

## Information for Competitive Swimmers

This information is intended for parents/swimmers who are new to competitive swimming. Competitive swimming is classified as any meets you enter via the MySwimResults website.

### Preparing For the Meet

Most of the below information can be found on the MySwimResults (MSR) website

**Venue** – The venue will be at the top of the meet page. Please be aware that there is a HBF **Stadium** in Mount Claremont, and a HBF **Arena** in Joondalup.

**Start Times** – Open the link to the program which will let you know when the warmup starts and when the first race starts. If your first race is an early one the coaches recommend you arrive on time for the start of the warmups, otherwise try to arrive two hours before your first race. An estimated timeline for all the races will be published once entries have closed.

**Time Keeping** – Depending on how many swimmers Riverside has competing we may be designated to do time-keeping. An email will be sent out by the Swim Meet Officer prior to the meet, with each family's roster.

### What to Bring

- Bathers (plus a spare)
- Cap (plus a spare)
- Goggles (plus a spare – they tend to break at the worst possible time)
- Towels, it can be a long day sometimes.
- Sunscreen for outdoor venues
- Appropriate Clothing and footwear – some venues will be outside, while HBF stadium is indoors, and can actually be quite cool.
- Drink bottle (at least a couple of litres of water)
- Food: see the nutrition document for more detailed information
- Your Riverside shirt/jacket. We encourage all swimmers to wear their Riverside shirts, especially for medal presentations.

### Arriving At the Meet

Most venues will have an entry fee (for parents and swimmers). Once you are inside, look out for other swimmers or coaches so we can sit together as a team where possible. NOTE – some events can be very crowded, so please try to arrive a little bit early.

Most meets will also have a "Meet Program" available for sale (usually \$5). It is not necessary to buy this, but it does give you specific information on which heats/lanes each swimmer will be in.

Before every meet a time will be allocated for warm-ups. The coaches will try to wait a little bit for most of the swimmers to arrive, but will then take the group down as a whole. It is recommended you arrive on time for this, especially as each venue can be slightly different e.g. different starting blocks, flags etc.

## During the Meet

### Marshalling

At all events there will be an events board and a marshalling board (manual or electronic).

The **events** board will show the current event number and race number that is being swum.

The **marshalling** board will show the event number which is being marshalled. This basically means that swimmers are required to go check in with the officials and get ready for their races when their event number is shown. If this is your first time at an official meet, please make sure the coaches/parents know and one of the senior swimmers will accompany your child to show them how things work.

Make sure you take the necessary items for a race – goggles, cap, towel, drink bottle (if needed).

Before marshalling, make sure to speak to the coach first. This is absolutely essential and must be done before every event! They will give you advice and race tips.

### Post-Race

Do your cool-down immediately after your race where the venue has a cool-down pool available. If you are not sure what sort of cool-down you should be doing, make sure to ask your coach before your race.

Once the cool-down is finished, please speak to your coach again.

Most importantly race hard, have fun and please don't be afraid to ask questions of other parents and coaches. It can be a bit overwhelming at the beginning, but everyone is happy to help.

## Rules and Advice Regarding Competitive Swimming

There are seemingly hundreds of rules when swimming, but we have tried to highlight some of the more important ones here so that new swimmers are not confused in their initial meets.

**Adjusting Blocks** – At some venues (such as HBF stadium) the blocks will be adjustable. The swimmers can adjust this block as soon as the race before them starts. They will be marshalled behind the time keeper before this point. Once adjusted please return to your spot behind the time keepers.

**Exiting the pool after a race** – When you have finished your race, you must stay in the water until one of the officials blows the whistle for you to exit. This will not be until everyone has finished swimming. Do not climb over the blocks to get out, you will always need to exit from the side of the pool.

**Staying in the pool before the next race** – On occasion once you have finished a race, the official will ask you to stay in the pool while the next race starts. For most strokes, you will be asked to stay near the rope, under the starting block. For backstroke, you will be asked to move down the ropes.

**Wardrobe malfunctions** – It happens to everyone at some stage, either your goggles will be pushed down around your neck, or your cap will come off. When this happens you are not allowed to touch either your goggles or cap. If you do, unfortunately you will be disqualified. You will have a chance to retrieve your cap once your race is finished.

Often the best way to learn some of these rules is just to watch the races before you. Make sure you pay attention to the officials before and after your race, and they will guide you in what you need to do.

## A Few Words from the Coaching Team

### Notes for Parents

- Ask your swimmers to drink plenty of water, regular small sips
- Please encourage swimmers to go for a short walk/get some fresh air every half an hour or so (the seating at meets, combined with ipads, do not encourage the best posture and we need as much air in the lungs as possible)
- Please refrain from providing swimmers with large amounts of energy drinks/lollies. We do not train our swimmers to swim through highs and lows in blood sugar levels, introducing this additional factor on race days is not ideal for their performance
- At race meets the atmosphere and intensity is lifted through the nervousness and excitement of coaches, spectators and the swimmers themselves. Some swimmers respond to this positively straight away whereas others need practice/experience with the added atmosphere (perceived pressure). Please be supportive and congratulate your swimmers after all races (regardless of outcome). All our swimmers have done the hard work, and gaining race experience is invaluable for their development as athletes (again regardless of how their swims go)
- Basically – Be your swimmers #1 fan and leave all the dirty work to us coaches! Parents are also welcome to be involved in post-race analysis with swimmers and coaches, this helps to ensure that swimmers are not getting conflicting/confusing messages and advice

## Target Meets vs Non-Target Meets

A target meet is one that the coaches have picked out with specific goals in mind for our competitive swimmers. They will encourage you to attend all of these meets, and not attend too many other meets in between.

Of course you are free to attend Non-Target Meets, however do be aware that coaches may not be in attendance. If you know a coach will not be at a meet you are attending, please talk to them beforehand regarding the following at the minimum

- Warm-up routines
- Cool-down routines