Team, nor the Boilermaker Aquatics Swim Team Board of Directors, separately or as a group, except for the parties directly involved can be or will be considered as a party to such arrangement and that any liability in any form arising from such arrangement is purely and completely the responsibility of the parties involved.