



SWIM MEET HELPFUL HINTS

Bendigo Hawks Aquatic pride themselves on aquatic excellence and a sense of fun and friendship. Our experienced Parents and Coaches aim to create a club environment that is a welcoming, supportive and inclusive and we are all happy to help if you have any questions. We encourage our swimmers to do their best, while supporting their teammates, and having fun.

Pre-Race Prep

Know Your Events

We keep all upcoming meet information in our club rooms. If you can't find it, please ask our Coaches on deck or our Team Manager, Karen Pascoe.

Meet Information

Information on upcoming swim meets can be found on the bulletin board in the clubrooms, via Swim Central or the Swimming Victoria website. Swim clubs will post a flyer with details prior to entries opening. Once entries close, clubs will post the Meet Program and/or Entry Listing to their 'details' section of their swim meet (Swim Central), which holds all information for your swimmer's race details.

Location and parking

Where possible, we encourage you to scope the location of the meet your attending to ensure that you allow time to locate the pool and find parking. Parking can be tricky, so we encourage you to scope this out ahead of time to avoid any delays to getting into the meet on time and avoid any unnecessary stress on the day.

Warm up time

Swimmers and families often have to check in to access the pool which can add a delay to getting in on time. Please make sure that you check the warm-up time on the meet flyer, as this is a fixed and often only short time that our Coaches have to be able to complete the necessary warm-up.

Our Coaches aim to maximise warm-up time for new competitors to ensure they get familiar with a different pool (blocks, stroke count to wall, etc.), so please allow 15 minutes pre warm-up time to arrive and be ready to go.

Weather check

Meets can be a big day, so it is important that you and your swimmer are comfortable for whatever the day brings. We encourage you to check the forecast the night before to make sure that you have the right equipment and supplies in your swim bag so that you can get through the day.

Pack Your Swim Bag

We recommend these items as the basics for race day to ensure your swimmer is prepared for both the events and wait times in between:

- 2 Towels
- Deck Coat / Warm Jumper / Light Long Sleeve
- Hat / Sunscreen / Insect Repellant (if outdoor)
- Hawks Swim Cap and a pair of Googles – (a spare pair of goggles is an advantage)
- Thongs (for showers and walking around)
- Snacks & plenty of fluids
- Waterproof coat / wet weather protection



Race Day

Events

It's helpful to write your swimmers events for the day on their arm in sharpie, prior to getting to the pool. This is to ensure that they don't miss their event or get put into the wrong heat/lane. This information can be found on the Meet Program or Event Listing. See below example:

<u>E</u>	<u>H</u>	<u>L</u>	<u>S</u>
2	4	3	BF
10	2	2	BK
17	1	2	BR

Marshalling

Once the meet starts, the Team Manager will call swimmers up when their events are being marshalled. Swimmers will 'Check In' with one of the Coaches and swimmers will then head to the marshalling area, where they will be instructed where to wait until their specific race is on (this is where the above info on their arm helps).

Check In & Check Out

When your swimmer has been notified that their event is being marshalled, make sure they have their swim cap and goggles, and they head over to see one of the Coaches on deck. They will have a quick pre-race chat to make sure they know what event they are doing and what they need to remember/focus on.

When their race is finished, they exit the pool when the Official gives them the ok and they then return to the same Coach for a quick follow-up about their race.

Results/Disqualifications

Results are read out over the PA, and they also appear on an App called "Meet Mobile". You can download this onto your phone then on the day of the meet, can search for the specific swim meet (any of our experienced parents can show you how to do this). If your child is lucky enough to get a place during a race, they can head to the ribbon table at any time to collect their ribbon/medal.

If your swimmer is disqualified for any reason, a DQ will appear on Meet Mobile instead of a time result. The meet organiser will often read out DQ's over the PA also (stating event, heat & lane numbers only) with the description of the DQ. Coaches will speak to Officials to find out the details after the results are in and will communicate this to swimmers and parents.

Snacks

In between races, kids are encouraged to have a small, swim healthy snack (see 'Eat Like a Hawk' info sheet), drink water and maybe sip on a sports drink to keep their hydration up.

End of the day

Before you leave at the end of the meet, please go and see your Coach one last time to notify them that you are heading off. This is to have a final Check Out about your day, but also so that they are aware that your child has been taken from the pool safely.

PS: We hope you enjoy your first swim meet 😊