

GMA Team End-of-Season Meet Guidelines



The GMA coaches provide the following guidelines for swimmers and parents going to a New England End-of-Season meet:

1. Plan ahead to attend the End-of-Season Meets for which you have qualified. Please fulfill your team obligation. If your plans have changed and you are unable to attend, please notify Laura as soon as possible.
2. Swimmers are required to arrive 15 minutes prior to the assigned team warm-up session. Team stretching and announcements are a very important aspect of championship meet success.
3. These meets can be long and tiring. Plan your daily schedule to ensure that you get the proper amount of food and rest. This is best achieved with good transportation plans and many comfort items packed.
4. The emphasis at swim meets is always on achieving your personal best times, being a great sport and showing excellent team spirit. Winning heats and medals can be fun, but is never part of our team goals.
5. Please provide your child with unconditional love. Your swimmers need your unconditional support in order to race confidently. If they feel that you are judging or critiquing their performances, they may race with less confidence and security.
6. Please do not offer your swimmers ideas on how to race better. Please refer such technical questions to the coaches so as not to confuse the swimmers. Swimmers are required to speak to their coaches just prior to and immediately after their races in order to plan and evaluate their performances.
7. Please pack the following for your swimmers:
 - 2 GMA caps
 - 2 pairs of goggles
 - GMA team suit
 - GMA team apparel
 - At least 3 towels
 - Healthy food and drinks only (please no chips, candy or cookies until after the meet)
8. Swimmers are responsible for the following:
 - Knowing their events
 - Knowing their personal best times
 - Knowing their goals for each event
 - Talking to a coach before and after every race
 - Checking themselves in for any positive check-in events
 - Talking to the coach about any scratches
 - Getting to their heats and lanes by themselves
 - Cheering for their teammates during the ENTIRE session (do not leave until the session is over and our team area is fully cleaned)
 - Demonstrating great sportsmanship and team spirit
 - Resting/ sleeping in bed at least one hour in between prelims and finals sessions
 - Warming up properly before each event, warming down properly after each event and

maintaining any prescribed physical therapy routine.

- 9.** Rest, eat healthy food and drink plenty of water. When you are not swimming, you are to be fueling your body and sleeping. All swimmers competing in a prelims and finals meet are **REQUIRED** to sleep in between prelims and finals. It is recommended that you rest even if you are not swimming in finals at night. Please do not plan family activities and adventures. In order to race their best, the swimmers need to rest whenever they are not competing.
- 10.** For all 11 and older swimmers, you **MUST** warm-up and warm-down before and after every event. Please talk to your coach about specific recommendations. If no pool is available, please use the team warm-up and warm-down cards to properly warm-up or warm-down your body.
- 11.** If you are unable to attend any portion of the meet, please contact Laura on her cell phone (802-238-9168) immediately. Your teammates are counting on you for relays and team spirit. Please remember to **STAY UNTIL THE END OF THE SESSION** to cheer for all of your teammates, even if you are done swimming. All 13 and older swimmers are **REQUIRED** to warm-up at **EVERY** session with the team (even when not swimming in the session). All 13 and older swimmers are **REQUIRED** to attend the finals sessions (even when not swimming in an event) to watch and cheer on their teammates.
- 12.** All swimmers who have a regular physical therapy routine are expected to continue this routine on schedule while at the meet.
- 13.** Please **WEAR YOUR GMA ATTIRE** and represent your team with pride, respect and spirit!
- 14.** Please **HAVE A BLAST!!** You have earned a **GREAT MEET!!** **GO GMA!!**

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