



QUESTIONS? View the swim team page at www.candlewyckhomes.com

No alcoholic beverages allowed on the deck during a meet -- *drinking* at a meet can get our entire team disqualified from the Greater Charlotte Swim League.



A Week Ahead

**USE THE ONLINE LINK: swimmers must notify coach in writing A WEEK IN ADVANCE if they are not going to be at a meet so we can make relay teams. Please be sure you are not scheduled for that day on SignUp Genius. Go on www.candlewyckhomes.com and use the NOTIFY COACH link under swim team documents.

Getting Ready

- Do not let your child swim at the pool the day of a meet -- you want to stay indoors in the cool air and relax all day. Stay hydrated and skip sweets.
- Write your name on your towels/items you bring. Don't let your swimmer put down their goggles ANYWHERE. It's really hard to get stuff back if you leave it at another pool
- Bring your own chairs to the meet -- some places don't have many. We will sit together.
- Bring snacks & water in a cooler & small bills to buy dinner at the meet. Most pools have snack bars but it is really best to have at least a few of your own drinks and snacks! Support the home team's fundraisers so they support ours! We will be there a looonng time and it will be HOT. It will probably also rain!
- Meets are NOT canceled because of rain. Expect to go to a meet even if it is storming out. Usually, a meet will be delayed but we must have all of our swimmers on the deck or we will lose by **forfeiting**. If a meet MUST be rescheduled, it will be done AFTER 6 p.m. through a mutual agreement of coaches and team reps.
- Girl swimmers (& boys with long hair) must wear caps. No caps with other team names on them. Please wear caps to practice, as well. We have team caps for \$5.
- Check the fit of your goggles BEFORE the meet. do the lenses stay stuck to your face BEFORE you put the strap on? This is a good fit. **Tighten** the strap so they stay on!

At the Meet

- Arrive no later than 5 p.m. BE ON TIME! BE ON TIME! **BE ON TIME!** BE ON TIME!
- Parents who are working should check in with our volunteer coordinator as soon as you arrive so we know you are ready to work.
- All swimmers must stay until the end of the meet and cheer on their teammates. *6 & unders are excluded and may leave at the half (usually around event 35 or so).*
 - Use a SHARPIE to **write your child's name on the top front of his/her shoulder**. This is to assure that your child gets credited for their swim by the timer. *It's best to bring your own sharpie or you can buy special swimming pens at the Carolina Swim Shop.*
 - If your child has more than one event, the swimmers write their event numbers on their arms so they can keep track. It is good to highlight your child's events in the heat sheet so you know when they are swimming) -- Heat sheets will either be emailed out or can be purchased for \$2 on the deck. Please make sure your swimmer gets to the clerk when they are called.
 - Please don't allow your child to write anything rude on themselves -- we pride ourselves on having some of the best spirit in the league! front of arms & legs are OK for catchy phrases. **Remind them to NOT WRITE ON THEIR BACKS** it damages pool chairs!
- Your child needs to pay attention to clerk of course and the announcer so they don't miss their event. *(the name on their shoulder also really speeds up the clerks' job!)* It is the responsibility of the SWIMMER to get to their event, so parents may need to work with their child on listening for their event.
- EVERYONE needs to have good sportsmanship!! Remind your swimmer to stay in the water until their EVENT IS OVER. This means they wait for the last swimmer to arrive BEFORE GETTING OUT.