

So what do I need to know about my first meet?????
First Year Parent Information
Edition 3

For those new to the team a little about how the meets operate, and what to bring.

On Friday evening before the meet all kids will have their event numbers for the next day and a listing of the event numbers will be posted on the bulletin board area in the practice pools. This year we are also hoping to get the entries posted on the website before each meet for the Muscatine swimmers only. There will also be programs available at the meet with seedings and all team entries for around a couple dollars. The kids need to check in with their coach when they get to the meet and most kids will have their events placed on the back of their hand with a marking pen so they can keep track of what events. This is for the kids to check during the day as the Clerk of Course changes the event numbers in different areas of the building.

The evening before a meet load the kids up on good healthy food and stay away from caffeinated foods (Chocolate!!!) or beverages. Also early to bed early to rise is important on that Friday evening. Pasta dishes are a good choice for carbs.

On Saturday morning again healthy foods, fruits, muffins, bagels, etc. are the food of the day. Some people bring the above items or there is normally a snack bar at the Muscatine meet that has various healthy foods available along with All-Sport drinks etc. When you arrive at the high school around 7:55 for the swim meet you will go into the commons area to put up camp. After arriving in the commons area your first question will be which tornado or hurricane came along. There are sleeping bags all over the floor and kids going every which way at well over 200mph. If you are a very organized individual and extreme chaos makes you uncomfortable it may be wise to take a couple of valium before arriving for the day. (Just kidding!) Really, you will discover that it is a well oiled machine once things get going. Find an open spot on the floor next to your child's buddies and put up camp or throw out a sleeping bag and read a paper or something until it gets closer to the meet starting.

Warm-ups will begin at 8:00AM with the meet starting at 9:00. Around 8:00 at home meets it will be announced which lanes the Muscatine Swim Team will do warm ups. Muscatine normally does warm-ups first at 8:00. Warm ups consist of just loosening up in the pool with a few laps and then doing some starts at the end of warm-ups.

About 15 minutes before the meets starts there will be a timers meeting at the pool deck and if you have volunteered to work the events 1-33 you should be heading to wherever the area is you need to report to.

There is a Clerk of Course who will be calling the event numbers at the Pool. There will be numbers of the events being called posted in the pool window and in the cafeteria and the kids will be responsible to be watching the numbers. When their event number is posted they will go to the Clerk of Course and she/he will put them in the line-up to swim their event. The parents cannot go into the staging area but will see their child come out within 10 minutes usually to the pool deck to go to their assigned lane for their event. (This is about the time they break their goggles or rip their swim cap wide open and you have to have their spare pair and cap in your hands to prevent a distressed child freaking out, See First Year Parent Information, Edition 1.)

After each of the kids events they are to go over to the coaches table at the side of the pool and talk to the coaches and the coaches will discuss their performance and things to improve etc. They may then return to the disaster area in the cafeteria or watch other team mates and cheer them on. After the first meet you will find it is very organized and flows really well. Over time you can even ween yourself from the valium requirement.

There are shower facilities after the kids swim their last event and are free to leave after that time. Please do not leave before the kids have completed all of their events. See Meet Entry Deadlines document on the website. The results of the meet are posted in the hallway outside of the pool area shortly after each race. Place ribbons or medals depending on the meet will be distributed the following week at practice.

The kids are responsible to make sure they pick up all of their belongings or they will become the property of the Muscatine landfill. The meets usually last from 9:00 to around 1:00 to 3:00 if your child swims in the later events.

If you are a new parent and you have any questions feel free to talk to the coaches before or after the meet starts or parents at the meets.

Stay tuned for First Year Parent Information, 4th Edition.