

What are Swim Team Time Trials? By Coach Tom

- 1.) All Klahaya swim team members will have an important but very low-key **practice swim meet** several days before the first real dual meet. This event is called ***Team Time Trials***.
- 2.) **All team Frogs compete** on **Tuesday June 16**, 5:00pm warmup for ALL KLA Frogs. Arrive 4:30-4:40 and setup your space on the grassy lawn. **Bring your own food, chairs, and blankets.** The Time Trials will begin at 5:30 for EVERYONE, that's all 10 Age Groups. We hope to end around 8:00 pm.
- 3.) Every swimmer's assigned Events will be posted on the Lineup Grids on the bulletin board on the lawn.
- 4.) We will run through most, but not all, of the usual 72 events on the League meet schedule. For the sake of time, we will skip the 11-12,13-14, 15-18 Relays.
- 5.) Our Coaching Staff expects ALL team members to participate! This is valuable preparation for athletes, parents, and coaches. If you cannot attend, parents are required to OPT-OUT on the KLA website swim team page. The deadline to formally is this Saturday at 5pm.
- 6.) The **purpose and objectives** of Time Trials are:
 - a. To learn how a League Meet is run and be prepared for competition.
 - b. To allow swimmers a relaxed environment to practice RACING before our first meet.
 - c. To get accurate times on our team members so we can do a great job planning our ten age group lineups for our upcoming meets.
 - d. To allow coaches to observe who can/cannot swim the various events legally and successfully.
- 7.) If you are a year-round USA Club swimmer, it is encouraged to submit your updated yard times to Coach Tom at swimcoach@klahaya.net soon.
- 8.) **Volunteer Timers!!** To make this an effective team event, we need dozens of parents who click a button on a stopwatch when they see the strobe light on the start system flash AND click it a second time when the swimmer in their lane touches the wall. Without volunteer timers, this important team exercise will fall apart. Please step up and help with this simple task. Thank you in advance for your generosity.
- 9.) **Accurate time recording!** In recent years at Time Trials, timers wrote down the times of an athlete under the wrong person's name. Many of the watch times were incorrect and messed up the first couple meets because the coaches were given inaccurate times. It is very important to verify the swimmer's name and record the time for that given stroke on the grid with that person's name.
- 10.) Time Trials are fun and an easy start to the excitement of racing. Swimmers should relax with this. They should try their best. We are getting used to the racing strokes that we will swim in the upcoming meets ahead.

Go Frogs!!