Guide to a successful meet.

Sign up for the *before* the meet.
For Wednesday by Tuesday morning, and Saturday by Thursday morning.
Only swimmers who have signed up before a meet day are guaranteed an event to swim. Swimmers or parents must check off the swimmers name to confirm they will be present at the meet. Late arrivals will be added where there is room. I strongly encourage you to sign up in a timely manner, as I do not plan to rewrite cards to fit a swimmer, swimmers are seated according to their time. *If a swimmer is not going to make a meet I can be reached at 331-1481.*

Please have the children check in with the coach when they arrive.
This way I can get them to the correct spot for their race.

Hurley Tiger Sharks

Parents who are working should ask another parent to assist them in watching their child while they are working.
I cannot run around finding children or I will miss seeing other swimmers performance.

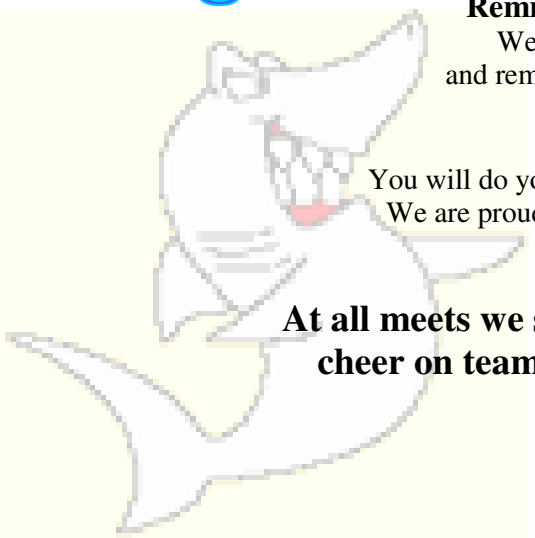
Coaches choose events for swimmers to swim in a meet.
I do have a good sense of which events your child is most likely to succeed with.
It is good for all swimmers to try events other than their favorite.
Relays are seated based on best times. Encourage your child to improve on times through practice if they are interested in getting into a relay.

Attend practice to enhance skills.
We have done endurance and stroke work.
Please remind your child it is his/her duty to pay attention.

Do drink plenty of fluids.
Water or sports drinks are advised for practice and for meets. Eat a meal one hour before the meet, and choose healthy snacks such as fruits for during the meet.

Good Conduct.
A swimmer cannot perform well if they horseplay and run around at a meet.

Remind swimmers to see the coach *after* they swim.
We can then give them positive feedback on their race
and remind them of techniques they may have forgotten to use.



Think positive!
You will do your best if you stay positive before, during and after your race.
We are proud to be a team and all team members, swimmers and parents,
are to encourage each other.

At all meets we sit together as a team and I encourage swimmers to cheer on teammates. This will help all swimmers perform well.