

Your first swim meet.....

If this is your first swim meet, a special welcome - and get ready.

Swim Meets appear to be more chaotic than they are. May we suggest:

#1. Have your child check in at the check in desk and then with his/her coach. Leave the child to follow his/her coach's instructions about warm-up.

#2. Parents, get a heat sheet, highlight and note which event #s your child is in. Try to make yourself comfortable, somewhere in the stands in the shade. See if there is a job you can do to help. Swim meets are a lot more interesting and comfortable if you are doing something.

#3. Children should hang out with their swim group. Swimming is a very social sport. It is important for the swimmer to feel that he/she is part of the "team". Keep your child within your vision, but don't crowd them. Listen for the starter's event # and make sure that your child is not late for his/her event, but let them go by themselves. Give them the power and responsibility of doing it on their own, yet keep an eye on them, incase they don't realize what event the meet is at.

#4. Each child is to seek out and confer with their coach before and immediately after each race. The first person the swimmer must talk to after a race is his/her coach. Parents are not to be waiting for the swimmer as they exit the pool. Let them come to you after they've recovered and talked with their coach.

If they tell you that they were disqualified, be a supportive listener.

Disqualifications are coaching tools. Most often it is something that the swimmer has done incorrectly in practice, and someone else besides the coach needs to tell them or they won't learn. Your attitude towards a disqualification will carry a lot of weight. The coaches and officials want the swimmer to learn to do it properly.

#5. Let them tell you about their event. Applaud every completion of every race. Keep track of their times (result sheets will be posted at the pool as well as on the website, www.caymanswimming.com).

Learn about the sport, support your swimmer.

*"I know of no greater act of courage than a six year old's first 25m of butterfly."
Dave Kelsheimer at the Stingray Swim Club AGM October 2001.*