



# Swim Parent 101

May 2019

# Ask Questions

Being a swim parent is not easy - we've all been there! Your SB support network, poolside and behind the scenes

Questions about training or swimming

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Questions about meets

[meets@swimbourneouth.uk](mailto:meets@swimbourneouth.uk)

Questions about volunteering

[volunteers@swimbourneouth.uk](mailto:volunteers@swimbourneouth.uk)

Questions about payments

[treasurer@swimbourneouth.uk](mailto:treasurer@swimbourneouth.uk)

Questions about your club

[clubchair@swimbourneouth.uk](mailto:clubchair@swimbourneouth.uk)

## Get involved with the club

- You will spend hours at the pool
- Our club is run by lovely VOLUNTEERS who give up their time FOR FREE!
- There are many roles poolside
- There are roles to help out behind the scenes (big and small)
- If you help you may get a ring side seat
- Become an official (the people in white)
  - Jill Beard [beardfamilyuk@icloud.com](mailto:beardfamilyuk@icloud.com)

## Types of Membership

Category 1 - Swim England membership only

Category 2 - For competing swimmers -

**You cannot compete without this**

Category 3 - For Marshalls, Coaches, Teachers and  
**Volunteers**

## How often should I swim?

Everyone is different

Everyone has different demands on their time and their swimmers time

What works for one swimmer may not work for another

# Ask your coach

# Meets

Otherwise known as competitions!

# Different kinds of meet: Level 1 - 4

## Level 4 - Entry level

No times required

Enables your swimmer to get an official recorded time

Usually club champs

## Level 3 -

Enables your swimmer to qualify for county and regional events

Minimum and maximum qualification times

## Level 2 -

Short course (25m)

Enables your swimmer to qualify for county, regional events

Minimum qualification times

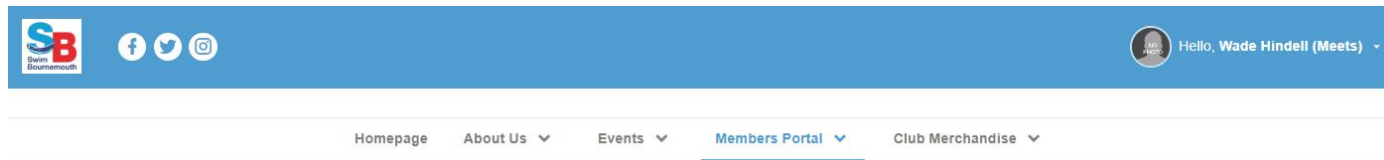
## Level 1 -

As per level 2 but long course (50m)

Enables your swimmer to qualify for county, regional and national events

# Competition and Events Calendar

We maintain a calendar on the Club website which lists out our targeted meets for the next 6-9 months. When we know dates for upcoming meets, we add them as soon as we can. <https://uk.teamunify.com/team/reczsb/page/member-portal/events-calendar>



## Competition & Event Calendar

Competition & Event Calendar : Upcoming events

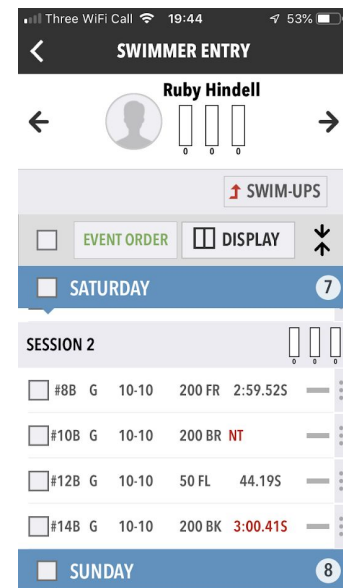
Date	Competition	Venue	Level	Selection	Performance	Qualification	Regional	County	County Pot	County Dev	SB Juniors	Fitness
May												
4th - 6th	South West Region Youth Championships	Plymouth	L1		*	*	*					
11th - 12th	South West Region Age Group Championships	Bristol	L1		*	*	*					
18th - 19th	South West Region Age Group Championships	Millfield	L1		*	*	*					
26th	Club No Time & Graded Meet Qualifier	Canford	L4					*	*	*	*	
25th - 27th	Plymouth Leander National Qualifier	Plymouth	L1		*		*					
June												
8th	Southern Junior League R1	Weymouth		*		*	*	*	*	*	*	
July												
6th - 7th	Dorset Development Meet	Bournemouth	L3			*	*	*	*	*	*	
13th	Southern Junior League R2	TBC		*			*	*	*	*	*	
20 - 21st	Swim Bournemouth Summer Open Meet	Bournemouth	L3					*	*	*	*	



# Using TU to enter meets

If an event has a red time or red NT it means your swimmer does not qualify for this race depending on the qualifying criteria, they can be too slow or too fast

Day 1 Session 2		Max Entries this Session IE = 0   Rel = 0   Comb = 0							
	Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time
<input type="checkbox"/>	<u>2:59.52S</u>	2:59.52S	<input type="checkbox"/>	<input type="checkbox"/>		8B	G	10-10 200 Free	>2:44.90S <=3:34.09S
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		10B	G	10-10 200 Breast	>3:32.70S <=4:32.70S
<input type="checkbox"/>	<u>44.19S</u>	44.19S	<input type="checkbox"/>	<input type="checkbox"/>		12B	G	10-10 50 Fly	>39.00S <=49.90S
<input type="checkbox"/>	<u>3:00.41S</u>	3:00.41S	<input type="checkbox"/>	<input type="checkbox"/>		14B	G	10-10 200 Back	>3:05.00S <=3:58.30S



The screenshot shows a mobile application interface for swimmer entry. At the top, it displays the status bar with 'Three WiFi Call', '19:44', and '53%' battery. Below the status bar is a navigation bar with a back arrow, the title 'SWIMMER ENTRY', and a forward arrow. Underneath is a profile section for 'Ruby Hindell' with a profile picture icon and three empty slots for medals or points. Below the profile is a 'SWIM-UPS' section with a red arrow icon and the text 'SWIM-UPS'. There are two buttons: 'EVENT ORDER' and 'DISPLAY'. Below these is a day selector for 'SATURDAY' with a '7' in a circle. The main content area is titled 'SESSION 2' and shows a list of events with checkboxes, swimmer numbers, genders, dates, event names, and times. The events listed are: #8B G 10-10 200 FR 2:59.52S, #10B G 10-10 200 BR NT, #12B G 10-10 50 FL 44.19S, and #14B G 10-10 200 BK 3:00.41S. At the bottom, there is a day selector for 'SUNDAY' with an '8' in a circle.

# What events can my swimmer enter?

If you are unsure ask your coach.

Swimmers typically compete in Club Champs L4 or NT entry Meets L4 to gain their first official swim times. Once your swimmer has official times you will be able to look them up on rankings, they typically arrive on rankings a couple of days after the meet has finished. <https://www.swimmingresults.org/individualbest/>

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	License	Level
50 Freestyle	35.50	269	07/04/19	Swim Bournemouth Spring Level 2 Open Meet	Bournemouth	SW190483	2
100 Freestyle	1:19.67	250	31/03/19	Yeovil Spring Fling 2019	Millfield School	SW190085	3
200 Freestyle	2:59.52	232	07/04/19	Swim Bournemouth Spring Level 2 Open Meet	Bournemouth	SW190483	2
400 Freestyle	6:30.91	215	08/07/18	Dorset County ASA Champs & Age Group Development	Littledown	SW180100	3
50 Breaststroke	53.34	154	16/12/18	Yeovil Xmas Open Meet 2018	Somerset	SW180483	3
100 Breaststroke	1:53.07	167	30/03/19	Yeovil Spring Fling 2019	Millfield School	SW190085	3
50 Butterfly	44.19	167	30/03/19	Yeovil Spring Fling 2019	Millfield School	SW190085	3

# My first meet what do I do?

## Pack your kit

- 2 goggles
- 2 hats
- 2 suits - one for warm up and one for racing
- 2 towels
- 2 water bottle
- Bag Tag which lists the event information for your swimmer
- Suitable footwear and loose clothing to keep warm pool side after swimming
- Book to read, treats for your coach, homework!!

*If your swimmer packs their mobile phone be aware it will probably get its own swimming lesson at some point!*

# My first meet what do I do?

## Before you arrive


- Find out when your races are and which sessions, they are in
- Find out when the warm up for each session starts
- Find out if you have to sign in
- Most of this info is normally in the meet pack

## When you are there

- Check in with your coaches
- Sign in if you need to (Known as checkin)
- Find out where you go for marshalling, normally located near the start end
- Get to your event with plenty of time
- Be prepared and have a plan for race day
- Don't leave without speaking to your coach before you race
- All swimmers should stay and support all swimmers your friends need you
- LISTEN TO YOUR COACH, they are there to help you!

# Fuel your swimmer

Pack the right food... What to eat and drink on the day of a meet great advice from Swim England [here](#)

	Good	Bad	
	<p>Vegetables Baked Potato Rice Baked Beans Pasta Energy Bars Fruit Water, water, water</p>	<p>Crisps Sweets Chocolate Fizzy Drinks Cakes Ice-cream (it melts!)</p>	

# What NOT to do poolside

**Trying to coach your child** - This is not helping them! It's disruptive to the rest of the squad and you are confusing your child to what they should be doing.

**Gossiping** about other swimmers, coaches or volunteers. Don't do it poolside and certainly not in front of your swimmer! If you have an issue with something or someone, please come and talk to us so we can address your concerns. Speak with your coach, the head coach, the welfare officer or the chairman. All of whom are listed on the SB website.

**Giving negative comments** at meets to your swimmer. You are there to support them! It's ok for them not to win or not to get a pb, because you are proud of them no matter what.

There are plenty of swimming articles online of what not to do poolside - here are just a few examples that I like.

<https://www.swimming.org/sport/10-dos-and-donts-for-swimming-parents/>

<https://www.swimming.org/sport/supporting-your-child-at-swimming-events/>

<https://swimswam.com/10-ways-worst-swim-parent-ever/>

# What to do on poolside

## Parents

- Be supportive
- Cheer your swimmer on
- Try to be positive no matter what happens
- Volunteer
- Listen to your swimmer
- Enter the raffle :)
- Play lots and lots of Angry Birds
- Read a good book

## Swimmers

- Do your best
- Cheer your fellow swimmers on
- Warm up properly
- Drink lots of water
- Get to your event on time
- Listen to your coach
- **Have fun!**

# My swimmer has times now what?

You are ready to enter the world of open meets.





Questions!

Reference slides

# Swim terminology

We have created a glossary on the SB website which you can find here:-

<https://uk.teamunify.com/team/reczsb/page/about-us/guide-to-competitive-swimming>

# What is OnDeck

OnDeck is simply an app which allows you to access TU from your phone using the same logon credentials that you use for TU. It's available in the both the Google play store and Apple App Store.

