

Summer Meets 2011

Date	Location	Teams	Arrival Time	Start Time
June 11 (Sat)	Summit	Fredonia/Dixie/ Bullhead	7:00 a.m.	8:30 a.m.
June 16-18 Utah Summer Games	Cedar city** SUU Pool	Various	Check online	Check online
June 24 (Fri)	Summit	Cedar/DART	3:45 p.m.	5:00 p.m.
July 9 (Sat)	Mesquite Rec Center	Mesquite	8:00 a.m. (Utah time)	9:00 a.m. (Utah)
July 16 (Sat)	Cedar City Rec Center	Cedar	7:00 a.m.	8:30 a.m.
July 23 (Sat)	Las Vegas Address to come	Summerlin	TBA	
July 29-30 (Friday/Sat)	TBA	All Tri-State League teams	TBA	

**Register for Utah Summer Games at www.utahsummergames.org

EVERYTHING YOU NEED TO KNOW ABOUT MEETS

How to sign up:

There are two ways – via email and at the pool.

Your child's coach will ask what events they want to swim on Tuesday or Wednesday before the meet. If your child signs up for events, we assume they will be there. **Please communicate with your swimmer if you will NOT be able to participate (so they don't sign up).** Also, it would be a fantastic idea for you to email Coach Tyler at marsingpolo3@gmail.com to let him know if your child will be there.

When to sign up:

You must sign up by Wednesday at practice the week of the meet. After that, we cannot guarantee your child will be able to swim in the meet.

When to arrive:

You should at the latest by the time in the table above. If your child has not checked in with a coach by 8:15 a.m., they will be scratched from (taken out of) the meet. Please call your child's coach if you have a flat tire, oversleep, etc.

Where to sit:

All swimmers must sit in the team area. At Summit, that is the area behind the tennis courts. We will provide shade and water. Team Parents will be in the team area at all times to help the swimmers with what they need.

How to check in:

As soon as you get your swimmer to the team area, they will proceed to the coaches for check-in. Event numbers will be written on their arms at this time. If

you are late to the meet, your swimmer must first warm up and *then* proceed to the timing table for numbers.

How to know what your child is swimming:

On Thursday when we send the entries to the host team, we will also email out a copy of the entries to the email list. If you don't have an email, please call Coach Tyler.

How to get your awards:

About one week following the meet, your child's ribbons will be filed and stored at their practice pool.

How relays are chosen:

Coaches choose swimmers to be on the relays. Swimmers do not sign up for them; however, they may request relays.

We enter as many relays as we possibly can in order to give each swimmer a chance to participate. A relays are generally chosen by fastest times, and other relays are chosen by ability, attendance, pool, or practice group.

Relay swimmers MUST stay with their teams until the last swimmer has finished.

This shows good sportsmanship and teammanship. Relays are a great opportunity for SUSA swimmers to get to know their teammates!

How events are chosen:

Your child's coach will determine the best events for your child to swim, based on what they have been working on in practice.

How long should we plan on being there?

Warmups last about an hour. The meet itself (depending on the number of teams and swimmers participating) will last from 3 hours to 5 hours after that.

All swimmers are expected to stay until the end – your child may be in a relay that you are unaware of, or they may be alternates for those relays.

If you must leave, please check out with your child's coach.

If your child's coach is not there:

Each swimmer whose coach is not present will be assigned a coach for that meet.

What to bring:

Plenty of water

At least two towels

Shirts or sweats to wear

Sunscreen

Caps and goggles

Team suit (just wear it to the meet)

Flip flops (the deck gets hot)

CONTACT INFORMATION

Coach Tyler	Marsingpolo3@gmail.com	801-598-1711
Coach Dani	dani@susastingrays.com	669-6093
Suzi Meyer (team Admin)	roumeyer@beyondbb.com	619-1030
Yvonne Swinson (volunteer coordinator)	swinson@skywireusa.com	705-8624