

Spring Swim Team (SST) – Basic Swim Meet Information

What is a Swim Meet?

A swim meet is a competition where swimmers race against others in their age group and events.

Meets help swimmers set goals, build confidence, and track improvement throughout the season. SST encourages every swimmer to participate!

Before the Meet

1. Check Your Email & Team Website

- Meet details (dates, location, warm-up times, session info, parking) are emailed and posted on springswimteam.com.
- Arrive **at least 20 minutes before warm-up** so your swimmer can get ready without stress.

2. Can't Attend?

- If you registered but can't make it, email donyale@springswimteam.com.
 - Day-of: **text Coach Michael (832-454-9598)**.
- **No refunds** for missed meets (team is billed when entries are submitted).

3. Relays & Arrival

- Some meets have relays.
 - Relays are fun team events! Coaches build relays after entries close.
 - Swimmers arriving more than **30 minutes late for warm-up** may lose their spot in a relay.
 - If your child can't stay for relays, please tell the coach ASAP.
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What to Bring (Checklist)

- **Team Suit** (strongly recommended):
If wearing a different suit, it must NOT have another team's logo.
- **Backup suit** (any color, just in case of emergency)
- **Team swim cap** (+ backup)
- **Goggles** (+ backup)
- **2+ towels** (for warmup and after races)
- **SST t-shirt, hoodie, or parka** (for warmth between events)
- **Water bottle & healthy snacks** (no glass or sugary drinks)
- **Lawn chair** (if allowed at venue)
- **Sharpie** (to write event info on arm)
- **Book, cards, music, or homework** (to occupy downtime)

Tip: Label everything! Lost & found is donated after 30 days.

Understanding Heat Sheets & Psych Sheets

What's a Psych Sheet?

- A psych sheet is a *preliminary* listing of all swimmers entered in each event, usually sorted by entry time (fastest to slowest).
- It shows who is swimming in each event, how everyone's times compare, and a "psychological" preview of the competition.
- There are no lane or heat assignments yet—just a ranked list.
- *Use a psych sheet to see where your swimmer is seeded in each event compared to others.*

What's a Heat Sheet?

- A heat sheet is the *final* schedule of all races, showing:
 - Event number
 - Heat number
 - Lane assignment
 - Swimmer's name
- Heat sheets are what coaches, swimmers, and parents use during the meet to know *exactly when and where* to race.
- *Use a heat sheet to write your swimmer's event, heat, and lane on their arm or leg before the meet starts!*

Preseeded vs. Deck Seeded Meets

Preseeded Meets:

- All heats and lanes are assigned before the meet starts, based on the entries submitted in advance.
- You'll usually get a heat sheet before or at the start of the meet - no changes allowed after the deadline (unless a swimmer scratches).
- Most *age group* and beginner meets are preseeded.
- Advantage: You know in advance when/where your swimmer will race; easier for new families!

Deck Seeded Meets:

- Swimmers must CIRCLE IN at the meet (often at a clerk-of-course table) for each event.
- Heats and lanes are assigned after CIRCLE IN closes, right before the event begins.
- A heat sheet is created on site - be alert for posted sheets or announcements.
- Common for *championship* or *distance* events.
- Advantage: Reduces empty lanes if swimmers scratch, but requires paying close attention!

Meet Mobile App

- Most meets use the **Meet Mobile** app (download from App Store/Google Play).
- Printed sheets are rarely for sale; bring a phone/tablet with Meet Mobile if you can.
- Heat Sheets will be posted on the wall somewhere in the natatorium.
- Coaches will email any advance heat sheets if provided by the host team.

Upon Arrival

1. Find SST Team Area

- Look for coaches, teammates, and SST signs.
- Swimmers should stay with the team unless told otherwise.

2. Check-In

- Swimmers must check in with a coach immediately upon arrival.
- Some meets require CIRCLE IN (sign-in at the meet table) - this will be in your meet info email.

3. Warm-Up

- All SST swimmers participate in warm-up with the team - no exceptions.
- Warm-up ensures safety, loosens muscles, and helps swimmers get comfortable with the pool.

Writing Events on Arm/Leg

- **It is IMPORTANT** that your child writes each **event number, heat, lane, and stroke** on their arm/leg with a Sharpie.
- This should be done before warm-up for Preseeded meets or after warm-up for Deck Seeded meets.
- Example chart:

E	H	L	S
22	3	4	50Fr
35	1	2	200IM

- *This helps young swimmers and coaches keep track during a busy meet.*

At the Meet

1. Stay Alert – No Announcers!

- Many meets don't have event announcers. *You must watch the scoreboard, event board, or listen for coaches' instructions.*
- Some events go by **very quickly** - others take more time.

2. Swimmers' Routine

- Check in with your coach at least **two events before your race**.
- Coaches will review race plans, offer encouragement, and answer questions.

- **Go to the blocks on time:**
 - Missing the heat means missing the event—there are NO re-swims for missed heats.

3. Parents' Roles

- Support your swimmer - cheer, encourage, and be positive.
- **No parents on deck, behind blocks, or in locker rooms** (except if you're volunteering as a timer/official).
- **Photography:** No flash at the start; no photos in locker rooms or behind blocks.
- Do not coach from the stands - let coaches handle race feedback.

After Each Race

1. Swimmers:

- Ask the lane timer for your time.
- See your coach for feedback and next steps.

2. Parents:

- Celebrate effort, not just results!
- Don't worry about mistakes or DQs - everyone learns from experience.

3. Awards:

- Results and ribbons/medals may be available at an awards table or posted on the wall.
- Not all meets send home unclaimed awards - pick up before you leave!

4. Relays:

- Check with coaches if your swimmer is assigned to a relay before leaving the meet.
- Missing a relay may result in a charge to your account.

Timing Assignments

- **Every SST family is required to time** at every meet your child attends.
- Timing is easy! You'll be shown what to do - just start/stop a stopwatch and write down times.
- **Expect an email with your assigned timing shift(s) before each meet.**
- **Please reply to the timing assignment email** to acknowledge that you received your assignment and confirm that you will be there to help.
- **If you miss your shift:**
 - 1st miss: Written warning
 - 2nd miss: \$50 fine
 - 3rd miss: Swimmer may be suspended from the next meet
- Occasionally, a family may offer to pay someone else to cover their timing slot. If this is the case, details will be included in the timing confirmation email.

- **Interested in earning a little extra or helping out more?** Let us know in your reply if you're available to pick up extra shifts or cover for another family!

Other Reminders

- **Deck Entries:**
 - May be allowed for an extra fee if space is available (ask the Clerk of Course).
- **Meet Cancellations/Absence:**
 - Please notify coaches as early as possible to help relays and team planning.
- **Relays**
 - Coaches build relays; if your swimmer is absent or causes a relay to scratch, the relay fee is charged to your account.
- **Lost Items:**
 - Check lost & found before leaving! Label gear with name and SST.
- **Weather Delays:**
 - Meets may be paused for lightning - stay near the team and check the SE Motion App or email for updates.

Questions or Help?

- Ask Coach Michael or another SST coach at the meet, or email Donyale donyale@springswimteam.com any time.

Stay alert, be prepared, and have fun! Meets are a big part of our team experience. We're here to help - ask questions any time.