

Swimmers must talk to their coach before and after each race. This is a crucial part of attending a swim meet. They are given a specific technique or goal to focus on during their race, and are able to get feedback and encouragement afterwards (very important to get that from their coach).

We ask that parents do not coach their swimmer nor stand behind the blocks at any time. This includes during warm-ups. We encourage parents to cheer for the swimmers from the side of the pool (preferably out of the swimmer's line of sight), and be positive when the swimmer has finished their event.

Every sport has a field of play. Many sports this field is obvious such as soccer or football or track and to interfere with the field of play is to interfere with the sport itself. The field of play in swimming is NOT only the water, but also the immediate area around the water. This includes the blocks, the warm-up pool, and in general about 8 feet of deck space from the water's edge. This helps with the smooth running of the meet, easy access for officials and coaches and a less stressful competitive environment.

Finally, there are many life skills learned through swimming. One of these life skills is independence and self-reliance. What we would like of the swimmers is that they: carry their own stuff, walk themselves to the blocks and warm-up, and to ask their coach any questions they may have on their own. We believe that learning these life skills are more important than any race they may swim this weekend.