

# Marlins 101

## Practice Time

- It's a good idea to arrive a few minutes early to give your child time to be ready to go at the start of practice.
- Many parents will sit poolside during practice. (If you have a younger swimmer, it is expected that there will be an adult somewhere near the pool who is responsible for your swimmer.) For those with older swimmers, it's a great opportunity to grab a quick workout, if you are so inclined ☺
- If you have questions for the coaches, please wait until practice is over to speak to your swimmer's coach. It's important to allow the coaches to keep their focus on the kids in the water.
- During morning practice, no one is to be in any part of the pool other than the swimmers who are practicing.

## Recommended Clothing/Gear to bring to meets:

- Swim suit (Team suit encouraged)
- Team shirt
- Team cap
- At least one pair of good goggles (a spare pair might be good to have)
- At least one towel. It's nice to have more than one, especially for nights when it is cooler.
- Sharpie-this is to write your swimmer's event numbers on his/her hand before the meet.
- Blankets and/or chairs to sit on around the pool deck. Some people bring umbrellas or canopies as well; space for those varies depending on the pool.
- Sun screen, bug spray
- Healthy snacks and **plenty of water**, sports drinks, or money for the concession stand.
- Things to do between events (books, cards, games, Legos, etc.)
- Change of clothes, sweat pants, hoodie, or jacket for cooler evenings or rain delays.
- LOTS OF MARLINS SPIRIT!!

## Signing up for Meets:

- This year we are using the Meet Availability Tool which is accessible from the [www.ymcamarlins.com](http://www.ymcamarlins.com) homepage. Please make sure your swimmer is checked in for the meets they will be able to attend.

- If you do change the “No” to a “Yes within the Meet Availability Tool by 5:00 PM on Monday prior to the meet , the coaches will assume your child is unavailable for that meet.

### **Swim Meets:**

- Be on time for the meet, this time will allow for check-in and warm-ups. For home meets, we warm up first (usually 4:45-5:00), for away meets, we warm up second (usually 5:15-5:30).
- For our home meets, we set up on the “large slide” side of the pool and in the grassy area behind the concession stand. The guest team locations at away pools vary; specific information for each pool is usually shared via email the week of that meet.
- Call/text if you are running late. We have many relays and entries that could be affected if you are not there.
- Volunteers should check-in with volunteer coordinator (look for the volunteer tent) - Let her know that you are there!
- Warm-ups for each team will precede the meet, with the host team swimming first. Coach will provide you with a warm-up instruction and when to begin your warm-ups.
- After both teams have warmed up and the National Anthem is sung, the meet begins!
- Swimmers should monitor events and arrive to Clerk of the Course when event is posted. Please listen carefully to the events being called to the clerk to avoid your swimmer missing his/her race.
- Relays will be organized by the coaches and DO NOT go through the Clerk.
- Meets typically last four hours. Younger children will be completed earlier in the meet, and you are able to leave when your child is finished (although the last relays are always pretty fun to watch!)
- Before leaving the meet, check with a coach to see if you’re needed for a relay at the end of the meet.
- Volunteers should attend volunteer meeting (timer, stroke and turn judges, etc.) prior to beginning of meet.
- Volunteers should arrive to volunteer positions prior to start of the meet (first half) or by event number 36 (second half). There will be an announcement.

### **Meet events:**

- Coaches typically announce events at practice on meet days. There is usually a posted sheet at the meet as well.
- When you arrive at the swim meet for warm-ups, please check the event schedule to see what events your child will be swimming in case there have been changes.
- Each team may enter unlimited competitors in the 25 and 50 meter Freestyle events. For all other events, each team is allowed six swimmers.

- Swimmers are able to swim a **maximum** of three individual events and three relays. The events each swimmer will swim are ultimately determined by the coaches.

### **Clerk of Course:**

- Clerk of Course is responsible for all of the paper work at the meet before the swimmers swim. This includes check-in, seeding, preparation and distribution of cards to timers. Their role to ensure all swimmers are in place and ready to swim their events, so no swimmer misses their race and the swim meet runs smoothly.
- Before the swim meet, the coaches make up the meet sheets that tell us who is swimming what events and the Clerk then assigns lanes based on swimmers times.
- An index card is made up for each child with his/her name, event number, event name, and in what lane the child is swimming.
- These cards are handed out during the meet by volunteers at the Clerk, just prior to the time for the child to go “line up” behind the starting blocks to get ready to swim. The card is then handed to a timer who is at the swimmer’s block. The timers use this card to record the swimmer’s times.

### **Stroke and Turn Guidelines:**

- During meets, there are Stroke & Turn Judges who will watch the swimmers during their event and disqualify those who employ improper techniques. Disqualification (DQ) means the swimmer’s time will not count for that particular event and cannot be scored. DQs are very common, especially with the younger swimmers. Coaches will receive information about the disqualification so they are able to help each swimmer become “legal” in their strokes.

### **What’s My Time?:**

- Swimmers will learn to ask for their time from the timer when they get out of the pool at the end of their race. The swimmer can find out their official time once the results are posted for that particular event. The meet results (which include their names, time and event placing) will be posted throughout the meet. At our pool, they are posted on the side of the guard house. After each meet, swimmers’ times will be emailed to our families.
- Results will also be posted to the RSL website.

## **Scoring:**

- Dual Meets - for all individual events, we receive points for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place finishes. For relay events, a team will receive points for first place, there are no points awarded for any other places.

## **Weather Rules**

- If the weather is questionable, the Referee and RSL Reps from each team will decide whether or not to cancel the meet. It is difficult to reschedule meets, so every effort is made to avoid cancelation—often waiting indoors or in cars for the storm to pass. Since safety is a priority, swimmers will not be allowed to enter the water until the absence of lightning and thunder for 30 minutes—even at indoor pools. In the event of stormy weather that lasts the entire day, possible meet cancelations will be emailed, posted on our Facebook page, and sent out via Remind as soon as possible.
- The default rain date is the following night.

## **Swim Meet Etiquette:**

- Swimmers should exhibit great sportsmanship at all times, whether the meet is held at our home pool or at another teams' pool.
- We want to treat the team pools respectfully and pick up after ourselves.
- Support your fellow teammates by cheering for them!
- Keep your belongings organized and clean up around you before you go home.

## **Volunteering**

- Swim meets are completely dependent on volunteers. It takes A LOT of volunteers to make a meet run efficiently, especially our home meets. Every family is required to volunteer 6 times for half a meet, or 3 whole meets.
- The Marlins use Sign Up Genius to coordinate volunteers. When you go to the Sign Up Genius site, you will be able to see which volunteer opportunities are available for each meet.
- While some positions require trained officials, many just need someone who is willing to learn. Don't be afraid to try something new! There will be other volunteers who will be happy to help you learn on the job.
- The link to our Sign up Genius can be found on the Marlins website on the home page.

## **Frequently Asked Questions:**

### **What is my child swimming in the meet?**

The coaches will post meet entries at practice the morning of the meet, but remember that there may be last-minute changes, especially to relays, right before and even during the meet.

### **What time does my child need to be at the meet?**

Arrive at the pool at least 15 minutes before the scheduled warm-up begins. Then, find a spot in our team area for your chairs, swimmer's blanket, swim bag and towels.

### **Where can I ask directions to the meet?**

Directions to pools/meets and more information about the Rappahannock Swim League can be found on the RSL website at [www.rslswimming.com](http://www.rslswimming.com). There is usually an email with information about each pool the week of that meet, as well.

### **What length does my child swim in a meet?**

10 and Under Age Group events are one length (25 yards/meters) but 10&Us may swim the 12&U 100 Free or Individual Medley (IM), which are 4 lengths (100 yards/meters); 11 and Older Age Group events are 2 lengths (50 yards/meters) or more.

### **What if my child cannot be at a specific meet?**

If your swimmer will miss a meet, please make sure the coaches know ASAP. Coach Catie will have a notebook poolside during practices in which you can let her know your swimmers' availability.

## **Team Traditions**

### **Magic Cookies**

- At the end of practice the morning of a meet, swimmers are allowed to get a “Magic Cookie” to help them swim their best at the meet that evening. This is done for both home and away meets.
- You can sign up to bring Magic Cookies on our Sign Up Genius page. We will need 12 dozen cookies each week, and we try to have at least one dozen peanut/allergy free option.

### **Subway Spirit Day**

- On the days of AWAY meets, the Subway at Chatham Square hosts a spirit day. A portion of the proceeds from all sales that are accompanied by our flier comes back to the team.
- Fliers are usually available on the pool deck at practice and through email.

### **Pasta and Posters at the Pool**

- On Tuesday evenings before HOME meets, the Marlins host a pasta/pizza/taco dinner at the pool.
- Families are encouraged to come eat together and make posters or other spirit items for the meet the next day.
- Information about menus and cost will be available via email the week of the event.

### **McDonald's**

- Following HOME meets, many team families head to the Chatham Square McDonald's for some team bonding.

### **Splash Party**

- One evening each season, the pool is closed to all but Marlins and their families for a pool party.

- There is swimming (naturally), music, fun games and activities for all ages.

## Order of Events

RSL Dual Meet Event List - Revised 2007		
Event 3/4	Age 13-18	Event Senior 100 Freestyle
5/6	8 & Under	100 Freestyle Relay
7/8	9 - 10	100 Freestyle Relay
9/10	11 - 12	100 Freestyle Relay
11/12	13 - 14	100 Freestyle Relay
13/14	15 - 18	100 Freestyle Relay
15/16	6 & Under	25 Freestyle
17/18	8 & Under	25 Freestyle
19/20	9 - 10	25 Freestyle
21/22	11 - 12	50 Freestyle
23/24	13 - 14	50 Freestyle
25/26	15 - 18	50 Freestyle
27/28	8 & Under	25 Butterfly
29/30	9 - 10	25 Butterfly
31/32	11 - 12	50 Butterfly
33/34	13 - 14	50 Butterfly
35/36	15 - 18	50 Butterfly
37/38	8 & Under	25 Backstroke
39/40	9 - 10	25 Backstroke
41/42	11 - 12	50 Backstroke
43/44	13 - 14	50 Backstroke
45/46	15 - 18	50 Backstroke
47/48	8 & Under	25 Breaststroke
49/50	9 - 10	25 Breaststroke
51/52	11 - 12	50 Breaststroke
53/54	13 - 14	50 Breaststroke
55/56	15 - 18	50 Breaststroke
57/58	12 & Under	Jr 100 Individual Medley
59/60	13-18	Sr 100 Individual Medley
Intermission		
61/62	12 & Under	Junior 100 Medley Relay
63/64	13-18	Senior 100 Medley Relay
65/66	All Ages	Graduated 125 Freestyle Relay

