



Jennersville YMCA Barracudas Swim Team

USS Meet Procedures

Below are the expectations of JY USS swimmers at all USS Swim Meets:

- 1) Arrive 20-25 minutes before scheduled warm-up time. If you will be late you will need to contact the on-deck coach via text/cell phone call
- 2) Arrive with drinks & healthy snacks on hand
- 3) Check in with coach on deck before setting up your area
- 4) Check the program & find your events that you are swimming that day/session (bring a marker or pen to write down your information)
- 5) Have all equipment (suits/goggles/caps) ready for stretching & warm-up. ***Please note: as of May 15th, a new USS ruling reads swimsuits worn for all 12 & under age group "shall not cover the neck, extend past the shoulder or past the knee."
- 6) Listen during stretching for any announcements or meet instructions
- 7) Pay attention for warm-up times and lanes. Be sure to ask questions if unsure!
- 8) Swim the warm-up to the best of your ability (if lanes are crowded, the coach may move you around to help improve your warm-up)
- 9) Practice your fundamentals during warm-up, pay attention to turns & know your backstroke count (if applicable)
- 10) After warm-up, dry off, dress warmly & eat/drink something; again, check the events you're swimming
- 11) Be prepared to get yourself/younger swimmers to the starting/seating area - Check in with coach on way to starting/seating area.
- 12) Be prepared with your equipment (cap & goggles) prior to getting to the blocks
- 13) Swim your best! ☺
- 14) Check in with your coach after you swim; feedback, times, qualifications and cool-down will be given here;
- 15) Scratches are not permitted unless prior conversation with the on-deck coach. Scratches will not be allowed for "I just don't feel like swimming"
- 16) If possible, utilize cool-down pool with age-appropriate cool-down (given by coach)
- 17) During meet, stay warm, eat & drink; stretch
- 18) If possible, coach will get swimmers into pool for mid-session warm-up; this is not optional and will be age-appropriate
- 19) Stay until end of meet & cheer on your fellow team mates; you are not permitted to leave deck area without checking with coach
- 20) There will be no leaving the deck to purchase food; parents can meet swimmers in locker rooms to bring anything you need
- 21) If you do need to leave early, parents need to let the on deck coach know before the meet
- 22) Clean up team area, whether you provided the trash or not; please be respectful of the facilities at which we are guests

Below are the expectations of JY USS Coaches at all USS Swim Meets:

- 1) Coach will be early enough to meet & greet swimmers for check in
- 2) Coach will help with any last-minute deck entries, scratches (justified), and all questions
- 3) Coach will provide an extra program to swimmers to help identify heat/lane assignments
- 4) Coach will identify older swimmers to help younger swimmers with getting to staging area
- 5) Coach will give clear direction for meet procedures during stretching & warm-up
- 6) Coach will supervise warm-up; if coaches' meeting occurs during warm-up time, solo coach will coordinate with a parent-helper for warm-up
- 7) Coach will remind swimmers to know their events, to keep eating/drinking, stay warm between events
- 8) Coach will try to speak to each swimmer prior to events to remind of key elements of racing
- 9) Coach will provide appropriate feedback/observations of swim; individual splits, stroke/turn highlights & if a qualification time is met
- 10) Coach will be attentive and observant of as many swims as possible - please remember that if multiple swimmers are in the pool, individual splits for each swimmer may not be possible - other observations may be shared in this case.

