

Sierra Sharks

1. Volunteering

- a. A parent must volunteer for one shift for each meet their children swim
- b. Volunteers must sign in at the swim meet with either the volunteer coordinator or with the lead of their volunteer position to determine shift time.
- c. Parents who do not fulfill their volunteer requirements will not have priority registration next year.

2. Practice

- a. Please be on time to all practices, be prepared to swim with swimsuits on, goggles, swim cap (if appropriate), towel and anything else your child may need. Swimmers should wear warm clothing over their suits for when they are “on deck” during part of the practice. They can place a towel on the deck during warm-ups to avoid injury.
- b. A parent or responsible adult must be present during practice. Our coaches are coaching and cannot spend the quality time needed to watch children that are not practicing.
- c. Parents, siblings and all others are to stay away from the pool and refrain from conversation with swimmers and coaches during practice. This is to ensure the safety and fairness to the swimmers and coaches. If you need to speak with coaches before or after practice, please send an email and or leave the question with a board member.

3. Swim meets

- a. 6 dual meets – 3 home, 3 away, plus Champs and Time Trials
- b. Champs is the season’s last swim meet, during which swimmers from all seven Suburban Swim League teams compete. Champs will be held the last weekend in July at Sierra College. This is a great event, lasting three days (Friday, Saturday and Sunday). The swimmers have the opportunity to swim all events, and breaking personal records is often the norm! A parade of all the teams takes place prior to the first event on Saturday morning. An amazing level of sportsmanship, team dedication and support, and wonderful competition is provided over the finals days of the swim season.
- c. Time Trials is our first “practice” meet. The purpose of Time Trials is to establish a seed time for each swimmer for each event. These seed times will be used to setup the dual meet event and heat schedule.
- d. Each swimmer must sign up for swim meets one week ahead of time. Signups will be done online through the Sierra Sharks web site. **Signups will not be accepted via email. Cutoff for signups is the Friday of the week before the meet.**
For example: May 30th meet, the sign-up will be available on Monday, May 18th. The last day to signup is Friday, May 22nd. If you fail to sign up, you run the risk of having your child not entered into the proper heat/events and or potentially not being able to participate at all.
- e. Check-in for a swim meet, depending on venue, can be as early as 6:30. For our home meets, check-in begins at 8am (as no one is allowed on the school campus prior to 8am). Swimmers must check-in by designated time to avoid being scratched from the meet.

- f. You will be able to check online the night before a meet to view the preliminary event schedule. **There are changes that take place the day of the meet. You must check the FINAL meet schedule to ensure of your child's events/heats/lane assignments.**
- g. What to bring to the meet
 - i. Team Swimsuit
 - ii. Swim Cap (a spare pair is good)
 - iii. Goggles (a spare pair is good)
 - iv. Towels (more than one)
 - v. Sunscreen
 - vi. Folding Chairs
 - vii. Shade cover
 - viii. Blanket or sleeping bag / tarp
 - ix. Outerwear appropriate to weather
 - x. Snacks, beverages or money for the snack bar
 - xi. Books, games, quiet time entertainment
- h. Warm-up
Coaches will call age groups to warm-ups. Swimmers should be ready when their age group is called.
- i. Volunteer meetings (Timers, Stroke & Turn, Ready Bench, Snack Bar, etc)
Listen for meeting announcements
- j. Team cheer
This is the the opportunity for the Sharks to get the excitement of the day started. At our home meets, we will assemble in front of the basketball hoops on the black top. At away meets, we try to meet within the "Sharky tent area".
- k. National Anthem
Do we have our next American Idol present?
- l. Start meet
Home meet 9:00
Away meet appx. 8am
- m. Perform Volunteer Job
Be on time for your shift so others don't have to work longer than their shift. Do not leave your assignment until relieved.
- n. Listen for event numbers
- o. Pay attention - you don't want to miss your event. No one will come to find you.
- p. Swimmers should get ready at least ten events before their event, 6/U – 9/10 are highly encouraged to check in with the ready bench at 10 events prior to their event. All other age groups should proceed to the deck area approximately two events before their event. Each age group has a different number of heats depending on how many swimmers are in age group. It is better to be at your event early rather than late and miss it.
- q. Ready Bench - Swimmers 10 and under will be called to the Ready Bench about 10 events prior to their event to allow enough time to get them organized and then escorted to their lanes.

- r. The ready bench volunteers will get swimmers to the blocks (please give these volunteers plenty of space or become a ready bench volunteer – too many “adult” bodies create chaos in the ready bench area.)
- s. The ready bench provides the opportunity for your child to get to his/her proper event in a timely manner. In addition, this also allows you to view the race and watch your child swim the event.
- t. Swimmer should listen for event announcement and follow the instructions of the starter. Late arrivals to the blocks will be charged with a delay of meet false start. One false start is allowed, two will result in a disqualification from that event.
- u. Parents are not allowed behind blocks or in the fenced area. Only swimmers swimming in the event, coaches and working volunteers, like timers, stroke and turn judges, meet directors, etc. This makes it easier for the meet director to make sure the swimmers are ready. PLEASE use the facilities to view the races, and do not stand in front of people trying to view.
- v. Meet Set-Up and Tear Down
Each family is responsible to help set-up and tear-down after one of the home meets per the schedule below. In addition to your volunteer job, meet set up and tear down is a mandatory requirement. Parents with only 6 and under swimmers – if you are assigned a meet tear down, please switch with a meet set-up family (unless you are planning on staying the entire meet). Failure to participate in meet set up or tear down will affect your child’s priority registration for the following year.

A-C May 29	Meet Set-Up – 5:30 pm
D-G May 30	Meet Tear Down – at end of meet
H-K June	Meet Set-Up – 5:30 pm
L-N June 6	Meet Tear Down – at end of meet
O-R June 26	Meet Set-Up – 5:30 pm
S-Z June 27	Meet Tear Down – at end of meet