



**Summer Swim Team
New Parent Handbook**

SWIM MEET INFORMATION

Summer Club League swim meets follow the same format every time. It might seem confusing at first, but after one or two, swimmers and parents alike will recognize the rhythm.

Every summer club meet runs the same events in the same order. (See wheatridgepiranhas.org for the list of FSA events.) For each stroke, events start with 8-and-under girls, then move to 8-and-under boys, and continue through the age groups until everyone has swum that stroke (distances increase by age).

For each event, every swimmer's time is entered into a computer and results are determined by times. Swimmers are competing against the others in that same event at that meet, but they are also competing against themselves as they try to improve their personal times. The times for an event are referred to as "cuts" as kids get faster. Competitive swimmers are often seeking their State Cut, which means they qualify to swim in the state meet, or their League or A cuts to qualify for the Foothills Swim Association League Meet. B, C and D cuts help swimmers see progress and understand what it takes to get the next level.

Here are the basics of how a meet works:

- **Wednesday before the meet:** The coaches work with swimmers to sign up for the events they want to swim. Events are grouped by age and by stroke. Swimmers can swim three individual events and a couple of relays. Relays are determined by the coaches.
- **Friday night:** Coaches from the home team put together heating sheets. These take all the kids signed up for each events, and assign them to lanes in the pool. If there are more kids signed up for an event than lanes in the pool, there will be heats to accommodate everyone who wants to swim.
- **Saturday morning:**
 - Warm ups at the host pool start at 6 am. The home team warms up first, followed by the visiting team(s).
 - Both teams will have tents near the pool deck as a central gathering place for swimmers and parents.
 - Swimmers can find out which events they are in, including relays. Most swimmers (and parents) write the event numbers on their hands/arms with Sharpies so they can easily keep track.
 - The host team maintains a heating board. The heating board will display two event numbers—First Call and Last Call. When swimmers see their event number (or a number after their event) listed as First Call, they should head over to the heating tent. The Last Call number usually means that event is getting ready to swim, so a swimmer is in danger of missing his/her chance to swim.
 - Once their event is indicated on the heating board, a swimmer should go to the heating tent. He/she will check in at the heating tent and find out what lane and what heat he/she will be swimming in. Once in the heating tent, swimmers will be guided by parent volunteers until it is their turn to swim their heat/event. Parents should not be in the heating area.
 - Every lane of the pool has three timers assigned. Each records time for every swimmer's race, the times are averaged to determine the official results.

During the meet: Once swimmers get the groove of a swim meet, they become fairly autonomous, playing cards with friends, cheering on other swimmers and running around the pool area. Every meet has a concession stand that sells a variety of healthy and unhealthy items. **The most important role parents can play at a meet—especially away meets—is timing. All participating teams need to supply timers for the duration of the meet. If your child is swimming a later event, you would be doing a huge service to the team by volunteering to time a later shift.**

Disqualification (DQ): It is not uncommon, especially for new swimmers, to be disqualified (DQ'd) after completing an event. If this happens, an official will write the reason for the DQ on the timer's sheet and talk to your child after the event to explain the reason for the DQ. Swimmers get DQ'd for such things as diving off the block before the start of the race, executing the wrong stroke or kick for the event, or making an improper touch on the wall. This happens often and is a time for special TLC from the parents (note: DQ also stands for Dairy Queen, and an ice cream treat can do a lot to ease the pain of DQ). Please remember that the officials do not like to DQ swimmers, but it is their responsibility and they are trained to do so. They will break the news to the swimmer as gently as possible. When a swimmer is DQ'd, the time from the DQ'd event cannot be used to score points for the team and no ribbon is awarded. If a swimmer is DQ'd in a relay, the whole relay team is DQ'd. Times will not be posted for DQ'd swimmers or relay teams.

Come Prepared. As most of you know, when planning an event in Colorado, plan for anything. Swimmers should bring several towels, warm-ups or sweat suits, a sleeping bag or blankets, extra goggles and sunscreen to the meets. It is important to stay hydrated during a swim meet, so make sure you have plenty of water, and pack healthy, high-energy snacks. Most importantly, swimmers should come dressed in their team suits, t-shirts, caps, and goggles. Families should consider bringing sunshades, snacks and activities for siblings. Concessions will be available.

Regular Swim Meets

- The Piranhas will swim in six regular meets during the summer season. All of these meets are held on Saturday mornings, and usually run from 7:00 am to around 1:00 pm. Warm up is at 6:00 am for home meets and 6:30 am for away meets. Attending warmups for both home and away meets is required.
- Swimmers should sign up for three individual events by the end of practice each Wednesday before a meet. Swimmers are not guaranteed the events they sign up for; the head coaches will make the final decisions on event entries for each meet, including placing swimmers on one or
- If you plan to be gone for a meet, please let the coaches know by using the “Availability” feature on TeamSnap by the Wednesday before the meet.

Relay Races @ Regular Swim Meets

- Relays help make swimming a team sport. They provide an opportunity for all swimmers to participate and have fun. If you are assigned a relay, your teammates are counting on you to swim.
- Coaches will assign the relays, and may consider factors such as time, attitude, attendance, and sportsmanship.

FSA Summer Club League Meet

- This is a three-day meet with all teams in the Foothills Swimming Association League (10 teams). Only swimmers with “A” or better times qualify for individual events.
- **It is an honor and an accomplishment to qualify for this meet**, and the points earned at this meet determine our divisional ranking within the league.
- **Even if swimmers do not qualify for an individual event, they may be scheduled to swim in one or more relay events (one on Saturday and/or one on Sunday). The head coach will expect those chosen to swim on a relay will be available for practices and the league meet.**

ADDITIONAL INFORMATION REGARDING THE FSA LEAGUE MEET IS AVAILABLE ON THE FOOTHILLS SWIM ASSOCIATION (FSA) WEBSITE AT: <http://www.fsacolorado.com>

Colorado Summer Club State Meet

- Approximately 50 teams participate in this three-day meet. Most teams are from the Denver metro area, but Colorado Springs and Fort Collins are also represented.
- A swimmer must have a “State” time to qualify for an individual event. This is faster than an “A” time. A swimmer, who gets a “State” time at any meet, including the League Meet, will qualify to swim in the State Meet.
- **It is an honor and an accomplishment to qualify for this meet. As in the League Meet, even if swimmers do not qualify in an individual event, they may be scheduled to swim one or more relay events at the Summer Club State Meet. As with the Summer Club League Meet, it is an honor to be selected by the head coach to swim in a relay event and support your team.**

ADDITIONAL INFORMATION REGARDING THE STATE MEET IS AVAILABLE ON THE COLORADO SUMMER CLUB SWIMMING ASSOCIATION STATE SWIM MEET WEBSITE AT: <http://www.statemeet.com>

Special Meets

C/D and Last Chance Meets (Optional)

- Developmental meets are designed to help swimmers improve their times in order to move up a bracket into C, B, A (“League”) or “State” qualifying times.
- An “A” time qualifies a swimmer to swim at the League Meet. A “State” time qualifies a swimmer to swim at the State Meet.
- Swimmers should compare his/her recorded times to the FSA Qualifying Times on our website: fiveparkspiranhas.org to see his/her standing.
- Developmental meets offer only individual events, i.e., no relays. These meets give swimmers a chance to improve their times while earning ribbons for their accomplishments. Swim coaches are spread thin on the day of developmental meets because there are often two or more meets scheduled on the same day (often Sundays). **Therefore, it is important for a participant to know what events he/she is entered in, and where and when the meet is being held.**

Odd Events Meet (Optional)

The Odd Events Meet allows swimmers to compete in events that are not a part of regular swim meets. Most events are at least double the distance of events in a regular dual meet. For example, swimmers who are 12 and under would have the chance to swim a 200 IM, while swimmers 13 and older would have the chance to swim a 400 IM. Swimmers can break team records and league records at these meets. All swimmers must have “B” times to participate.

AAC Pentathlon Meet (Optional)

The AAC Pentathlon Meet is held mid-summer at Applewood Athletic Club. Each swimmer swims the same five (5) events: one event of each stroke and an individual medley event:

- 8 & under: 25 of each stroke and a 100 IM
- 9 - 12: 50 of each stroke and a 200 IM
- 13 & older: 100 of each stroke and a 400 IM

The times from all five events are added together to determine the overall time and place. Swimmers must have at least “B” league times in four (4) of the (5) events to enter the meet.

Relay Meet (Optional)

This meet is held mid-summer, during the week, at Applewood Athletic Club. It starts in the afternoon and can run well into dark. This is an extremely fun meet as it involves many different kinds of relay races not offered at regular FSA meets. The races involve varying distances and combines age groups, which makes this meet VERY fun for the kids. There is also a Parents Relay and a Coaches Relay at the end of the evening, so you’ll want to be sure to stick around for the entertainment! Concessions will be available.