

# Team Parent Info



**Team Parent Responsibilities:** To ensure that your swimmers are goggled, capped and prepared on time for their heats.

## Routine:

- We suggest that each team parent arrive a few minutes before swimmer check-in time so you can be sure the tent is ready and you are organized before being swarmed with kids.
- Heat sheets, age roster and time cards will be given to each team parent by the captains, Penny and Corinne.
- Separate the time cards by heat and place them in your apron pockets. You will receive an apron at the beginning of the season. In addition, you will receive a highlighter, Sharpies, pens and pencils. They will come in handy!
- Write event numbers on each swimmer's arm, especially the younger age groups.
- It's very important to look at who is in the relays and ensure they are present right away at warm-ups... if a swimmer is missing, please find a coach and let them tell you who they want to fill that slot.
- Keep the swimmers together in/near the tent so when their heat is announced, they are easy to get to the ready bench. Remember caps, goggles and time cards for each swimmer.
- Towards the end of the meet, encourage all swimmers to pick up trash before the meet is over—tell the kids that Penny will be after them if they don't clean up.
- Remind swimmers that if they have to leave the meet early for whatever reason, to let the team parent know when they do leave.

## At The Ready Bench:

1. Distribute time cards to swimmers.
2. Line up swimmers in a single file line until the ready bench is available for them. Position swimmers in order of their time card designation for the respective block number.
3. Remind swimmers of the stroke they are doing in this heat, printed on the time cards. For new swimmers, have them demonstrate it to you to ensure they aren't confused! Remind them about the two-hand touch for breast and butterfly.
4. For relays, organize so that positions two and four go the other side of the pool. It helps to have another person take the swimmers to the other side of the pool while you keep track of positions one and three. Ensure the helper keeps the swimmers in the correct order and has a time sheet for reference. Have swimmers 1,2,3,4 in a single line (almost all teams on our circuit prefer it this way.)

## Other Tips:

- Help swimmers form good habits of keeping their items (especially goggles and cap) in a special place when waiting for a later heat. "Stuff" is often lost in the tent.
- Bring a chair and water for yourself. Also helpful is an old blanket to use for the floor of your tent to protect from grass/bugs/dew.
- Remind swimmers to drink water, use sunscreen and eat healthful food till the last relay.
- If you need help, please see Penny McCredie (11/12 girls) or Corinne Marvin (9/10 girls).