ASPHALT GREEN UNIFIED AQUATICS

First Swim Meet Guidelines

Before the Meet

Make sure to sign your swimmer up for the competition 4-6 weeks prior to the meet. Deadlines are listed on the team website and in the team newsletter.

Meet Entries

- Your swimmer will be entered into races by their lead group coach based on their training and readiness.
- Event numbers and details (like the stroke and distance) will be available online prior to the meet.
- Coaches select events with long-term development in mind — it's okay if your swimmer feels nervous!

What to Bring

For each session, swimmers should pack:

- Team suit and team cap
- Assigned Team apparel (see newsletter and itinerary)
- At least 2 pairs of goggles
- 1–2 towels
- Water bottle (filled!)
- Nutritious, easy-to-digest snacks
- Warm, dry clothes for between events (parka, hoodie, etc.)
- Flip flops or slides
- Something quiet for downtime (book, cards, etc.)

Tip: Label everything!

Arrival & Warm-Up

Swimmers should arrive **at their assigned call time**, which will be listed in the **team itinerary** and **newsletter** before the meet. Upon arrival, swimmers should check in with their coach and get ready for warm-up.

Spectator Guidelines:

Parents and spectators should either head to the **designated spectator area**, if permitted at the venue,

or drop off their swimmer and leave the building if spectators are not allowed. Please follow all posted guidelines and instructions from meet staff.

Heats and Lanes

For each race, your swimmer will be assigned:

- **Event number** (e.g., Event 6: 50 Freestyle)
- **Heat** (which group of swimmers they're in)
- **Lane** (where they will swim in the pool)

Event numbers can be found online before the meet; **heat and lane assignments** are given on deck after warm-up.

After Each Race

Swimmers should check in with their coach after every race. This brief conversation includes encouragement and helpful feedback to reinforce learning and improvement.

After Your Events Are Done

Once your swimmer has completed all their races and spoken with their coach, they are free to leave the meet.

Parent Tips

- **Stay Positive:** Your swimmer is doing something brave! Encourage effort, not just outcomes. Please allow coaches to critique and coach!
- **Follow Spectator Rules:** Each facility has different policies — always follow posted rules or coach guidance.
- **Expect Downtime:** Meets can be long, with breaks between events. Bring snacks and something to do.
- **Results:** Official times will be posted online after the meet. Coaches may share recaps later in practice.