



## At A Swim Meet

### Top Tips and Info

**Meet program:** Print off the meet program so you know what to expect at the meet. There may be different requirements at each meet.

**Be punctual:** Most meets allow 30 minutes to 1 hour for pre-race warm up. Meets will be advertised with a warm-up time and a competition start time. For example, Gates Open 7:30am, Warm up from 7:45am, Competition Start 8:45am. Coaches ask that you arrive 10-15 minutes earlier than the pool warm-up time to allow for stretches and a team meeting.

**Where to meet:** Casuarina Storm sets up to the right of Parap Pool as you walk in. If your child is new to competing, please introduce yourself to the Team Manager or to the Coach. There will always be someone who can help if you are unsure what to do.

**Withdrawals:** Any withdrawals from events need to be reported to the Team Manager at the beginning of the meet. If you are unable to attend the meet you are asked to contact the Team Manager via email at [casuarinastorm@gmail.com](mailto:casuarinastorm@gmail.com) and/or let Coach Sam know via Team App. All queries and concerns regarding the competition should be directed to the Team Manager on the day.

**Marshalling:** ALL Swimming NT meets are now self-marshalling. Swimmers must listen to the announcer who will say which events are being marshalled. Generally, 2-3 heats will be called to marshal each time. There will be seats behind the blocks where swimmers will be directed to sit. Swimmers are responsible for knowing the event, heat number and lane they are swimming. Team Managers will still be there to help but it is also the responsibility of the parent and swimmer to know when to marshal for their events. A good idea is to write down the details on their arm or a piece of paper for them to refer to. Please assist the Team Manager by making sure your swimmer knows what events they are doing and what is expected of them.

If you are unsure, please ask. If your child misses a race, please tell the Team Manager as there may be a chance to swim in another heat (except at championship meets).

**Relays:** Please check if your swimmer is part of a relay. It is possible that changes have been made during the meet, please do not leave the meet without checking.

**You need to bring:** Training bathers, racing skins (generally major meets only), 2 caps/2 goggles (in case one breaks), towel, water bottle, and healthy snacks.

### **General Rules and Expectations for Meets:**

Know in advance when your race is due. At all major meets you should report to the Coach immediately before and after your race. This ensures you receive feedback on your performance.

It is compulsory for the current Club shirt to be worn at all meets where you are representing Casuarina Storm. If you wear a swim cap, you must wear the Club cap at all Swim meets where you are representing the Club. Please wear your Club shirt and black shorts for award presentations.

Be part of the team. Sit with the team. Help them with team war cries. Know when your teammates are swimming and cheer them on. Attending carnivals provides opportunities for our hard training swimmers to perform so please make every effort to attend as many as possible.

**Shade Tents:** Casuarina Storm shade tents are stored in our trailer at the back of Parap Pool. Parents are asked to help in the setup and pack up of the shade tents.

**Team Manager:** The Team Manager is a parent volunteer, so please offer your assistance if there are a lot of swimmers needing help. Their main role is to attend the team manager meetings, organise relay changes and remind swimmers when to marshal. They also liaise with the referee/technical officials when necessary. Please consider volunteering to be Team Manager.

**Timekeeping/Volunteering:** Almost everyone at a Swimming NT meet is a volunteer. Without parent help, these meets could not run. Our Club will be allocated a number of timekeeper positions and it is expected that all parents take a turn in volunteering. Volunteering is fun and rewarding.