

MVAC Swim Meet Rules

1. When going to a meet the first thing you should always do is buy a program to keep track of when your child swims.
 - Coaches will not be chasing swimmers down to get them to their event.
 - Swimmers and parents should know what their entry times are so that they can see the improvement and better understand how to race.
2. Team suits, and team caps are required at meets. Team apparel is required at meets. If you have other team 'swag', please cover it up.
 - Make sure before coming to the meet, that you have your team suit and cap.
 - We want to look like a team and act like a team.
3. In order to enter your child in to a meet you must meet the entry deadline posted on the meet flyer. Coaches will not hunt down entries.
 - Coaches will no longer be accepting late entries for meets; the meets have an absolute deadline that we must meet when entering swimmers in to a meet.
 - Late entries make the team look disorganized and mediocre.
4. Swimmers are required to sit with the team in the designated area at meets.
 - In order to build team community we need to act like one.
5. Swimmers should report to a coach between 5-6 heats before their race for advice, encouragement, and strategy. Swimmers should not ask about races many events in the future. Stay focused on the next event.
 - There are many swimmers in the water and waiting for their pre-race talk. If they come up in an orderly fashion, they will get the coach's best attention.
 - Coaches are extremely busy at meets watching races, analyzing performances and getting swimmers ready for the next race. We need help to maximize our efficiency.
6. Swimmers should report to a coach after their cool down, which is done immediately following the race. A cool down should be at least twice the distance of the race.
 - This gives the coach time to analyze the race and the swimmer a chance to think about their performance before the coach gives them the answers.
 - Coaches should not have to hunt down a swimmer to tell them how they did on a race.
7. No Soda, Heavy Foods, or Sugar within 45 minutes of a race.
 - The human body shunts blood to the stomach and away from muscles for this period after eating. Swimmers need their blood in their muscles for maximum performance.
8. Heavy protein and carbohydrates should be eaten 2 days prior to a meet. This is 'Carbo-loading'.
9. A full night's sleep (8-10 hours) is necessary 2 days prior to a meet.
10. The swimmer should bring 2 suits, 2 pairs of goggles, 2 caps, and 2 towels to each meet.
 - This is good back-up equipment should anything break or get lost.
11. Arrive at the swim meet at the warm-up time. Do not be late, unless the coaches tell you to arrive late.
 - The team needs find its seating area.
 - The team needs to set up.
 - The swimmers need to check-in
 - The swimmers need to do dry-land warm-up and be ready to warm-up in the water at the appropriate time.
12. Parents are to refrain from offering criticism of a swimmer's performance. They need your support, not your admonishments.

- The coaching staff will analyze, inform, teach, and start to correct any errors in performance. They are trained to do this.
 - Parents should be supportive of their swimmer's performance no matter what. Let the coaches be the 'heavies'.
 - Sometimes swimmers are not 'keyed' to swim 'Life Time Bests' at a meet. This is done on purpose. We train in cycle method to go for lifetime best at 1 or 2 meets at the end of a season.
13. Coaches will frequently put swimmers in events they did not choose. The swimmer and parent should understand that we do this for a reason, often to improve a swimmer's time in another event or to improve their outlook towards another race.