

Frequently Asked Questions

1. What are my meet volunteer obligations when I have more than one child in the program?

The volunteer obligations for meets are typically based on the family membership. The obligation will vary by meet and we can always use volunteers for meets and other club activities.

2. How does my child know when/what they are swimming before the meet?

The meet entry report is the best way to find out what your child is swimming for each meet. It can be found on the Team website (www.lyonsaquatics.com) under the Meet schedule link. http://www.lyonsswimclub.com/Swim_Team/Meet_Schedule_Swim_Team.htm

3. What if they miss their race?

First, they should not. The swimmers are responsible for paying attention. If they do, they should see their coach as quickly as possible.

4. What time should my child arrive at the meets?

Typically, you need to be on deck 15 minutes before warm-ups start so that the swimmer is ready, with goggles, cap and suit on when warm-up start.

5. What is positive check-in?

Positive check-in is where the children confirm with the meet directors that they are present and planning to swim the events in the entry report. It usually opens 60-90 minutes before the session starts and closes 30-45 minutes before the session races start. It is usually posted on a table or a wall and the swimmers use highlighters to highlight their name and the events on the page.

6. What should my child bring to the meet? What should they have in their bags?

Most important: SWIM SUIT and TEAM CAP – and goggles (2 pairs if you have them).

Sharpie Pen. To write your event #, heat # and lane # on the swimmer's hands.

Towels. Realize your swimmer will be there awhile, so pack at least two.

Something to sit on. Examples - sleeping bag, old blanket, or anything that will be comfortable to sit on. The swimmers will be spending a lot of time on it.

Sweat suits - bring one. Each swimmer needs to stay warm in between races.

Games. Travel games, playing cards, coloring books, books, anything to pass the time.

Food. Each swimmer is usually allowed to bring a small cooler. It is better to bring snacks. Some suggestions for items to bring are: drinks (fruit juices, sport drinks, or best of all water), snacks (granola bars, fun fruits, yogurt, cereal, sandwiches, etc.).

7. How do I find out what time my child will be swimming their race?

The sessions can be long and determining the precise time for the races is difficult. The heat sheets at some meets include estimated time lines by event.

8. Can my child leave the meet after they are completely done swimming or do they have to stay until the end of the session?

Some meets have relays at the end of the sessions. Your swimmers should check with their coaches at the meet to find out if they are on a relay team after their individual events. If not, the swimmers are free to leave after their individual events.

More to come.