

# Lake Central Barracudas

## Swim Meet Information

Each swim meet offers a variety of events and distances. Participants compete in different age groups and meets depending on their achievement level and how old they are on the first day of the meet. Most meets attended by LCB include events for 8 & under, 9-10, 11-12, 13-14 year olds, and open swimmers. Since twelve & under swimmers participate in meets in which the sessions are four hours or less; meets are split into two sessions each day. Example: Open, 13-14 year olds, and 8 & under, may swim in the morning session' while 11-12 and 9-10 year olds may swim in the afternoon session.

Competition pools may be short course (25 yards or meters) or long course (50 meters). Winter meets are usually held in 25 yard pools; and summer meets are usually held in 50 meter pools.

The four competitive strokes are *freestyle, backstroke, breaststroke, and butterfly*;

**FREESTYLE:** The competitor may swim any stroke they wish. The usual stroke used is the crawl, which is characterized by the alternate overhand motion of the arms and an alternating up-and down flutter kick.

**BACKSTROKE:** THE SWIMMER MUST STAY ON HIS BACK AT ALL TIMES. The usual stroke consists of an alternation motion of the arms with a flutter kick. On turns: Upon completion of each length, some part of the swimmer must touch the wall.

**BREASTSTROKE:** Requires simultaneous movements of the arms on the same horizontal plane. The hands are pulled from the breast in a heart shaped pattern and recovered under or over the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. No flutter, scissor or dolphin kick is permitted. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously, with shoulders in line with the surface of the water.

**BUTTERFLY:** It features a simultaneous overhand stroke of the arms combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissor or use the breaststroke kick. As in the breaststroke, on turns and at the finish, the swimmer must touch the wall with both hands simultaneously.

**INDIVIDUAL MEDLEY:** Commonly referred to as the "I.M.", features all four strokes, In the IM, the swimmer begins with the butterfly, then changes after each 50 of the race to backstroke, then breaststroke, and finally freestyle.

**FREESTYLE RELAY:** This event consists of four freestylers, each swimming a 50 of the total distance of the event.

**MEDLEY RELAY:** All four strokes are swum. The first swimmer swims backstroke, the second, breaststroke, the third, butterfly, and the final swimmer, the freestyle.

## **BEFORE THE MEET STARTS:**

1. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed in the meet information.
2. Upon arrival, find a place to put your swimmer's blankets, swim bags and/or sleeping bags. Most teams usually sit together in one place, so look for some familiar faces.
3. Find the check-in place and either you or your swimmer will need to check themselves in.
  - A. This is usually around the area marked "Clerk of Course".
  - B. Check for special posted instructions in the area. Usually one will need to circle the swimmer's name of "#" before each swimmer's name, in each event they are swimming, that day. If this is not done, the swimmer will not be allowed to swim that event.
  - C. This is done so that the people running the meet know who is actually at the meet.
4. Once "checked in" write each event-number on your swimmer's hand in ink. This helps him/her remember what events he/she is swimming and what event number to listen for.
5. Your swimmer now gets his/her cap and goggles and reports to the pool and/or coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. Swimmer's bodies are just like cars on a cold day- he/she need to get the engine going and warmed-up before he/she can go all out.
6. After warm-up, your swimmer will go back to the area where his/her towels are and sit there until the next event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just get settled in.
7. The meet will usually start about 10-15 minutes after warm-ups are over.
8. According to USS rules (because of insurance purposes, parents are not allowed on deck unless they are serving an official capacity. Similarly, all questions concerning meet results, and officiating call, or the conduct of a meet, should be referred to the coaching staff. They, in turn will pursue the matter through the proper channels.
9. Heat Sheets. A heat sheet is usually available for sale in the lobby or concession area for the pool. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event.

## **WHEN THE MEET STARTS:**

1. It is important for any swimmer to know what event numbers he/she is swimming (again, why they should have the number on their hand). He/she may swim right away after warm-up or they may have to wait awhile.
2. A swimmer's event number will be called, usually over the loudspeaker, and he/she will be asked to report to the "Clerk of Course". Swimmers should report with his/her cap and goggle. Generally, girls events are odd-numbered and boys events are even-numbered.

3. The “Clerk of Course” area is where all 8&under swimmers check in before the event.
  - A. The clerk will line up all the swimmers and take them down to the pool in correct order.
  - B. You can usually expect at least 4-8 heats of each event.
4. The swimmer swims his/her race.
5. After each swim:
  - A. He/she is to ask the timers (people behind the blocks at each lane) his/her time.
  - B. He/she should go immediately to their coach. The coach will ask him/her their time and discuss the swim with each swimmer.
  - C. Generally the coach follow these guidelines when discussing swims:
    - a. Positive comments or praise
    - b. Suggestions for improvement
    - c. Positive comments
6. Things you, as a parent, can do after each swim:
  - A. Tell him/her how great they did! The coaching staff will be sure to discuss stroke technique with them. You need to tell him/her how proud you are and what a great job he/she did.
  - B. Take him/her back to the towel area and relax.
  - C. This is another good time to check out the bathrooms, get a drink or something **LIGHT** to eat.
  - D. The 8&unders now wait until his/her next event is called and starts the procedure again at the “Clerk of Course”.
7. When a swimmer has completed all of his/her events he/she and their parents get to go home. Make sure, however, you as a parent, check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and he/she is not there. (The coaches speak from experience on this issue).

### **WHAT HAPPENS IF YOU CHILD HAS A DISAPPOINTING SWIM:**

If your child has a poor race and comes out of it feeling bad, talk about the good things. The first thing you say is, “Hey, that is not like you. You’re usually a top swimmer.” Then you can go on and talk about the good things the child did. You never talk about the negative things. If your child come up to you and says, “That was a bad race, don’t tell me it wasn’t” there is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something positive, “All right, you have had a bad race. How do you think you can do better next time?” Immediately start talking about the positive things.

### **WHAT TO TAKE TO THE MEET:**

1. Most important: Swim Suit and team cap—and goggles (if your swimmer uses them).
2. Baby or talcum powder to “dust” the inside of swim cap. This helps preserve the cap and makes it easier to put on.
3. Towels- Realize your swimmer will be there awhile, so pack at least two.
4. Something to sit on. Example: sleeping bag, old blanket or anything that will be comfortable to sit on. The swimmers will be spending a lot of time on it.
5. Sweat suits: bring one. Each swimmer may want to bring two because they can get wet and soggy.

6. T-shirts: Two or three. Same reason as above.
7. Games: travel games, coloring books, books, anything to pass the time.
8. Food: It is better to bring snacks. They usually have concessions at the meet, but the lines are long and most of the time they only sell junk food. Suggestions for items to bring:  
Drinks: Hi-C, Fruit Juice, Gatorade. Snacks: Granola bars, Fun fruits, yogurt, cereal, Jell-O cubes, sandwiches. Once you have attended one or two meets, this will all become very routine. Please do not hesitate to ask any parent on your team for help or information! These meets are a lot of fun for the swimmer! He/she gets to visit with his/her friends, play games, and meet kids from other teams. He/she also gets to “race” and see how much he/she has improved from all the hard work he/she has put in at practice. **Please no food on deck!**

### **SPECIAL PARENT’S NOTE:**

The pool area is usually very warm. Therefore you need to make sure you dress appropriately. Nothing is worse than being hot at a swim meet. It makes the time pass very slowly! At some of the meets, the parents are allowed to sit with the swimmers at the blanket area. If you don’t think that a gym floor is comfortable, feel free to bring folding chairs to sit on.

Children compete in meets on an age group and level of proficiency basis. Coaches will schedule events for each child as appropriate. The rules and regulations for the conduct of swim meet is determined by United State Swimming and enforced by trained volunteer officials.

### **LCB INVITATIONAL MEET:**

This is our major fundraiser. For a swim meet to run smoothly every parent needs to get involved. LCB has a reputation for running the best meets in the area. Other teams return when they attend a well organized meet. LCB has been fortunate to have very good Meet Directors. They are in charge of the meet along with the referee. Below is a list of areas to work in. Most areas need 3 to 4 workers.

**HEAD TIMER-** Coordinates all the timers’ activities.

**SCORER-** Manually records official race time onto the racers’ event cards.

**RUNNERS-** Carry event cards between the timers and Valuators.

**HEAT AWARDS-** Gives award to each heat winner.

**AWARDS-** Affixes labels to awards and distributes to swimmers.

**CLERK OF COURSE-** where swimmers obtain event cards.

**COMPUTER ROOM-** Results of events are recorded and publicized.

**TIMING SYSTEM-** Records order and time of finishes for each event

**HOSPITALITY ROOM-** Room for officials and coaches **ONLY!**

**CONCESSIONS-** Where food and drinks are sold.

**ANNOUNCER-** Announces events.

**CASH DRAWER-** Take money for concession stand.

**CLEAN-UP- ALL LCB MEMBERS HELP!!!!!!**