



Swim meets can be overwhelming for first time parents new to the sport. Below are some common questions about swim meet protocol, the team, the coaches, practices, etc. Please do hesitate to talk to your child's coaches if you have any other questions.

Q. How many swim meets are there? Who do we swim against?

A. There are four regular swim meets and the Championships at the end of the season. In our Southtowns Swim League there are five swim clubs (Hickory Hill, Orchard Park Country Club, Eagle Ridge, Willowbend and Brierwood Country Club).

Q. How is a meet organized and how long does it last?

A. Our swim meet consists of 40 events. Every meet has the same events that are also in the same order. Individual events may have several heats (races). On average, it takes about 3 hours to complete a swim meet.

Q. What events may my child likely swim in?

A. Typically, children will swim in 3 races (either two individual races and one relay, or two relays and one individual). Children will swim in races of the same gender and in the same age group. Some relays are mixed with boys and girls.

Q. How can I tell what event we are on?

A. Each pool should have a sign with the event number on it somewhere in plain sight. Also, the official and announcer will announce the event and heat before each race.

Q. When will we know who wins the meet?

A. At the end of the meet.

Q. What are swimmers writing on their hands with marker?

A. The swimmers or coaches will write "E", "H", and "L" with numbers on their hand. These letters stand for Event, Heat, and Lane. So the swimmers will know when and where they will be swimming. Don't worry the coaches will help with teaching the children how the meet works and when they will be swimming. The marker ink will wear off in a day or so. Soap, baby oil or nail polish work well for excessive writing.

Q. What is the order for the medley relay and individual medley?

A. The medley relay order is back, breast, fly and then free. For the individual medley the order is fly, back, breast and then free.

Q. What happens if it is raining? Do they cancel the meet?

A. No. The meets are rarely cancelled. Please show up at the scheduled time unless you get an email telling you otherwise. If the meet is interrupted by a thunderstorm, the coaches from each team will meet and agree how to proceed. If it looks like rain, come prepared!

Q. If my child does not attend practice all week, can they swim in the meet?

A. No. Swimmers must attend one practice a week in order to compete for the team. If there are extenuating circumstances, please talk to the head coach.

Q. How many meets does my child have to swim in in order to swim at Championships?



A. Two meets. It is a league rule. No exception can be made.

Q. How do I tell the coaches that my child will not be at a meet?

A. The coaches have a Not Available sign outside the Guard Office. If your child will NOT be attending a meet, you must write their name and age group on the poster by 9 a.m. Wednesday. Not signing the poster leads the coaches to believe that they will be there.

Q. What do I do last minute if my child cannot swim at a meet?

A. Please let the coaches know as soon as possible, so if your child is in a relay they can find a substitute. Also, if you have signed up for a volunteer position for that meet, try to find someone to fill in for you or at the very least, contact the volunteer coordinators to let them know the position needs to be filled.

Q. Why does the team sit together at swim meets?

A. To have everyone in one area so the coaches can find swimmers when they are needed for their events. The swimmers sit together with their age groups. Between events, swimmers of all ages are required to be seated with a quiet game or activity. Supervision for 8 and unders is NOT provided by our busy coaches. It is your responsibility to watch over your child, escort them to the bathroom and make sure they keep track of personal items. If you have a child who is 8 and under, please do not plan to sit in the stands. Please encourage your child to stay with the team during the meet. This makes it easier for the coaches to know where their swimmers are when they are needed. Parent volunteers are needed at every meet to assist with younger swimmers.

Q. I have other small children. Do I really have to volunteer?

A. Yes!!! We must have volunteers. A swim meet cannot run without enough volunteers to fill the positions. We are asking each family to please volunteer for at least ONE meet. If you have small children, make arrangements while you work at the meet. If you are unsure of your ability to do a volunteer job, talk with the volunteer coordinators. They will help you find something that will work with your situation.

Q. What about Championships? Does my child really need to do that?

A. Championships are the big event for the season, the "Superbowl" of the summer league. We encourage every swimmer to swim at Championships. It is a large event, and the swimmers love cheering on their team and have fun spending time with their team mates for the last meet of the season. Often, the swimmers turn out their best time performance of the year at this meet.

Q. Why are Championships always at Brierwood?

A. Brierwood has the biggest pool with 8 lanes, while all the other pools only have five lanes. It makes the meet go faster. Plus, Brierwood's facilities are much more conducive in regards to parking, deck space, places for tents, etc. Clubs rotate hosting it at Brierwood every year.

Q. Do I need to volunteer at Championships?

A. Yes! All parents are encouraged to volunteer at Championships. It will make the meet much more enjoyable for the swimmers, coaches and parents. This includes timing, supervision, etc.

Q. Why is my child only in one or two events at Championships?

A. All swim clubs can only enter 3 swimmers for individual race and 12 Swimmers (3 relay groups) for relays. There is at least one exhibition event per age group in which every swimmer is able to swim. Please don't let your child get discouraged. Every race impacts the momentum and spirit of our team.



Q. What is the Pre-Swim Team?

A. Pre-Swim Team is for children ages 4 - 8 who would like to build endurance and have fun, but who cannot yet swim a full length of the pool. Because these swimmers cannot compete in regular interclub meets, they have two special meets scheduled just for them! Each child will swim an individual race and a relay. Kick boards will be allowed for races. If at any point in the season, children are ready to move up to regular swim team, they easily do so.

Q. What about good sportsmanship?

A. This is a great place for the parents to help. Talk with your children about this issue. Our coaches always reinforce the importance of good sportsmanship to our swimmers. They are always so proud of our Hickory Hill kids in how polite they are with swimmers on other teams, shaking hands with them, telling the winner, "good race". Please help make this important to our kids.

We are looking forward to another great swim season!!!!