

Hammerhead Meet Information and Reminders 2016

Schedule: The swim meet schedule and pool addresses can always be found on our website (hhsta.swim-team.us).

If your swimmer(s) will be absent from a meet:

If you have a swimmer who can not make one of these meets, please RSVP them on our website. You can do this by going to our home page and clicking the RSVP button next to the specific meet on our left side bar. Next, you will select "Add swimmer" and type in your swimmer(s) name who will NOT be attending that specific meet. RSVPing can also be completed by selecting the Swim Meets Tab on the homepage instead of using the left side bar.

Time Reminders:

****All swimmers are to report to HOME meets by 3:45 PM. Warm-ups are at 4:15 PM.**

****All swimmers are to report to AWAY meets by 4:15 PM. Warm-ups are at 4:45 PM.**

- **All swim meets begin at 5:30 PM**

- If you have a 7 year old or older, be prepared to stay at the meet until at least 9:30 or 10:00PM. There is a chance that swim meets will end earlier, but it is not guaranteed!

- After all of your swimmer(s) events are completed, you and your swimmer are permitted to leave the meet. (Example: If your swimmers LAST event is #35, your swimmer is allowed to leave the meet after they complete #35. But we encourage you and your family to stay/order food from the concession stand/cheer on the rest of the team until the meet is over!)

- **GAME DAYS:** Game Days always take place the MORNING after the meet from 10:00AM - 11:00 AM. During game days, we play pool games and present "Swimmers of the Meet". We will do our best to also give out ribbons from the prior meet.

- SENARIO #1: The meet takes place on a Tuesday. Game Day will be held WEDNESDAY MORNING. Swimmers will arrive at the pool at 10:00AM and will stay until 11:00AM. Afternoon practice will resume WEDNESDAY AFTERNOON.

- SENARIO #2: The meet takes place on a Thursday. Game Day will be held FRIDAY MORNING. Swimmers will arrive at the pool at 10:00AM and will stay until 11:00AM. There will be **NO AFTERNOON PRACTICE ON FRIDAY!** (There will be no friday afternoon practice for the rest of the season). The next practice will be MONDAY MORNING unless otherwise noted in an email update.

What to BRING:

- Your swimmer(s) in Swim Team suit or (Girls) one piece bathing suit
- Googles
- Swim Caps (available for cash purchase at swim meets)
- Ponytails (Girl's hair needs to be in a ponytail; a backup ponytail is encouraged)
- 2 Towels (one to sit on in bullpen and one to dry off with after events)
- Cash for concessions

- Bug Spray is encouraged
- Folding Chairs are encouraged

What to expect/do BEFORE the swim meet begins: Organized Chaos. :)

Upon arrival, we ask you do these following things:

- First: Lead your child to the bullpen area. At home meets, this area is the wooden large stands leading up to the playground. These stairs will be labeled by age groups. Please place your child on their designated stair with two towels (one to sit on and one to dry off with). You may also leave them with them with a water bottle, cards, games, etc.
- Second: Set up your personal home base in the pool area. Feel free to bring chairs, cooler, etc.!
- Third: If you are a volunteer at the swim meet, please check in with the wonderful Mary Dodd Walker and the volunteer table for your assignment details!
- Other things to expect/do:
 - Your swimmer will meet their bullpen parent in the bullpen area. This person will help your swimmer get lined up for their events.
 - Please do not take your swimmer from the bullpen area without telling the swimmer's bullpen parent. It is very hard on the bullpen parents when their swimmers are not in their designated areas.
 - Someone will write your swimmer's events on their arm in sharpie so it does not easily wash off in the water.
 - We will warm-up the kids with their age groups. Therefore, it is very important the swimmers are always in the bullpen so we can find them!!
 - After warm ups, swimmers will return to the bullpen and hang in their spot with other swimmers in their age group.
 - Before the national anthem and start of the meet, we will do a team cheer and swim meet reminders in the bullpen area.

What to expect DURING a swim meet: Once again, organized chaos. :)

- Swimmers moving to and from the bullpen preparing for events.
- The coaches will most likely not know the overall score of the meet.
- Food, drinks, snow cones, and popcorn will be available for purchase at the concession stand!
- Lots of cheering and lots of fun!

TIPS:

- The earlier you get to the swim meet, the BETTER - better parking, better seats, better for the coaches! :)
- If possible, we ask that your children have a VERY laid back day before the swim meet: full of movies, naps, air conditioning, healthy food, and lots of hydrating!

- We encourage you to not feed your children a heavy meal before the swim meets. A substantial healthy snack is ideal.
- Food for dinner will be available to purchase throughout the meet! Only note - we do not encourage swimmers to eat a bunch of food right before an event. Rather, we encourage swimmers eat the food at slower pace over time (and drink plenty of water).
- Encourage your swimmers to have spectacular sportsmanship, safe actions, and to do their best throughout the meet!

RIBBONS:

- We will do our best to give out ribbons at game days. However, the system is not perfect and it may be that we need a couple of days to get everything organized. If your child is missing a ribbon or has an incorrect ribbon, we ask that you send us an email to laneyhswimteam@gmail.com noting a need for correction. We ask for your patience during this process as we make these changes!