

# *Duties of a Team Parent*

Number one duty is to have FUN. Really...the meets go so much faster when you are involved. Besides...you will have the best seats in the house...poolside.

## **Before June:**

1. Introduce yourself to your co-parent and exchange emails/ phone numbers.
2. Try and get to know which kids are in your group. Learn their names and who their parents are so that you will know who you can ask for help if you need it.

## **Swim Meets:**

### *Before the meet begins:*

1. Arrive at the meet at least 15 minutes before the kids are supposed to arrive.
2. Check in with Judi and pick up your heat sheet/clipboard and sharpie.
3. Find your designated area for your group to sit. All the kids in your group will need to sit together in the designated area so that it is easier for you to get them together each time they need to swim.
4. As your kids arrive, check off their names and mark their right hand with "PO"(for Pin Oak) and their designated # (it will be the same number all season, it is found on your heat sheet). Remember that during summer swim, NO OTHER Marks are allowed on the swimmers.
5. Let Coach Elizabeth or Judi know when all of your swimmers are accounted for OR if someone did not show up that was expected.
6. Read over the heat sheet and highlight/circle the events that your group will be participating in.
7. About 5 minutes before your group is supposed to warm-up, have the kids put on their swim caps and locate their goggles.

***Once the meet begins:***

1. Listen and watch for which event is in the water so you are ready when it is your groups turn.
2. Do bathroom breaks if needed about 4 to 5 events before your group swims.
3. Remind the kids to drink lots of water and have a snack right after they swim an event so they have a little time to digest before their next swim.
4. At least 3-4 events before your group swims collect locate all your swimmers and begin getting ready (caps on, goggles' adjusted).
5. Place the kids in their swim order and walk them to the ready bench. Seat them in order according to which heat they are in and which lane they swim in....there will be someone who is at the ready bench at all times to help you.
6. Once the race is over, collect the kids and walk them to the ribbon table. It may be a good idea to have the kids line up in their heats to stay organized. (the older kids generally know what to do). Then take the kids back to their sitting area.

***After the meet ends:***

1. Have all the swimmers clean up the area...no trash left behind.
2. Remain with your group until a parent picks up their swimmer.

Please don't hesitate to grab Judi or any board member and ask if you need help. If you are not going to be at a meet please let me AND Tina know so we can make sure your group is being taken care of....THANKS!

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## Other Helpful Hints

### *Things to bring to the meet:*

Sharpie	chair	sunglasses	pop-up canopy
Highlighter	sun-screen	hat	band-aids
Snacks and drinks (for you, not your group)			

### *Order of Events:*

Free Relay  
FreeStyle  
BackStroke  
Individual Medley  
BreastStroke  
Butterfly  
Medley Relay

- Every swimmer will swim the freestyle and backstroke.
- Relay teams are designated by the coaches. Make sure that all the kids that will be swimming in the medley relay know that they are swimming the last event of the meet. Some of these kids may not be swimming the breast or butterfly and their parents may want to leave early. If a parent insists on leaving before the relay let Judi or Elizabeth know immediately so we can attempt to replace the swimmer for the relay.
- 6 and unders are finished after the backstroke and can leave
- Only 3 to 4 swimmers per group will do the Individual Medley depending on the size of the pool
- Only 6 to 8 swimmers per group will do the BreastStroke and Butterfly depending on the size of the pool.
- On the relays the 1<sup>st</sup> and 3<sup>rd</sup> swimmers will line up on the side of the timers. The 2<sup>nd</sup> and 4<sup>th</sup> swimmers will line up on the opposite side of the pool.
- The Medley relay is in this order: BackStroke, BreastStroke, Butterfly and FreeStyle (Back(1), Breast(2), Fly(3), Free(4)) Swimmer 1,2,3 and 4)
- The Individual Medley is in this order: Butterfly, BackStroke, BreastStroke and FreeStyle. (Fly, Back, Breast, Free)
- The heats are seeded from faster swimmers to slower swimmers.