

Timing

1. At each away meet, **each team is assigned timing slots** based on the number of that team's athletes that have entered the meet. Not only do we NEED to fill these slots, the meet will not start unless they are filled – but also even more importantly, **it's the best seat in the house!**
2. Timing is a critical volunteer position that needs to be filled by each team at each meet. Prior to the start of the meet, there is a quick meeting to go over how to time (very easy) – and even if you mess up, there is a Head Timer that has a back up watch to take care of your mistake! Timers also get the easily shaded areas, food/snacks and drinks provided while timing.

Coach's Tent

1. This is for **COACHES ONLY**. Parents are not allowed under the coaches' tents at any time during the meet. Coaches will reach out to parents if needed at appropriate times.
2. Between Sessions: If there is time between two sessions of a meet, the coaches are happy to communicate with parents should anything be needed.
3. Calls/Texts: Coaches will respond to texts/calls **outside** of meet hours. Please do not expect a reply during the meet.

Meet Officials and Communication

Communication **to any meet official is done through the coach ONLY**. There are no **exceptions to this rule**. Not only should parents communicate through the coaches, meet officials are also conducting their jobs during a meet and communicate any necessary information through the coaches.

Behind The Blocks/Timers Positions

Parents are not allowed behind the blocks at any time during the meet – unless they are a timer. This is consistent at every meet, but at larger meets there will be blockades that divide where athletes are allowed and parents are not. **Please be respectful of these areas and these rules.**

Meet Events

Once the deadline for a meet has passed, we will send in our entries. **Once entries are sent, they are finalized and no additions can be made.** This is a Southern California rule.

Relays

1. Relays are expected. This is the most fun aspect of a meet for our athletes and one we put quite an emphasis. Relays are always pre-determined prior to the meet so athletes/parents can see who will be on the relays. For Championship meets (Prelims/Finals), relays are determined on the exact day and will be communicated to the athletes prior to the Finals session.

2. **If you cannot make a relay, it must be communicated prior to the meet so coaches can make adjustments prior to the start of the meet.**
3. SBSC pays in advance for relays, and parents are billed accordingly. If an athlete does not show up for a relay on the day of the meet and it is not communicated to coaches prior to the start of the meet, that family, along with the other three families will still be charged. **Please understand the costs incurred on the other families that are affected.**

The Coach is the Coach

1. We understand everyone gets excited for meets. After all, this is where we see the progress in each of our athletes. **The coach of your athlete should be the only coach.** We see them in the water every day and have very specific phases throughout the season of things we are looking to improve.
2. Meets are where we see what adjustment or additions need to be made when we return to practice. If an athlete has more than one coach, or hears anything other than what we communicate to them, **it increasingly confuses the athlete.**
3. **Please be respectful** of the amount of time and energy that goes in to each practice/athlete and the process of developing the athlete over the given period of time we have. After all, you pay your dues and sacrifice your time to this sport in order for the coaches to do their jobs and for your children to have a positive experience through the sport of swimming.