

MACR SHARKS DUAL SWIM MEET ENTRY PACKET

November 2, 2009

Hello everyone,

This packet is your entry packet for our dual swim meet season. This entire entry packet is also available to you at our web site. Items you may print out are 1) The event list for a YMCA swimming meet. The column to the left is the event number for each particular event listed. The odd number is for the girl's events and the even number is for the boys events. Also listed on this sheet are the state meet qualification times for each event, girls and boys. 2) A separate entry sheet for each of our 7 regular season meets. Each sheet is marked with what meet it is for and when the entry sheet is DUE BY. As explained during the first few days of practice there is a folder in front of the LARGE folder crate that is marked COACH. This folder is where you will put these entry sheets when you hand them in. Please do not hand in your entry sheets at the front desk of any of the YMCA's. Chances are they will not make to us in time or may even get lost. The folder crates will be at the Helen G. Nassif YMCA either just inside the Aquatics Office door on the pool deck or just outside of that same door. Please note that you do not need to wait until the due date to hand the entry sheets in. If you would like to hand them all in at once, you are welcome to do that.

OK – a few things about the entry sheets and swimming in meets. First off, please remember that no one is required to swim in any swimming meet. Secondly, please remember that to qualify to participate in the Sectional meet in February you must swim in at least three of our scheduled dual meets. The definition of “swimming in a meet” is that you successfully complete at least one (1) event in that meet. Successful completion of an event means: 1) you enter and swim in that event and 2) you complete the event and do not get disqualified. If you are counting on a relay counting as your one event, then you need to remember that if the relay is disqualified it will not count as an event swam in for purposes of this requirement. If anyone has questions about this requirement, please speak to Paul and he will try to help you understand it. Thirdly, you can swim in a maximum of five (5) total events at each of our swimming meets. The five event maximum breaks down as follows: You may enter a maximum of three (3) individual events and a maximum of two(2) relay events. The relay events must be one medley relay and one freestyle relay. In other words, you are not allowed to swim in two medley or two freestyle relays. No one is required to swim in five (5) events at any of our meets. Some swimmers only enter one or two events in a meet. The number of events a swimmer enters is a decision that the swimmer and his/her parents must make. Coaches can help advise you of possible events that you can swim, but they will not make the final decision for you. New swimmers to the program usually start out swimming some freestyle and/or backstroke events and then as the season progresses broaden their horizons to include other events and strokes.

Lets talk about relays for a moment. For the first few meets relays will be set up for fun and in an effort to get as many swimmers as possible on an 'A' or a 'B' relay. During the last half of the dual meet season relays will be set up so that the fastest relay combination available will be the 'A' relay, the second fastest the 'B' relay, and so on down the line. Relays require four (4) swimmers to make up one relay team. We can only offer as many relays as we have swimmers for. When it comes time for the Sectional meet the coaches will look at performance in swim meets, performance in practice, overall attitude of the swimmer, and other factors to determine who swims on which relay. Generally speaking, event times will be the driving factor of who swims on which relay. I recommend to everyone that you swim a variety of 50 yard events throughout the season to improve on times and better your chances to swim on the faster relays. For 8 & under swimmers you need to swim a variety of 25 yard events. We will put our fastest relays forward at the Sectional meet. When a relay qualifies for the State meet, the same relay swims together at the State meet. I do not shuffle swimmers between relays from the Sectional to the State meet. For example, if an 'A' relay and a 'B' relay swim at the Sectional meet and the 'A' relay is disqualified for some rule infraction and the 'B' relay qualifies for State, then the same four swimmers that swam on the 'B' relay at Sectionals swim on that same relay at State. The 'A' relay is out of luck and the only way one of those swimmers would be able to swim on that relay event, was if one of the 'B' relay swimmers couldn't swim at State and we would need to put what is called an 'alternate' swimmer into the relay. Again, if you have questions, please see Paul and he will try to help you understand this or any other policy. Please notice on the medley relays you are asked to mark a stroke preference. The medley relay is one where each swimmer on the relay will swim one of the four competitive strokes (butterfly, backstroke, breaststroke, or freestyle). If you a have a preferred stroke, please mark it down. I cannot guarantee you will swim that stroke in the relay, but I will try to make every effort to accommodate every request. You may be asked to swim a stroke that you really do not want to swim. I am asking everyone to give it their best effort in these instances. I promise that if you absolutely hate it, I will not make you swim that stroke again. But please understand that I can't make medley relays up with 12 breaststrokers and no butterfly swimmers.

REMEMBER THAT EACH ENTRY SHEET IS DUE NO LATER THAN BY THE END OF PRACTICE ON THE DATE INDICATED DIRECTLY ON THE ENTRY SHEET. EVERY YEAR I HAVE PEOPLE CALLING ME AND PHONING IN ENTRIES OR TRYING TO HAND THE SHEETS IN LATE. THE DUE DATES ARE THE DUE DATES. THERE IS A LOT OF BEHIND THE SCENES WORK THAT MANY PEOPLE MUST ACCOMPLISH TO MAKE A SWIM MEET WORK. FOR EVERY MEET IT TAKES ABOUT 40 TO 50 HOURS OF WORK TO SET UP AND COMPLETE ENTRIES, RELAYS, HEAT SHEETS, AND EVERYTHING ELSE. PLEASE BE ON TIME WITH YOUR ENTRIES.

OK, last item, but this is really important. If you enter a swim meet and for some reason you are going to be unable to swim at that swim meet, then you need to notify Paul as soon as you possibly can. Please call the YMCA @ 366-6421 and ask for extension 125. Leave Paul a message and let him know who it is that will not be able to swim. This way he will be able to make adjustments, particularly to relays, and help the swim meet to run smoothly. With 160 swimmers on the team, it is impossible for the coaches to keep track of everyone and who is at a meet and who is not. Please think of your fellow teammates and call in your absence, the sooner the better.

Thank you everyone and we hope to see as many of you as possible at all of our scheduled swimming meets.