



Encore Swim Team - Go Dolphins!

General Info and Tips about Swim Meets & Event Order

Swim Meet Tips & Checklist

Friday Night:

Pack for the meet the night before and get to bed early. Some sleep in suits.

Saturday Morning:

It's best to put sunscreen on before dressing. Warm up the sunscreen containers by placing it under warm hot tap water before using. Eat healthy!

Dolphin Breakfast:

Enjoy cereal or oatmeal, bread or toast, milk or juice. Try to avoid breakfast items with high sugar and fat such as donuts, bacon or sausage.

What to Pack for Swim Meets:

- Team swim suit, swim cap, goggles
Must wear *team suit and swim caps for all swim meets*
- 2-3 towels per swimmer
- Pen and notepad or paper to write race event times for swimmer(s)
- Sharpie Pens to write event times on swimmer's hand and for team spirit to write "Go Encore!" on arms, legs, etc.
- Sunscreen, sunglasses, hats, jackets
>wear red shirts to support Encore!
- Blankets, chairs or shade canopies
- Cards, games, books – fun stuff for the downtime between events
- \$\$ money for snack bar, swim stuff+

Swim Meet Basics – An Overview of What to Expect....

By the Wednesday before each swim meet, all swimmers must sign up in advance for the events they plan to swim. For most swim meets, **plan to arrive by 7:00 am** for warm ups and to check in with coaches as they assemble relay teams for that day.

- Swimmers must have a parent or guardian with them at meets
- Please have your swimmer sign-in. Coaches need to be aware of which swimmers are present to assemble their relay teams.
- *Families: check in with committee chair for shift upon arrival*
- ***Please keep the deck area clear around the clerk of the course and the diving block area open for coaches to use.***

Swim Meet Event Sheets:

A list of all the scheduled events by age group will be posted at the event. A separate posting will list the relay teams for each age group assembled by the coaches that day. Make note of the event numbers. If desired, some will also note their swim times to beat and aim for a personal best time. Use a Sharpie pen or notepad and pen to note the assigned swim event numbers and lanes.

Swim Event Order at a Meet:

For our league meets, this is the general flow of swim events at meets. Older swimmers compete first through the Backstroke event, then at the start of the fourth event, Individual Medley (IM), the order reverses and younger swimmers line up to swim first and the 15-18 age group goes last for the remaining events. Relay races take place after individual events. *Don't forget to stay and cheer on all Encore Swimmers & Coaches.*

- Medley Relay
- Butterfly
- Backstroke

Age order reverses, younger swimmers go first for remainder of events.

- I.M (individual medley)
- Breast stroke
- Freestyle
- Freestyle relay

Swimmer's Etiquette

Etiquette in swimming and at meets shows respect for all. Swimmers are to *remain in the water* until all swimmers in that heat have finished race. Please remind swimmers to stay in the water until all are done.

Stroke "Touch" and IM Guideline

2-hand touch for these strokes:

Butterfly
Breast stroke

1-hand touch for these strokes:

Backstroke
Freestyle

IM (Individual Medley) stroke order:

Butterfly
Backstroke
Breast Stroke
Freestyle

Eat Right for your Best Swimming

What you eat before and during a meet will may affect how you feel at a meet and your swim performance. Avoid sugary foods that won't sustain you through the full meet, i.e. donuts, candy, fast food, etc.

Healthier food choices may include:

- > **Protein:** lean meat or jerky, nuts, peanut butter
- > **Calcium:** yogurt, string cheese
- > **Fruit:** apple, banana, nectars, grapes, 100% fruit juice, etc.
- > **Complex Carbohydrates:** bagel, crackers, rice cakes, granola bar

SCORING OF SWIM MEET RESULTS

This is a brief explanation of how team points are calculated based on dual swim meet results. Having a full team roster also helps with the team points.

Individual Events

1st Place 7 points
2nd Place 5 points
3rd Place 4 points
4th Place 3 points
5th Place 2 points
6th Place 1 point

Relays

1st Place 8 points
2nd Place 6 points
3rd Place 2 points

2nd place points go to the opposing team if it had an entry in the relay event. If the opposing team does not have an entry in the event, then no 2nd place points are awarded. A team cannot take 1st and 2nd place points in a relay event, but a team may take 1st and 3rd place points.

Practice & Swim Meet Results

Swim meet results are posted under the "Files" section of our YahooGroups page in the "2010 Meet Results" folder. Please check your Family Folders at the pool for team info and swim event ribbons.
<http://groups.yahoo.com/group/encoreswimteam/>

Encore Team Website: <http://sites.google.com/site/encoreswim/>