

Helpful hints for new parents

- High School swim meets run a little different from summer meets and USA meets. The meet runs with a set of events, a break for diving, a warm up and then the rest of the events (see next page). This is so the swimmers don't die trying to swim multiple events in under an hour. At summer and USA meets we have multiple age groups / heats that provide a break for swimmers. Here you maybe have a JV heat of boys and/or girls, the girls event and then the boys event. Then you are on to the next event. It really goes quick - too quick for the kids swimming.
- There are two teams: the boys' team and the girls' team. Each team combines both swim and dive. So it's the boys' swim and dive team, and the girls' swim and dive team. Swim and dive points are added together for each team to determine the meet scores. At the end of the event the girls, the boys, both, or neither may have won their meet.

Scoring for 6-Lane Pool

Relays: 8, 4, 2, 0

Individual Events: 6, 4, 3, 2, 1, 0 (first place gets 6 points ...)

- Coach makes up the "heat sheet" the day of the meet. We copy it for parents so you can see what your kid(s) is swimming. They can only swim 4 events including relays. He really tries not to have them swim back-to-back events but with things moving quickly it may seem that way. Another thing he does is keeps a log of all their times for the year and gives them a book at the end of the year that has their times for each meet. (He also gives them district/sectional/state qualifying times!).
- How to earn a varsity letter: Coach Schmidt will spell this out for the kids.
- Communication with parents: Last year we started an email distribution. We are hoping to have this weekly with bus times (away events), any extras for the week (pasta dinner, any other events and of course who's having the party).
- Timers: If you are comfortable timing Chris Squires and Janet Barnhart coordinates timers.
- Reserve your seat early: At Brecksville there's not much seating. Last year the Recreation Center tried to setup cameras and a big screen so everyone can see. If you want to sit above the pool get there early and dress in layers. It might be snowing outside but it gets hot in there when it's crowded.

HS web site:

www.bbhcsc.org > HS > Athletics > Schedules / Results > Season > swim/dive > GO

- Winter practice schedule – Kids will practice over the holiday week in order to stay in shape. In swimming missing 2 days of practice takes a few days to recover so they try not to lose too much ground. Coach will provide a schedule.
- Parties after meets – these are usually at a senior's house. The parents (or a group of parents) volunteer to host the kids after a meet. Food is always provided (you'd be

amazed at what these kids can eat!) and most hang out and watch a movie or play some board games. They last about 1 to 1.5 hours and are chaperoned by parents.

- Sweat Suit/Swim Suit orders – be on the lookout for this. We have done on-line orders but this year I believe it will be a local order.
- Parent T-shirt orders for the kids – be on the look out for this
- Pasta Parties – This year we are trying to coordinate a couple of these. One to kick off the season so the kids can meet/mingle. These were done last year at someone's house right after practice. We always hold one right before the SWC too.

High School Swimming Order and Explanation of Events

1. 200 Medley Relay:

A four person Relay event with each athlete swimming 50 yards in the following order: Backstroke, Breaststroke, Butterfly, and Freestyle.

2. 200 Freestyle:

An individual event with one athlete swimming 200 yards of Freestyle.

3. 200 Individual Medley:

An individual event with one athlete swimming 50 yards of each stroke in the following order: Butterfly, Backstroke, Breaststroke, Freestyle.

4. 50 Freestyle:

An individual event with one athlete swimming 50 yards of freestyle.

5. 1 meter Spring Board Diving:

An individual event with one athlete performing 6 dives for varsity dual meet competition, 3 dives for junior varsity dual meet competition, and 11 dives for District and State level competition.

Warm – up for swimmers

6. 100 Butterfly:

An individual event with one athlete swimming 100 yards of butterfly.

7. 100 Freestyle:

An individual event with one athlete swimming 100 yards of freestyle.

8. 500 Freestyle:

An individual event with one athlete swimming 500 yards of freestyle.

9. 200 Freestyle Relay:

A 4 person relay event with each athlete performing 50 yards of freestyle.

10. 100 Backstroke:

An individual event with one athlete swimming 100 yards of back stroke.

11. 100 Breaststroke:

An individual event with one athlete swimming 100 yards of breaststroke

12. 400 Freestyle Relay:

A 4 person relay event with each athlete swimming 100 yards of freestyle