



Meet and Warmup Guidelines

- Check in with the coach taking attendance when you arrive at any meet.
- We will only get 2 or 3 lanes for warmups (odd lanes at home meets, even lanes at away meets). Be extremely careful when swimming during warmups, because this can be a DANGEROUS situation.
- 8 and under swimmers will warm up first, 1:00 –1:20 p.m.
- Older swimmers will stretch first, and then warm up 1:20 – 2:00 p.m.
- Warmups—can be dangerous, follow directions of the coach.
 - Swimming in a circle is MANDATORY!
 - NO DIVING unless ok'd by the coach. Slide into the water.
 - You will swim a few laps, kick a few laps, and then practice starts and finishes (turns) only under the coach's direction.
 - When you are finished, get out and dry off, put on sweats, and rest and rehydrate on the benches.
- Meet Procedures
 - The lineup will be posted at the meet—check your events.
 - Some meets will have “cards,” some meets might not, check with the coaches. In any event, you need to stay in line where the coaches put you and not touch other people or wander around. If we are having “cards,” you will get a card from the coach. Hand this card to the timer in your lane and then stay in line where the timer/coach has placed you.
 - Focus on the start, your swim, and your finish. Do a GREAT job!
 - **Stay in the water until all swimmers in your race have finished.**
 - Cheer on your teammates, and watch them swim.
 - Do NOT leave the deck without notifying a coach.
 - If you are swimming a relay, you must stay for the entire meet. Notify Coach Laura if you have to leave early.
 - At the end of the meet EVERYONE must be present for the team cheer to thank the other team for a good meet.
 - Clean up the pool deck; make sure the locker room is cleaned up when you leave.
 - If we win, the tradition states that you get to “throw” the coach in the water. **Please be careful**—yes, the coaches will go in, but don't push, shove, or jump on anyone. Just “pretend” to “throw” them in. If you choose to go in the pool with the coaches, please take the time to make sure the area you are jumping in is clear. Swimmers may NOT push other swimmers into the pool. A number of swimmers have been hurt by this in the past; let's keep this tradition safe so that it can remain a tradition.
- Ribbons will be distributed in the swimmers' mailboxes on Monday after a meet.
 - Best-time ribbons—the most important type! (DQ swims do not qualify.)
 - Race-related ribbons:



- Relays: only 1st place
- 1st to 3rd in all age groups (1st heat)
- 4th to 6th in 10 and under age groups
- Second heat ribbons may be awarded to 10 and younger swimmers depending on the ribbon supply.