

# **Time Trials and Meets: What YOU need to KNOW**

## **Coaches' Corner**

With time trials fast approaching, it is *very* important that all swimmers, especially new swimmers, be at all practices. This week we will be focusing on stroke technique. We will breakdown each stroke and rebuild it to make sure each swimmer is performing correctly and efficiently. The work we do this week will not only be vital for this weekend's time trial, but also for the rest of the season.

Please be aware that all of the coaches are available for private lessons upon request. Although we do our best, on a team so big, it is difficult to give each child the individual attention he or she may desire. Private lessons are a great way to get that one-on-one instruction. They are open to swimmers of all skill levels at any time during the season. Please speak with one of the coaches if you are interested.

Lastly, please refrain from asking the coaches detailed questions during practice. We work very hard to provide the best experience for every child, and don't want to be taken away from their practice time. We are available and more than happy to help before and after practices, or you can leave a note in the coach's mailbox. If it can't wait, there is almost always a parent representative present that can answer your questions.

We're very excited to see so many returning faces as well as so many new ones! This will be a very exciting season for the Torpedoes as we move up to the "B" Division! Thanks for all your support and enthusiasm!

## **What is Time Trials?**



Time Trials is the first competitive event of the season. Every swimmer on the team is given the opportunity to swim and establish a time in all 5 individual events ( Freestyle, Backstroke, Breaststroke, Butterfly and Individual Medley)



Time Trials is the **ONLY** event of the season that allows all swimmers to swim all 5 individual events in one meet.



Time Trials are run exactly like an official meet, with all the same timers and officials. And using proper meet etiquette. Please practice this now.



Our coaches use the results (swimmer's times) from Time Trials to determine the line-up for our first A Meet (Saturday, June 17<sup>th</sup> ) and our first B Meet (Wednesday, June 14<sup>th</sup> .)



There is not an “A Team” and a “B Team”. The line-up for subsequent A meets is determined by a combination of A-Meet and B-Meet results. (Please see your handbook for a more detailed description)

### **Time Trials and Meets: Dos and Don'ts**



You **MUST** sign up for Time Trials by the end of **Wednesday, June 7<sup>th</sup> Practice**. The clipboards are located at the team area.



You **MUST** be a registered and paid member of the team to participate in Time Trials and all the Meets.



If you swam for another MCSL team last year, please contact Susie Viqueira as soon as possible. Many swimmers are not aware that MCSL does have procedure for switching teams. I may be reached at [jviqueira@comcast.net](mailto:jviqueira@comcast.net) or 301-353-9426.



Please do not sign up for events at Time Trials or B-Meets **UNLESS** you plan to swim them. Please notify us if you sign up for something, and cannot swim.



Make sure the Coaches are aware of your vacation plans and conflicts **WELL IN ADVANCE** by writing them on the Calendar in the Team mailbox **AND** putting a note in Coach Andrew's mail folder. Do not rely on just telling one of the coaches.



Arrive early for warm-ups and be **READY** to swim at the posted time.



Stay in the Team Area. If you must leave the Team Area, please let one of the coaches know.



Know the location of the Clerk of Course, and report to the Clerk as soon as your event is called. Remember to bring your cap and goggles!



Watch the meet and Cheer on your teammates.



Watch the meet and know what is going on if your event has not been called. Report to the Clerk of Course at least 3 events ahead of your event.



At the Clerk of Course: Remember your heat and lane assignment. Move through the seats as instructed quickly and quietly. Once you have reported to the Clerk, **DO NOT** leave the area for any reason.



Please be quiet for the start of EVERY race. The referee will signal the start of each race with a single blast on his whistle. The Starter will then start the race with words like “Take your mark” and then a buzzer will start your race.



Swimmers should stay in the water until all other swimmers in the heat are finished. It is a common courtesy to finishing swimmers. It is nice to reach over the lane ropes to thank the swimmers next to you for a good race.



The above does not apply to relays. Please exit the water quickly when you finish your swim. The last (anchor) swimmer should stay in the water until all the swimmers in that heat have finished.



**Sportsmanlike attitudes are expected of all swimmers and parents**, regardless of how the opposing team acts toward us.



You may ask the timers for your time as you exit the water. Times will be posted (on the wall of the guard office) as soon as they are available.



All swimmers need to stay until the end of the meet. Everyone should stay to cheer on the team, and often relays will change last minute and a swimmer may be needed.



We want to look like a team, so we encourage all team members to have a team suit and team cap for competition. If you want to wear another suit (i.e. fast suit) please contact the coaching staff.



Participate enthusiastically in our themes. For Time Trials it is Blue and Green. We will have an Intersquad Meet.



**PARENTS! Volunteer, Volunteer, Volunteer.** We need your help during meets, and behind the scenes. If everyone pitches in, no one’s burden will be too great. It is not too late to attend an Officials Clinic. We need your help



**PARENTS! COMMUNICATION IS IMORTANT!** Please make it a point when dropping your children at practice to check your Mail Box and the Bulletin Board. **Please visit our website [www.germantowntorpedoes.com](http://www.germantowntorpedoes.com) and JOIN OUR YAHOO GROUP.**



***Practice Hard, Swim Tough, and HAVE FUN!!!***