

# Welcome **BEN FRANKLIN** 2019 Parents

## YOUR PARENT REPS

If you have any questions or comments throughout the season, please reach out and we'll do our best to help.

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## KEY DATES

- 5/29 Tie Dye & Pizza Social (5 PM)
- 6/1 Ben Franklin at Forest Park
- 6/8 Heritage Greens vs. Ben Franklin (home)
- 6/12 S'mores & Movie Night (Goodson, 7 PM)
- 6/15 Ben Franklin vs. BMS & WCII (home)
- 6/21 Pictures & Pancakes
- 6/22 Ben Franklin at Hampden Heights
- 6/30 Ben Franklin at Cherry Creek Vista
- 7/8 13-18 Prelims (home)
- 7/9 8-under Prelims (@Cherry Creek Vista)
- 7/10 9-10 Prelims (@Homestead)
- 7/11 11-12 Prelims (@Heritage Greens)
- 7/13 Finals (@Stonegate)
- 7/14 Banquet (5:30 PM)

## BEN FRANKLIN CHEER

*(repeated 3 times, building in intensity)*

**My back aches, my cap's too tight**

**My legs kick from left to right**

**Say ungh, ungawa, Franklin's got the power**

## 2019 HONORS & AWARDS

**NEW! Best Times:** Given after every event to those who earn a Best Time.

**NEW! Fighting Fish:** Given to any swimmer who competes in every individual race they are eligible for. Does not matter if you DQ.

**High Point:** Given at the end of the year to the boys and girls in each age group who have amassed the most points throughout the season. (Points are earned for first, second, and third place finishes).

## MEET YOUR COACHES



SARA



DEVIN



FRED



AMBER



GRACE

# YOUR FIRST MEET: THE BASICS



## SET UP

• For home meets, you can set up the night before starting around 6 or 7 PM. Bring a small tent/canopy and folding chairs to claim some space inside the fence. On race day, sign in your swimmer(s) and yourself if you are volunteering. For away meets, we will set up in a designated area and you can check in at the Ben Franklin tent.

## FUEL UP

• Start your swimmer off with a good breakfast. Oatmeal, a bagel with peanut butter, breakfast burrito, fresh fruit, and yogurt are all great options. Concessions are also open throughout the meet with tons of great food and drinks to power your swimmer.

## WARM UP

• Be sure to get to the pool in time for warm ups—it's key to help your swimmer loosen up, wake up, get the feel of the water, and start moving oxygen to their muscles.

## PACKING LIST

- Cap / Goggles / Suit (plus a backup of each just in case!)
- Towels
- Warm clothes and blankets/pillows
- Sandals/flip flops
- Camp chairs / tent / canopy / blanket (there is also a team tent at every meet open to all swimmers)
- Water bottle
- Healthy snacks and drinks
- Sunscreen
- Printed heat sheet (sent out Friday before meet)
- Highlighter (to quickly find your swimmer in the heat sheet)
- Sharpie (to write events on your swimmer and/or you)
- Books/Coloring Books/Games (to pass time between races)
- Cash for concessions

## HEATING

This is a holding area for the upcoming events, where the swimmers are organized in rows of chairs that represent heat and lane assignments. Heating volunteers make sure all swimmers for the event are present and in place to move to their event together. Flip charts outside of the heating area show what events are being swum and what events are being heated.



## KEEPING TRACK

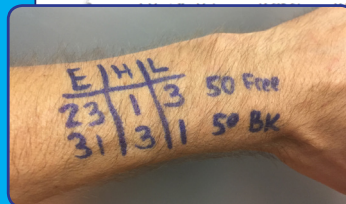
It's helpful for you and your swimmer to keep track throughout the day. Use the heat sheet to help identify the events, heats, lanes, and strokes they'll be swimming—then write it on their forearm in Sharpie.

Most swim meets are tracked on an app called Meet Mobile. You can get results and alerts for your swimmer(s) and their friends, see how much they improve over the season, and keep track of events.

\$2/month or \$6/year [www.active.com/mobile/meet-mobile-app](http://www.active.com/mobile/meet-mobile-app)



Event Number	Heat Number	Lane Number	Stroke	
#23 25-18 50 M Male Freestyle				
Lane	Swimmer	Age	Team	Seed Time
Heat 1 of 2	Finals	Starts at 07:30 PM		
1	Emily Estrall	16	PRC-GA	NT
2	Vivian Harwert	17	CSP-GA	32.42
3	Eran Hodell	15	PRC-GA	34.53
4	Emma Nelson	15	CSP-GA	30.20
5	Sarah Knapp	15	PRC-GA	42.49
6	Elizabeth Cooper	17	CSP-GA	33.62
Heat 2 of 2	Finals	Starts at 07:32 PM		
1	Caroline Dele	15	CSP-GA	NT



## RELAYS

These are the most fun parts of any meet. Coaches select the teams and will field as many as we have swimmers. Relays happen at the beginning (medley) and end (freestyle) of each meet. Volunteers, coaches, and parent reps will help to gather all relay teams and get them to the start. It's a great time to cheer on all the Ben Franklin Fish!

*Note: We typically host parent relays, so dust off your Speedos!*

## SAY WHAT?

**DQ:** A swimmer's event performance is not counted and the time swum is void because of a rules infraction. (Also a good reason to visit Dairy Queen after the meet.)

**Medley Relay:** Each swimmer in the relay swims a different stroke—Backstroke, Breaststroke, Butterfly, and Freestyle

**IM:** Individual Medley is similar to the relay event, though swum by a single swimmer and in a different order—Butterfly, Backstroke, Breaststroke, and Freestyle

**25 / 50 / 100:** The distance of the race. Most pools we compete in are 25 meters long, which is the standard for summer swimming. Some pools are measured in yards, in which times are converted to adjust for the slightly shorter distance.

LEARN THE LINGO

For more information on swim meets and what to expect, talk to a parent rep or visit [www.benfranklin.swimtopia.com/meet-programs-and-results](http://www.benfranklin.swimtopia.com/meet-programs-and-results)