



Brookdale Buccaneers  
Swim Meets 101

Team Website:  
[www.BUCSwimteam.com](http://www.BUCSwimteam.com)

Team Facebook:  
[www.facebook.com/BrookdaleBucsSwimTeam](http://www.facebook.com/BrookdaleBucsSwimTeam)

For new swim families, the first meet can be a lot to navigate! Here's a quick how-to guide to help you through the first swim meet. Once you make it through your first meet, the preparation and process will be easy!

The most important thing to remember is to be flexible. Swim meets are large undertakings and are entirely run by parent volunteers—and you'll be a volunteer too! Volunteers are doing the best they can and your patience is appreciated.

## Meet Declaration

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**Parents/swimmers must declare their intent to attend (or not attend) for every swim meet.** Participation must be indicated through the Bucs Swim Team website at least seven (7) days prior to the swim meet.

1. Log in to [www.bucsswimteam.com](http://www.bucsswimteam.com)
2. On the homepage, click the "Events" button
3. Select each swim meet
4. Choose "Yes, please sign up my child for this event" or "No thanks, we will not attend this event"

### Helpful Tip

At the beginning of swim season, log in to the Bucs website and mark your child(ren) as attending for all events. If your plans should change, you can change your registration at that time (and as early as possible). If you're not registered seven (7) days in advance, your swimmer will not be placed in the lineup.

## The Night Before

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### Swim Bag

Be sure to include the following in the swim bag

- Swimsuit (Bucs team uniform)
- Towel (preferably two towels)
- Swim goggles
- Bucs team swim cap (if worn)
- Extra large towel (or blanket) for your swimmer to keep warm between events or to sit on if necessary
- Loose fitting, comfortable clothing to wear in between races/parka/robe
- Sharpie marker

### Activity Bag

Swim meets are typically four hours long, so pack some activities to keep your children occupied between their events, such as: electronic hand held game, cards, travel games, books, tablets. Remember to label all your items and keep an eye on your things!

### For Parents

- Bring money for concessions
- Coolers – some families opt to pack their own food and drink
- Comfortable folding chair
- Book / paper / magazine

### Things to Leave at Home

Our number one goal is to have FUN! So we'd appreciate if you leave the following at home:

- Pressure
- Coaching
- Comparisons
- Stopwatches
- Negativity

- Impatience

## Arriving at a Swim Meet

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Please arrive at a swim meet at least 45 minutes prior to the meet start time.

- Find the Bucs check-in spot and check in your swimmers. This is important because if your swimmer does not check in on time, they will be scratched!
- While checking in, note your swimmer's events and use the Sharpie you packed to write event numbers, heats, lanes on the back of their hand.
- Locate the "Bucs area" and setup your "camping spot" with your chairs, blankets, bags, coolers, etc.
- Have swimmers get ready with their cap, goggles and towel; and head to pool for warm-ups.
- If you are working a parent job, make sure to check in for your job. If you are a timer, you'll have to attend a short meeting prior to the meet for instructions.
- Scope out the area. Make sure you know where the bullpen is, the restrooms and of course the pool area, and finally how to get back to your camp.
- Stay in the area of the bullpen or in the Bucs area so you and your child can hear the bullpen volunteers call event numbers. They will not wait on a swimmer who is not on the block when it is their time.

## The Meet

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If you are working a parent job, just prior to the start of the meet, head to your post. Keep an eye on your child's event numbers so you can watch them. Your co-workers will cover for you while you watch your child's event; and you'll do the same when your co-workers need to watch their child's event.

If you are not working a parent job, then your main job during the meet is to make sure your child stays nearby between events, and tracking event numbers so your swimmer knows when they need to line up.

Make sure that your swimmer stays warm and hydrated. The body uses energy to warm itself and energy is something to conserve before events. Make sure that they keep don't misplace their cap and goggles. It's best if they keep their caps on and goggles hanging around the neckline so they don't lose them.

## Bullpen

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The bullpen is a staging area where swimmers are gathered and lined up (by heat and lane) to enter the pool deck. The bullpen is staffed by very hardworking parent volunteers calling out swimmers' names and lane assignments repeatedly. Help them help you by tracking your swimmer's events so you can anticipate when your child needs to report in to the bullpen for lineup.

Bullpen workers will announce the event they are staging—either by calling it out aloud or on a board. When your child's event is called, they should head to bullpen and find their spot in line that corresponds with their heat and lane. Once a child is staged in the bullpen, they should remain there until they are escorted into the pool deck.

### Helpful Tip

This is a skill your child should be taught early in their swimming career. If your child is not paying attention to the bullpen calls, they could miss an event!

Once your child is in the bullpen and lined up for their race, you can head for the pool to watch your swimmer in action!

Immediately after the race, your swimmer should speak to their coach. This is a great way to get immediate feedback during a race setting. After they talk to their coach, they will meet you back at your camping spot where you can give them their much-deserved kudos!

As a parent, you are not allowed behind the blocks, to discuss time with the timers, or approach the stroke and turn judges. If there is a question or problem, you should ask your coach who will then handle it for you.

## **Swimmer Disqualifications**

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It takes time and lots of practice to master the technical aspects of competitive swimming. Throughout your child's swimming career, they will increase their knowledge and improve their starts, strokes, turns and finishes. During meets, officials and judges monitor the competition to ensure that starts, strokes, turns and finishes are done in accordance with rule requirement.

All kids will at some time in their career, experience the disappointment of being disqualified (DQ'd) in an event. Remember that this is a learning opportunity and the DQ is an excellent tool to help your child. Though it may be disappointing, you can help your child by offering support and encouraging them to always do their best.

## **Race Results**

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Log in to the OnDeck app to view race results and official times. The results usually run a few events behind due to processing time.