

MEETS

(A few tips and suggestions to remember when preparing for these meets:)

We incorporate three Saturday Dual Meets into the season, along with our City Championships.

The week leading up to Dual Meets, coaches will confirm with swimmers what events/swims they want to swim.

For the Championship Meet, coaches must turn in City entries by Friday, August 2.

Don't be late!

You'll want to give your swimmer time to warm-up in the water before the meet, and it will be better for the coaches not to have to worry whether or not their swimmers are going to show.

Dress accordingly!

Outdoor meets are at the mercy of the weather (rain or sunny heat), whereas, meets at an indoor pool usually tend to get very warm. Swimmers should always have extra clothes or whatever is needed to stay warm between swims.

Bring swimmers and swim gear!

Be sure your young swimmer remembers the essentials: swim suit, team cap, goggles, team shirt, and at least two towels.

LABEL EVERYTHING!

Pack a snack!

High energy foods such as bagels, bananas, oranges, apples, fruit juices and water are good for swimmers. Junk foods that are high in sugar will tend to drain racing energies.

Stay on top of your swimmer's events.

It is helpful if parents find out their children's events and make sure they don't miss them—the coaches may have trouble keeping track of each and every swimmer on their own.

Congratulate and encourage all swimmers.

Cheer on your swimmers as well as the other swimmers; always try to focus on the positive aspects of any race.

Handle any Disqualifications sensitively.

Help your swimmer understand that DQs are part of the learning experience and give them some extra care. If your swimmer feels that they have been incorrectly disqualified, ***let the coach handle it.***

Volunteer to be a timer!

Your help is needed to run these meets, and as a timer, you get the best seat in the house!

SATURDAY MORNING DUAL MEETS

Three Saturday AM swim meets are offered throughout the season. Warm-ups for all dual meets begin at 8:00 am. Meets start at 9:00 am.

Saturday AM dual meets finish around 12 noon. Swimmers may compete in 3 individual events, and 1 medley and 1 freestyle relay.

SATURDAY, JULY 6, 2013

At Columbia Pool:

Columbia, Peninsula

At Creston Pool:

Buckman, Creston, Sellwood

At Grant Pool:

Dishman, Grant, Pier

At Montavilla Pool:

EPCC, Montavilla, MSCC

At Wilson Pool:

SWCC, Wilson

SATURDAY, JULY 20, 2013

At Columbia Pool:

Montavilla, Pier

At Creston Pool:

MSCC, Wilson

At Grant Pool:

Columbia, Sellwood, SWCC

At Montavilla Pool:

Buckman, Dishman, Peninsula

At Wilson Pool:

Creston, EPCC, Grant

SATURDAY, AUGUST 3, 2013

At Columbia Pool:

Buckman, Dishman, EPCC

At Creston Pool:

Columbia, Creston, Pier

At Grant Pool:

Grant, Peninsula

At Montavilla Pool:

Montavilla, Sellwood, SWCC

At Wilson Pool:

MSCC, Wilson

