

NORWOOD AQUATICS CLUB
IMPORTANT MEET INFORMATION - PLEASE READ!
Rev.: 12/14/11

For those of you who are **not** volunteering and are enjoying the meet please read below to see how you can help make things run a bit more smoothly. Some of the items below actually apply to all parents whether you are volunteering or not.

- We need ALL swimmers to show up with their event numbers and events written on their arm. Yes WRITTEN! When you look at the spread sheet with your swimmer's name on it, you will notice at the top of the column where they have either "NT" or a time is an event name and number. This is what needs to be written on their arm.
- If you are a parent of a swimmer we are having challenges with relative to listening or behavior, we will be asking you to sit with your child in the stands. There are a number of young swimmers who are not listening to the volunteers and this is not what our volunteers signed on for and takes away from the children who are following directions and being good teammates.
- We will begin to post more line-ups around the team area; this will let you and your children know the order of events, as will the emails I send out with the line-ups. PLEASE, take some time to familiarize yourself with this information. The order of events does NOT change throughout the season. Please try to refrain from asking the volunteers multiple times what your child is swimming or when they are swimming. The volunteers will announce to the children in the bullpen area when they need to line-up for their events.
- Please understand if your children are sitting with you rather than in the bullpen area, it is your responsibility to send them down onto the deck when their group is lining up. Our volunteers will NO longer scan the stands and locker rooms trying to find swimmers.
- In tight bullpen areas, like our home meets; we would like to ask that parents sit in the stand rather than in the bullpen. This will help with the bullpen congestion that we were dealing with Sunday.
- ABOVE ALL – please remember that the parents who are volunteering are NOT paid, they are VOLUNTEERING THEIR TIME. Please extend them the same courtesy and respect as you would want to receive yourself. We would not be able to run our meets without them and they need as much cooperation as they can get not only from our young swimmers, but our PARENTS.

Swimmers (*parents please share this information with your children*) your performances were terrific! We had so many best times throughout the meet. The coaching staff is very proud of each and every one of you. As with all meets even with improved times, there are things we can all work on to improve our swimming skills and make us yet even faster. Listed below is some overall tips/feedback. These are things we will continue to stress in workout.

- Streamline, streamline, streamline! Stack the hands and get LONG and TALL off all walls/turns and starts.
- Swimming is a sport where you want to keep your body and your arms and legs ultimately LONG. Short and choppy will not work, it is like walking down the street heel to toe, rather than taking long strides.
- Backstroke swims – you need to touch the wall on your backs when finishing the events...
- Breaststroke and Butterfly events – you MUST touch the wall at the finish and at the turns with TWO hands at the same time.
- Breath control off the starts and turns is important when swimming free and fly; meaning – the LAST thing you want to do in these events is breath right away.
- Breaststroke pullouts – we all need to work on these. This is a tough skill for our younger swimmers (and even our older swimmers) to develop and we will continue to work on this area.
- BELIEVE in YOURSELF and know that although you are part of a team, YOU are racing against YOUR BEST SELF! It does not matter how fast or slow the swimmers are around you, what matters is that you try your best, work on the things we have been working on in workout and most importantly YOU HAVE FUN!