

Swim Meet Basics by Coach Tom Schutte

- 1.) Swim meets are fun, enjoy the experience! Here are a few pointers to help you have a stress free positive experience at all our Klahaya meets.
- 2.) **Enjoy** being part of a fun positive team, race to your own best abilities, and have a good time in the pool.
- 3.) **Sportsmanship** is a key element of being a positive athlete. We insist on practicing and racing with a respectful and classy attitude. Negative put downs, showboating, profanity, or any demonstration of disrespect is not acceptable at any time. We congratulate our opponents and cheer enthusiastically for our own team.

How to Prepare for a Klahaya Swim Meet

- 4.) Eat only healthy food for lunch, dinner, and during the meet. Your food is the fuel for muscles. Make good choices and eat and drink clean natural foods that will help you perform as athletes. Examples: chocolate milk, peanut butter, nuts, smoothies, oatmeal, fruit, veggies, or Powerbars.
- 5.) Hydrate all day. Bring a water bottle to the meet and drink it all and refill- repeat.
- 6.) **Pack your swim gear:**
 - a. Swimsuits- athletes can race in only one single suit. However, a back-up suit can come in handy in case one gets lost or damaged. Label your suits with your name. Suits should be snug and form fitting. Boys can wear jammers, briefs, but not leisure beach trunks. Girls should wear suits that are competitive but modest according to GSSSL League By-Laws.
 - b. Pack 2-3 towels per person
 - c. 2 pair of Goggles; in case one breaks or gets lost
 - d. Klahaya swim cap is optional
 - e. Chairs
 - f. Warm jackets for cool nights
 - g. Sun block
 - h. Change of dry clothes
 - i. Label your goggles, suits, towels; many items get lost or left behind
- 7.) Check your meet event entries on the posted **KLA meet lineup**. Write them down. Sharpies work best for writing down one's events on their forearm.
- 8.) Think over your events and create some specific realistic **time** goals and **skill** goals for each race. If you need help creating your goal, ask the coaches well before your races so you have a great pre-race plan.
- 9.) **Practice positive psychology.** Think confidently. Smile. Breathe deeply. Believe in yourself. Be a competitor and race at your own best personal level.
- 10.) Have fun throughout the meet and enjoy the athletic experience.

- 11.) Seek out tips and feedback for areas of improvement in your races.
- 12.) Like all sports teams, we have competitions. Klahaya has seven dual meets each summer and then we have the championship meets.
- We have HOME and AWAY meets. Know the location where each meet will be held.
 - Our coaching staff stresses that we need to have strong participation at **BOTH home and away** meets.
 - Actually, AWAY meets are only 15-25 minutes away and we have very minimal parental volunteer duties to fulfill. Just show up and watch the exciting races. Super low stress at away meets.
 - At HOME meets we **need about 100 people to host the meet** and volunteering is required to make it work smoothly.
 - In short, the AWAY meets are less stress, less work. We hope to see a strong team turn out at all our dual meets.
- 13.) Managing 200+ kids in 72 meet events can be challenging for coaches and we need parents' help.
- We require that all families accurately communicate with coaches on the Registration Meet check-in link HERE→ [Klahaya Swim & Tennis Club](#) 4-5 days before each meet.
 - We use this to verify who will attend within the all 10 age groups.
 - It is a major problem for our Klahaya coaching staff to hear at very late notice OR worse yet, NO notice, that a team member will not be at a meet.** Computer entries have to be reworked and resubmitted, event participants reshuffled, and numerous relays recreated on the spot. Fill out the Opt-OUT form and communicate with coaches many days in advance of a meet.
- 14.) At summer league meets, there are 72 total events. All **girl** events are ODD numbered events and EVEN numbered events are **boys**.
- 15.) The maximum entry limits are as follows:
- 3 individual events and 1 relay OR
 - 2 individual events and 2 relays
- 16.) Like all sport matches, competitions are scored. In swimming it is according to place of finish. The points are awarded as follows:
- RELAYS: 1st place= 8 points 2nd place= 4 points 3rd place= 2 points
 - INDIVIDUAL: 1st place= 6 points 2nd place= 4 points 3rd place= 3 point, then 2 pts, 1 pt

- 17.) A Meet Lineup will be posted that shows what each team member is doing in the upcoming meet. It is the responsibility of each team member/parent to locate, read, and record their assigned meet events.

Here is a quick hypothetical sample of a partial meet lineup:

12 & Under Boys	#10 FREE Relay	#20 MEDLEY Relay	#30 25 FR	#40 25 BK	#50 25 BR	#60 25 FY
Alex	A3	B-FY			X	
Mike	A2	B-BR	X			
Grant	A4				X	
Steven	A1	B-BK		X		
Andy		B-FR	X		X	X

Stroke Abbreviations: _____ **Relay Symbols:**

FR- Freestyle

BK- Backstroke

BR- Breaststroke

FY- Butterfly

A3= means A relay, third swimmer

B-BR= means B Medley relay, swimming Breast

- 18.) After you see the posted Meet Lineup for your age group, write down your events. Many kids write them down on their forearms with a sharpie marker. The events will be announced and swam in sequential order for every meet.
- 19.) An active rigorous warm-up in the pool is required for all Klahaya swimmers. It elevates an athlete's heart rate, helps them get familiar with the features of a pool like the blocks and walls, and prepares the body for strong efforts. Each age group will have a specific designated time on our team. Be on time for warm-up so you can represent our team to your best ability. All pool entries are FEET first. We will have designated lanes at meets for Klahaya swimmers for all races.
- 20.) Be sure to show up well before your race to check in. Swimmers must report to the designated "**Clerk of Course**" no later than 7-10 events BEFORE their race to check in with the meet volunteers and be placed in the correct heat and lane.
- 21.) It is a major problem for our Klahaya team to have kids running around during the meet unaware of the event sequence and miss the relays and individual events because no one can find them. This creates stress, headaches, and we miss opportunities to race and score points for our team. **Coaches must be coaching, NOT locating kids and getting them to the blocks.** Parents are active shepherds of their own kids and an crucial element for successful meets.

- 22.) When your race is over, respectfully ask the lane timers for your final time right after you get out of the pool.
- 23.) **Check in with Klahaya coaches for race feedback** right after each race.
- 24.) Pick up your race ribbons throughout the meet. They are fun way to recognize your success! If ribbons are not ready before you leave the meet, you can find them the next day at Klahaya in the ribbon boxes located in the front entrance lobby.
- 25.) Be enthusiastically pumped up and cheer for your teammates and friends. Stand at the end of the pool and let your teammates you are pulling for them. Get crazy, loud, and supportive.
- 26.) Have a simple, specific, and positive goal for each race:
- Skill goals**- such as: streamline off the turn, legal stroke technique, strong kick, or head position, etc.
 - Time goal**- such as: get a best time, achieve a Prelim qualifying time, or improve your time from last year
- 27.) We have SEVEN dual meets to qualify for “**Prelims**”. For all 72 events, there are **Time Standards** used to qualify for the Championship meets. Qualifying times can be found posted within the Meet Program, on the KLA site, and on the KLA deck bulletin board.
- A CRUCIAL POINT IS**—Once an athlete begins the post-season Championship meet sequence, it is mandatory according to GSSSL League By-Laws **for the swimmer to be able to participate all the way through to All City Meet should they qualify. No scratches, no trips, no meet absences are allowed-period!**
 - Championship meets:
 - Summer Showcase**- this fun meet is a last chance meet for kids to qualify for Prelims
 - Girl Prelims**- all odd events, all qualifiers race from all 8 teams and ONLY the top 6 advance to Northern Divisions
 - Boy Prelims**- all even events, all qualifiers race from all 8 teams and ONLY the top 6 advance to Northern Divisions
 - Northern Divisions**- Top six Finalists in the North Division. Championship meet for the 8 northern teams, one heat for each event (this happens simultaneously with the 8 Southern Division teams)
 - All City Meet Championships**- the top 6 City Finalists for the combined 16 north and south teams create one heat and race for points.

Ask Coach Tom or Rachel if you have any questions you may have about our summer meet and the expectations. Let's follow these guidelines and have some super fun meets this summer!

Go Frogs!

Coach Tom