

Aquatic Foundation of Alaska

Procedure: Meet Day

Before the Meet

- Come with the day event numbers written with sharpie on arm. Swimmers entries/events will be sent out the night before the start of the meet . At pool the heat and lanes will be added in with the most up to date information.



E = event **H** = heat **L** = lane

- Arrive ON TIME, half an hour before scheduled warm-up time for team dynamic warm-up and settle in the team area.
- In your swim bag:
 - USA Swimming approved swim suit
 - NO tech suits for 12&under
 - NO ties, zippers or ruffles
 - NO board shorts or jammers below knees
 - Cap and Googles
 - Warm Clothes and/or Parka
 - Two Towels
 - Water Bottle
 - Snacks
 - Sharpie
- Meet Mobile App. Provides great information and current/up to date heat sheets.

[Link to Meet Mobile](#)

During the Meet

- Pay attention to the meet timeline and event number to anticipate the next race.
- Swimmers 11 & older are fully responsible for their race preparation, parents cannot assist in anyway.
- For swimmers 10 & under, after the swimmer checks and learns their heat & lane assignment.
- Swimmers check in with their coach before and after each race, they will receive advice and feedback.
- Swimmers check-out with their coach before leaving a meet session.
- Participate in the parts of the swim meet that foster the team experience: the team cheers, cheering on teammates, etc. Have fun!

Communication

- If unable to arrive on time or if you must leave early, the coaching staff must be notified prior to the meet.
- Swimmers will compete in the recommended events and can never skip or “scratch out” of an event without coach permission.
- Events swum are based on coach recommendation and not on swimmer preference.
- If you have any questions about a meet, please contact the coaching staff in advance.

Volunteering

- Parents are asked to volunteer to time or officiate during the sessions that their child is competing in.
- Meet volunteer sign-ups will typically be sent out the week of the meet.

Additional Information for Parents

- Our goal is to develop independent athletes. Parents are asked to let their swimmer be as independent as possible during the meets. The more swimmers can do for themselves, the better.
- Swimmers visit with the coaching staff immediately after their race. Swimmers can approach their parents after talking with the coach.
- The pool deck is for swimmers only. Parents should only be on deck for timing or officiating.
- We ask that parents are always supportive and positive before and after races. The coaching staff will provide all necessary swimming related instruction and feedback.