

# SWIM TEAM NEW PARENT HANDBOOK

## **Tips for the swim season**

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# Meet Sign Outs

If you have a vacation planned or anything events on Tuesday or Thursday nights (meet nights) from end of June through July, email Coach Kelly **\*\*\*AS SOON AS POSSIBLE\*\*\*** (like now) to advise your child will not be attending the meets those dates. The coaches spend days setting lineups and it helps so much for him to have advanced knowledge on who will be there.

## Dual vs. Invitational Meets (and what's the difference)

### Dual Meets

Dual Meets are meets held between TWO teams. Our swimmers go head to head with another team. Meets are on **Tuesday** and **Thursday** nights beginning at the end of June. Swimmers have to arrive around 5:30pm for warm ups. Meets typically start around 6:30pm and go until 9-9:30pm. Yes! They are about 3 hours long.

Coach Kelly will typically send lineups out either the day before the meet OR at least a few hours before the meet so you know what your child is swimming.

The line up will show you which events, heat and lane your child will swim in. Typically, they will be in anywhere from 2-4 events total including relays. The fastest swimmers will be in the first heat then in subsequent heats by time. There is no additional cost to participate in the dual meets.

## Invitational Meets

An invitational is an opportunity for your swimmer to swim against any other swimmer in the league who **chooses** to go to that meet. So, there will be 20+ teams represented. Invitationals are typically on Saturday or Sunday mornings for 10U swimmers starting around 7am for warm ups. They can go anywhere from 2 ½-3 ½ hours depending on the number of swimmers.

Invitationals are NOT required. They just give your swimmer another chance to drop time and swim against other teams all in one place.

You get to choose which events your child will swim and pay for them via the Active.com portal. Cost is typically \$4 per event. Coach Kelly will send an email out when registration opens for each invitation meet.

## Lineups Explained

Lineups are typically emailed before a meet. No matter what, the lineup will be posted on one of the fences or tables at the meet by age group. You'll know where it is because all of the swimmers will be crowded around that area with sharpies in their hands. When it's emailed, it will look like this:

# 43	Women 10 & Under 25 Fly	2/0	A	23.91S
Bevino, Gianna (10)				
# 13	Women 10 & Under 50 Free	1/5		35.71S
# 23	Women 10 & Under 25 Breast	1/3		20.69S
# 33	Women 10 & Under 25 Back	1/5		20.93S
# 52	Mixed 10 & Under 100 Free Relay A	1/3		3
Bevino, Luca (7)				
# 11	Women 8 & Under 25 Free	2/3	X	25.60S
# 31	Women 8 & Under 25 Back	3/4	X	34.35S
# 41	Women 8 & Under 25 Fly	2/2	X	42.12S
# 51	Mixed 8 & Under 100 Free Relay C	1/1		4

Find your child's name and take a look at the listing. The # shows the number of the event they are swimming. Then, the type of event will be listed and then you will see something like 1/5 or 3/4 or or 2/6. The first number is the heat they are in. At dual meets, fastest swimmers go FIRST. Just to make things confusing, at invitationals, fastest swimmers go LAST. The number after the / is the lane they are in.

In this example, Luca Bevino is in event #11 which is the 25 Free. She is in heat 2 swimming in lane 3.

The next section explains how that is translated onto their arms.

## What are they writing on their arms?

Because there are so many events with multiple heats, the kids will write the Event, Heat, Lane and Stroke on their arms in sharpie marker so they know what they are swimming. It typically looks like this:

E	H	L	
6	4	4	50 Fr
12	3	5	50 BK
16	4	8	100 Fly

Children 10 and under will be lined up by meet coordinators. It is also sometimes called "ready bench" as that person will be getting the kids lined up on benches in the order in which they will swim so all heats can be brought up to the blocks at once.

Our team will typically be in every other lane (ex. Lanes 1, 3, 5) for an event so they are swimming next to an opposing team's swimmer. Sometimes, the final heat of an event for our youngest swimmers will have only swimmers from one team filling some or all of the lanes. This just gives those young swimmers an opportunity to race.

## What is an IM?

The IM is short for Individual Medley. This is where a swimmer swims all four strokes in the following order: Butterfly, Backstroke, Breaststroke, Freestyle. They are ONLY SWAM at invitationals. You will only sign your child up for an IM if they are comfortable with all four strokes and the transitions from one to the other. Ask Coach Kelly if you are wondering whether your child is ready. They can only learn by doing it!

## How Do Relays Work?

At the beginning (after the 18U and 14U 100M Free) and end of each meet, there are relays. The first relay is a Medley Relay. This means that all four strokes are swam. The order of this relay is **Back, Breast, Fly, Free** (think of it as alphabetical order). 10U swim one lap of each

so it totals to a 100M relay. Since they only swim one lap of each, you will see swimmers that swim the 1<sup>st</sup> and 3<sup>rd</sup> strokes will be up at the starting blocks and the 2<sup>nd</sup> and 4<sup>th</sup> will be on the other end of the pool. Swimmers 11 and up swim two laps of each for a total of 200M so they will all be at the starting blocks. The lineup looks like this:

# 6 Mixed 10 & Under 100 Medley Relay A PSC	1/3	1:10.69S
1 Price, Brendon (10)		
2 Scholer, Richard (9)		
3 Dudkina, Elena (9)		
4 Exler, Grace (10)		

The very last events of the night will be the Free Relays. All four legs of this relay are **Freestyle**. They are an exciting way to end a meet. The same is true in terms of 10U swimming just one lap of the pool and 11 and up swimmers swimming two laps. So, 10U will have two swimmers at the starting blocks and two at the other side of the pool while 11 and up will all be at the starting blocks.

# 54 Mixed 14 & Under 200 Free Relay A PSC	1/3	1:54.71S
1 Scholer, Heidi (13)		
2 Lewis, Matt (14)		
3 Goroshko, Julia (13)		
4 Mehta, Cameron (14)		

## What if my child DQs?

DQ stands for disqualified and it will happen! Even the very best swimmers DQ on occasion. Whether it's too many dolphin kicks on the start of the breaststroke or they just plain out swim the wrong stroke, a DQ will happen at some point. After the meet, coach Kelly will get a report from the meet which shows him why the swimmer was DQ'd. Send him an email and he'll get right back to you. It's a great

opportunity to get a better understanding of the stroke requirements and to get more technical knowledge. Bottom line is don't worry about it!

## What to bring to a meet:

- *Two (2) Towels per swimmer*
- *Water (lots of water)*
- *Extra pair of goggles*
- *Sunscreen*
- *Bug spray*
- *Sharpie Markers to write events on your child's arm*
- *Highlighters to highlight the events your child is swimming*
- *Camping Chairs*
- *Blanket for siblings to sit on*
- *Games, cards, coloring books, toys for siblings to play with*
- *Healthy snacks – fruits, veggies, crackers, cheese, etc.*
- *Emergency inhalers (for kids with asthma)*
- *CASH for snack bar (because you know they will want to go to the snack bar). Many folks bring dinner with them or buy it there.*

## Where to find ribbons

Ribbons and medals are only handed out for invitationals. Each morning at practice, there will be two file folder boxes on the tables at PSC. Your swimmers' last name is noted on the file folder. There you will find your ribbons.

The most important thing is to HAVE FUN. Ask other parents questions and feel free to reach out to the New Parent Liason with any questions you may have. Go Stingrays!