

Meet Sign Up and Meet Fee Payment Procedures

- All swimmers in the 8 & U and Age Group Development Division are encouraged to participate in the full meet schedule that is available.
 - See the Meets Calendar on the website for meet information and in the weekly E-news email www.crawfishaquatics.com/swim-team/meet-information
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USA Swimming Membership – Required for some meets.

- Athletes must have USA Swimming membership for sanctioned meets.
 - USA Swimming Membership fee is \$70 for annual registration* with USA Swimming (includes meet insurance, Splash monthly magazine). The meets that require USA Swimming registration are designated.
 - Athlete must be registered with USA Swimming 7-10 days prior to meet they wish to enroll. Advance payment of the fee to Crawfish Aquatics is required (will be billed through TU accounts). CA will submit athlete registration and payment directly to USA Swimming.
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Swim Meet How To's

Please refer to your Team Handbook (page 22) for more information on how swim meets work.

How to Know if Your Swimmer is Ready for a Meet

Meet participation depends on several factors including a swimmer's interest and desire for competition as well as their level of ability and age. For most Crawfish Aquatics meets, swimmers must be 5 years of age to participate. When in doubt, ask the coach if your swimmer is ready for competition, even if limited events.

How to Enter a Swimmer in a Swim Meet- *Sign-up deadlines are published in advance in the E-news*

-8 & Under, Age Group Dev Division and HS Group Swimmers participate by committing for each specific meet through their Team Unify account.

-Junior /Senior from Lafayette and Nicholls participate by committing for each meet through TU account.

-Junior/ Senior from Baton Rouge are automatically entered and must Decline through TU to withdraw.

-Sign up link will be posted to the meet calendar on the website.

Coaches will NOT take verbal sign ups or scratches for swim meets on the pool deck.

How to Determine Swimmer's Entries

The coaching staff will determine the swimmer's entries for each meet. Please review the meet information to see the specific events and events that fall on each day. Some swimmers may only have eligible events on specific days of a meet (when it is a 2 or 3 day meet) and these notices will also be posted on the Meets Bulletin Board/weekly E-news email.

How to Pay for the Swim Meet

-Meet fees are outlined in the meet information for each meet on the schedule (\$3.5 per event/ athlete surcharge of \$5-\$15 depending on the meet).

-Meet Fees are paid through the Team Unify system and will be issued with the invoice following each meet. Swimmers may not register for meets without auto-pay set up in their Team Unify account.

Swimmers with outstanding meet fees will NOT be entered in additional meets.

How to Cancel Your Meet Sign Up

-If you sign up for a meet and need to withdraw after the entry deadline, contact us ASAP. Meet Programs are printed several days prior to a meet and for meet administration and timeline purposes we do not want to have non-participating athletes listed.

-For home CA meets, we can typically "scratch" the swimmer and remove the swimmer's meet fees until the day of the meet.

-For away meets, once the entries are submitted to the host team (typically the day after the sign up deadline), swimmers will be charged entry fees for the meet, as our team is responsible for paying these fees to the host team regardless of participation.

How a Swim Meet Works

For more information see the full section of "How a Swim Meet Works" in the Team Handbook.

Swim meets are a great family experience and a place where the whole family can learn & grow together.

What to Bring to a Swim Meet

- Gear: Swim suit, team cap, goggles, team shirt/sweatshirt
- Towels: You'll be there for a while, so pack at least two
- Something to sit on: sleeping bag, old blanket, or anything that will be comfortable
- Games: travel games, coloring books, books, anything to pass the time between events
- Drinks: water, Gatorade, fruit juice
- Snacks: granola bars, fruits, yogurt, cereal, sandwiches

Before the Meet Begins

- Heat Sheet: They are either to be printed off the website before the meet or will be available before the meet. Know what events, heats, and lanes your child will be swimming in.
- Arrive: at least 15 minutes before the scheduled warm-up.
- Get settled: Find a place to put your swimmer's blankets, swim bags, and/or chairs.
This can be done in the bleachers surrounding the pool or in the main hallway when the meet is at Crawfish Aquatics. At away meets the team sits in one place together (team areas), so look for some familiar faces.
- Warm up: is a time for swimmers and coaches only.
Warm up locations are normally posted around the pool or find your coach to confirm warm up assignments. Drop off your child and report to the spectator area. Your child will be supervised by a coach at all times during warm up.
- Wait: After warm up, your swimmer can go back to your area and wait until his first event.
- Questions: Any questions concerning meet results, officiating calls, etc. should be referred to a coach and he or she will pursue the matter through the proper channels. Officials should not be approached by a parent at any time.

During the Swim Meet

- Write: Swimmers can write their event, heat, and lane numbers on their hands or arms in ink or permanent marker by using the heat sheet to help them remember.
- Pre-Race: Before your child swims they should see their coach. This is a time for coaches and only the coaches to remind the swimmer of a few things before he/she swims. Parents are not supporting the coach or helping the swimmer by attempting to instruct/remind them. Meets are a time for swimmers to react to training/coaching and not a time for changing stroke techniques, etc.
- Watch: Watch your swimmer race! Enjoy seeing your swimmer put all their training in action!
- Encourage: See "Things you, as a parent, can do after each swim" below.
- Leaving: Check in with your coach before leaving to make sure they are not on a relay.

Things you, as a parent, can do after each swim

- Get your swimmer to the team area to relax and wait for their next race.
- The coaching staff will be sure to discuss stroke technique with them. You, as a parent, should tell them:
 - how great they did!
 - how much you enjoyed watching them race!
 - how proud you are of their effort!
- After a disappointing swim:
The most important thing is for the swimmer to move on and think about their next race. Avoid talking about negative things and move the conversation on to something more enjoyable. There is nothing wrong with a swimmer negatively evaluating a race. It is important not to dwell on it but focus on what they can improve for next time.

Once you have attended one or two meets this will all become very routine! Please do not hesitate to ask any coaches or other parents for help or information!