



PRIMER: Before the Meet

The HSC website (www.thehinsdaleswimclub.com) is your one-stop source for everything related to the team. We hope this document helps answer your questions. Should you have additional questions on any topic, check the team's website first, but please don't hesitate to contact us at info@thehinsdaleswimclub.com.

How do I sign my child up for a meet?

The first thing you need to know is that there are firm deadlines for meet sign-ups. Meet sign-ups usually close 6 weeks before the meet date. Do not miss the meet sign-up deadline or your child likely cannot compete in that meet. Yes, you need to indicate whether your swimmer will or won't swim in each meet on our schedule.

To sign up your swimmer for a meet, log-in to Team Unify and locate the Sign-Up For Meets button on the Home Page. Click it and you'll see a listing of upcoming meets. Beneath the meet name, click the pink Attend This Event button. Decide if you would like to have your swimmer swim in the meet and how many days he/she can swim. Next to your swimmer(s)' names, you will see one of three indicators:

- Committed means that you have signed your swimmer up to swim in this meet.
- Undeclared means you have not yet indicated whether your child can swim. Your child will not be signed up for the meet until you change the status to Committed before the deadline.
- Not Committed means you have indicated your swimmer is not able to swim in this meet. Your swimmer will not be signed up for the meet unless you change the status to Committed before the deadline.

To change the status of your swimmer, click on his/her name and make one of two choices offered in the drop-down box on the next screen:

- "Yes, please sign up for this event"
- "No, thanks will not attend this event."

Click on Save Changes and you're all signed up for the meet. This communication will be sent to the HSC coaches who will choose the events your swimmer(s) will swim.

The host team usually has an entry deadline. HSC strictly needs to follow the entry deadline's set by the host team to help ensure we get our team in the meet. For Open Meets (meaning first come, first serve, essentially), there is NO GUARANTEE that HSC gets in the meet. We have to be diligent to stay on top of sending in entries precisely at the entry deadlines to increase HSC's chances of getting in that particular meet. The host team's entry deadline can be found in the Meet Packet provided by the host team that will be posted on the Meet Page.

HSC is closing entries to membership seven (7) days before the host team entry deadline. We are doing this so the Coaching Staff has enough time to enter the swimmers in their events and then post the Preliminary Entries several days before the entry is actually do. This will help our team have a "safety" to prevent missed entries or mistakes. If something does not look right or is missing on the Preliminary Entries, the Coaching Staff should be emailed. Remember, the Coaching Staff has final decision on all entries, although we will consider swimmer and family input in event decisions.

Can my child swim one day of a meet instead of the whole weekend?

Yes. When you commit your swimmer for a meet, there is a comment box that allows you to type in notes to coaches about attendance. Swimmers do not have to be Committed to all sessions of a meet.

If I miss the deadline for meet signup, what should I do?

The host team, not HSC, sets the meet entry deadline. If you miss a meet commitment deadline, contact your child's coach immediately, but there may be nothing that can be done to get your child into the meet if the entries have already been sent in and the meet entry deadline has passed.

How do I know where the meet is, what time it starts and when my child swims?

Log-in to Team Unify and click the Sign-Up For Meets button on the Home Page. You will see a listing of upcoming meets. Click the blue name of the meet and look for the Meet Packet or any similar document. Meet packets are provided by the meet's host team and provide the address of the swimming pool, the schedule of meet events so you can determine whether your child is swimming in the morning or afternoon sessions, as well as warm-up times, positive check-in times and meet start times.

Much of the information will also be posted on HSC's meet page for that particular meet.

How do I know what events my child swims?

After the HSC registration deadline, the coaches will determine what events swimmers will swim. These are called our team's entries. Once the entries are compiled, HSC will post Preliminary Entries 3-4 days before the HSC file has to be sent to the host team for acceptance. Swimmers and families will have the chance to confirm that these entries are correct in the couple days before HSC has to send the entries to the host team. All invited teams provide their entries at the same time. Once it is confirmed that HSC's entries have been accepted, the Final Entries will be posted on the HSC meet page for that meet. Always check these as soon as they are posted to ensure your child is entered in the meet. If your swimmer's name does not appear, please contact your swimmer's coach. After the Final Entries have been posted, it is often very difficult to convince host teams to make changes.

How much does it cost to enter a meet?

You will be billed about \$3-5 per event per swimmer. Most meets cap the number of events swimmers can swim at 3 events per day, not including relays.

Is my swimmer required to wear the official HSC team suit and cap? Yes. Be sure to order suit and caps at the start of the season so you have them for our first meet in October.

Volunteering at meets: What are the requirements?

HSC sponsors meets each swim season. They run through the generous support of our parent volunteers. When you registered for the team this year, you signed up to honor various volunteer commitments. To read more, visit the For Parents tab of the website and click Volunteering.

What is the general timeline of a meet?

Most meets have a Friday evening session for longer-distance events (usually the older, more experienced swimmers), morning and afternoon Saturday sessions as well as morning and afternoon Sunday sessions. Your swimmers will only swim one session per day. For example, 10 and under swimmers often swim the morning session both Saturday and Sunday. Sessions can last as little as 2.5 hours or be as long as 5-6 hours. Timelines, also called Session Reports, are generated for each meet. These Timelines give information as to when sessions and their events will start and end. HSC will post the Session Report when it is available on the Meet Page associated with the particular meet.

What to Pack for Your Swimmer to Take to the Meet

Most important: HSC official team swimsuit, team cap and goggles. Swimmers should also pack an extra cap and goggles in case anything should happen to their primary ones.

Towels: Your swimmer will be there awhile, so pack at least two towels.

Something to sit upon: The swimmer area may be located in a gym or cafeteria. Examples include a sleeping bag, old blanket, portable chair or anything that will be comfortable to sit upon. The swimmers will be spending a lot of time on it.

Sweat suits: Each swimmer may want to bring two because they can get wet and soggy.

Team T-shirts: Two or three. Same reason as above.

Games: Travel games, coloring books, books, (dare we say phones) anything to pass the time.

Food and drinks: Each swimmer usually brings a small cooler. It is best to bring healthy snacks. They usually have snack bars at meets, but they often only sell junk food, which doesn't make for fast swims.

Sharpie pen: Bring a Sharpie pen for writing events on hands.

Cash: Parents will need cash for admission to the meet, usually about \$5 per person per day. Children usually are admitted free.

What to Eat?

Healthy! Healthy! Healthy! Swimmers should enjoy a pasta dinner the night before the meet and drink plenty of liquids to ensure they are well hydrated. Swimmers should have a good healthy breakfast to get geared up for their swim meet. Snacks, drinks and other food may be sold at swim meets, but swimmers are encouraged to bring their own healthy snacks and drinks to ensure they maintain their best energy levels.

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