



# Penguin Pipeline

May and a half 2009 Newsletter

This special edition of the Penguin's newsletter is dedicated to getting swimmers and parents ready for our upcoming summer swim meets. Some of it is repeated from previous newsletters. However, with summer season upon us and plans being made, now is the time to act.

## Upcoming Meets

There are 3 early summer meets for age groupers. These are Yuba City (Feather River Aquatics Club, or FRAC) on June 13 and 14, Woodland (Long Course) on July 11 and 12 and Tahoe on July 24 through 26. The Woodland meet is the last chance to make cuts for the Junior Olympics meet on July 23-26 (as long as JO's doesn't fill up by then). We will not be attending the Chico meet on July 18<sup>th</sup> and 19<sup>th</sup>, because the Tahoe Meet is the following weekend. The Yuba City meet is now open for sign up; please sign up quickly before it closes. The Woodland and Tahoe meets are not yet available for sign up

Swimmers don't have to be in great shape, know all the strokes perfectly or be in a certain practice group in order to compete in swim meets. They can and should enter **whatever meets possible**.

## How to Sign Up

To sign up for a meet, go to the [swimconnection.com](http://swimconnection.com) web site. Under Sierra Nevada Swimming, click on "enter meets", and it will lead you through the process. If you have signed up before and your kids have previously competed, the information will be there in their records.

## What to sign up for

You don't have to compete on both days of a two day meet, there is no rule preventing a swimmer from attending one of the two days. **Two days is best, but one day is better than none. On a one day meet, you should sign up for as many events as possible. If you don't, you will be bored out of your skull sitting around all day waiting for just one event.**

When you sign up for a meet, don't simply enter events you think would be easiest, best, or be fastest. Ask the coaches what events the coaches recommend that you should swim. At practice, we may be training for specific events, with the expectation that everyone is going to compete in them. All swimmers should race in events that aren't necessarily their favorite. Swimmers should swim all events at least once each season so that they have a time for each race. That way they have times to build off of and can truly gauge improvements. Also, unless prior arrangements have been made, **sign your swimmer(s) up for at least 3 events per day.**

If you have attended the year end Penguins awards banquet, you know that one of the biggest recognitions is for swimmers with 20 "best times". This award is for swimmers who challenge themselves and who try different events. You don't have to place in a single meet to be a "best times" award winner.

## At the Meets (Information for Parents)

Parents, please let the coaches train the swimmers. Coaching your son or daughter before and after races is not necessarily helpful. You may be contradicting what the coaches have taught and you may

end up confusing your son or daughter. Swimmers should be using skills that they have practiced repeatedly during the weeks of training prior to the meet. They shouldn't *generally* be trying out skills they've never even used before.

Even if your son or daughter is not swimming in the first few events, it is still very important that he or she arrives before the start of warm-ups, checks-in, and gets in the pool with his or her teammates.

## **At the Meets (Information for Swimmers)**

Before going to a meet, make sure you ask your coach what time you should get to the meet. **When you arrive at the meet, immediately go check-in for your events.** (If you forget to check-in, you will be scratched from the meet.) After checking in, find your coach so that he or she knows you have arrived. Then, put your belongings in the team area and get ready to warm-up. Then, jump into the following steps.

- A proper warm-up is essential to having a good meet.
- Prior to your events, **pay close attention to the event that is in the water.** Often times, the meet pace changes and swimmers end up accidentally missing an event.
- **Always meet with your coach before and after each race you swim.** Your coach will always offer race strategies and needs to know your heat and lane prior to your race. After your race, he/she will have something to discuss with you regarding your swim.
- Make sure you have the proper clothing (socks, shoes, hat, parka) and nutritional items at a meet. It is important for your body to be warm and nourished, in order to swim fast. Keep your clothing on until right before your race to ensure you stay warm.
- **After racing, go directly to the warm down pool and warm down at least double the distance of the race you swam.** Then go talk to your coach, replenish fluids, and get a light, nutritious snack.
- Walking around a lot at a meet, no matter what the weather is like, can drain your energy. Make sure that you rest between events. It is a good idea to have a sleeping bag to lie on in the team area (this is how many people miss races though....so pay attention).
- Have fun and cheer on your friends.

Watch other swimmers race so that you can learn more.

## **Questions**

Talk to our parent mentors: Betsy Naramore (274-1243, [betsy@abetterprocess.com](mailto:betsy@abetterprocess.com)) for Rockhoppers and Blues and Peggy Arenchild (265-2467, [arenchild@msn.com](mailto:arenchild@msn.com)) for Royals and Kings.

## **Postscript**

If we can't get Penguin parents working as Officials at these meets, our swimmers earn no awards and points (and receive criticism from the LSC and Meet Referees). If you are interested in participating as an Official, see Brian Rhodes and he can perhaps set up a training session if enough parents are interested.