

# New Parent Tips

## Makos 2016

### Practices

- Each group gets a limited amount of pool time, so it is important to make the most of it.
- Arrive 5 minutes early. Be there on time to pick up your children. If you have to leave the practice, please leave a responsible adult in charge of your children in the event of an emergency. This individual should have your contact information.
- Come prepared with your swimmers' suit(s) on, goggles, cap, and a towel.
- Do not talk to the coaches before, during or after practices, unless it is quick. Their responsibilities are coaching the kids in the morning. Other parents may be able to answer your questions, please ask them. If you need to speak with a coach, please email them and/or setup a time to meet to discuss matters that may take a while.
- If a practice has to be called midway b/c of lightning, please do your best to get back to the pool promptly and pick up your swimmers.

### Meets

- While we would love each child to be able to swim every event they want, league rules limit each child to three individual events (not including relays). Rules also dictate how many children we can enter into each event. Age groups with less swimmers will swim more events than those that are full. (For example, five year olds will get less swims in a meet than twelve year olds.) Encouraging your child to learn all four strokes will increase the amount of races they are available to swim as well!
- Get there early. This is usually 5:15 for Home meets and 5:30 for Away meets. This allows the swimmer to warm-up with the team, and to get any last minute details or changes from the coaches.
- Check in at the front at the scoring/ribbons area just inside the pool entrance when you arrive at HOME meets. Check in your kids, the Concession items brought, and your volunteer position. Each family is responsible for bringing AT LEAST one Concession item per HOME meet.
- Swimmers are to set their belongings behind the starting blocks near the basketball court, which is the Makos team area.
- Print out the Heat Sheet that is provided the day before or the day of the meet. Try to mark your swimmers' arms before you go the meet with the grid. (See attached – How to Mark Swimmers' Arms.) Bring a Sharpie to the meet.
- It is difficult to volunteer at a meet and try to help your kids swim. Be prepared for this or have both parents attend if possible.
- Pay attention to the loudspeaker and try to listen to announcements. Even though there is a Clerk of Course, they need kids to be in the right area to line the swimmers up. Clerks of Course will help organize 6 and under and 8 and under swimmers. Older swimmers are responsible for getting themselves to the starting blocks. Please get your kids TO the Clerk of Course or the Team Area in enough time before their races.
- A parent's role at the meets is to be a supporter and cheerleader. The coaches will provide stroke technique and feedback for the swimmers. (Parents are to stay out of the roped

coaches' box during the meet so the coaches can concentrate on all the swimmers and the races.)

- You may want to bring money or extra snacks for the swimmers for between races.
- MAKE SURE you check in with coaches before you leave a meet. Your kids could be in a relay and not realize it.
- Swimmers should meet with the coaches immediately after their swim and then return to the team area.

### **Volunteer Positions**

- If you are unable to volunteer at meets b/c of other children or commitments, signup for other jobs. Makos need individuals to run the Fun Fridays, Fourth of July parade, work on Spirit Week before Championships, etc. Please speak to a Board Member if you have any questions about this.

### **Additional Pointers**

- Ask for advice from experienced parents.
- Read emails that are sent from the Board. They contain important information that will help you prepare your swimmers.

# How to Mark Swimmers' Arms

## Step 1: Mark the heat sheet.

Heat sheets list every event in the meet in order. It includes the number of the event as well as the distance and type of event (for example 25 yard freestyle). The number of heats and the names of the swimmers will be listed next. Typically, heats are swum from slowest to fastest. If it is the first time a swimmer has swum the event, this will be indicated by "NT" for "no time" and they will swim in the earliest heats. Finally, each swimmer is assigned a lane. Use a highlighter to mark your swimmer's events. Don't forget to check to see if they are swimming in any relays.

### EXAMPLE of EVENT CHART SWIMMER'S ARM or LEG

#7 Girls 8 & Under 100 Yard IM				
Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Finals</b>				
2	Sydney Boyer	6	BVCC	NT
3	Maddie Williams	7	BVCC	NT
4	Laura Stroud	7	WWST	NT
<b>Heat 2 of 2 Finals</b>				
2	Bree Sullivan	8	WWST	NT
3	Ruth McGee	8	WWST	2:19.99
4	Delaney Byrne	8	WWST	NT
5	Elena Williamson	7	WWST	NT

#19 Girls 7-8 25 Yard Freestyle				
Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Finals</b>				
2	Natalie Potter	8	BVCC	NT
3	Maddie Williams	7	BVCC	NT
4	Maev English	7	WWST	NT
<b>Heat 2 of 3 Finals</b>				
2	Andie Smiley	8	BVCC	NT
3	Ava Griffin	7	BVCC	NT
4	Skyeler Jackson	8	BVCC	NT
5	Meredith Setser	7	WWST	NT
<b>Heat 3 of 3 Finals</b>				
1	Elena Williamson	7	WWST	NT
2	Noelle de Vente	7	WWST	NT
3	Ruth McGee	8	WWST	21.72
4	Jeannie Ridley	7	WWST	40.28
5	Alexandra Johnson	7	BVCC	NT

Heat 3 (#31 Girls 7-8 25 Yard Backstroke)				
Lane	Name	Age	Team	Seed Time
1	Hayley Ferrell	7	WWST	NT
2	Claire Crane	7	BVCC	NT
3	Sarah McGee	8	WWST	29.78
4	Delaney Byrne	8	WWST	35.94
5	Ruth McGee	8	WWST	NT

#61 Mixed 8 & Under 100 Yard Medley Relay				
Lane	Team	Relay	Seed Time	
<b>Heat 1 of 1 Finals</b>				
2	WWST	B		NT
	Jeannie Ridley W7	Laura Stroud W7		
	Luke Leong M8	Cayman Choate M8		
3	BVCC	A		NT
	Maddie Williams W7	Sydney Boyer W6		
	Cameron Taylor M8	Ethan Boyer M8		
4	WWST	A		NT
	Ruth McGee W8	Colin Kruse M8		
	Jenna Rupp W8	Bree Sullivan W8		

E	H	L	
7	2	3	IM
19	3	3	Free
31	3	5	Back
61	1	4	Relay (Back)

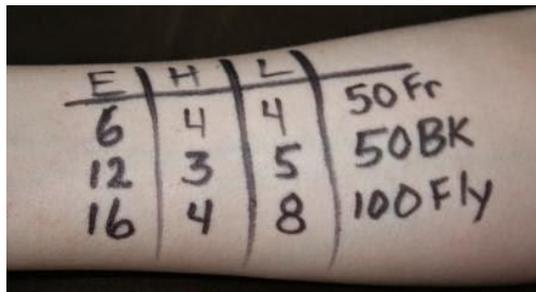
## Step 2: Write down the information for quick reference.

Younger children and those new to the sport often have meet information written on their arm (or thigh) with a Sharpie to help them keep track of their events. It really helps Clerk of Course if you write swimmer's last name on the left shoulder. (Swimmers will also use the permanent markers to write slogans on the backs of teammates!)

TEMPLATE FOR MARKING MEET INFORMATION

E	H	L	S
10	4	8	50 FR
26	3	2	100 BK
34	2	5	50 FLY

E=EVENT  
H=HEAT  
L=LANE  
S=STROKE  
FR=FREESTYLE  
BK=BACKSTROKE  
FLY=BUTTERFLY  
BR=BREASTSTROKE  
IM=INDIVIDUAL MEDLEY



## Step 3: Help keep track of your swimmer.

Just because the information is written on their arm, don't depend on them to keep up with their events. Swim meets can be very exciting and new swimmers easily lose track of time. There will be a Clerk of Course volunteer to help alert swimmers when their event is about to take place. This volunteer will call out each event in advance and lines up the swimmers in the correct order.