

SEACOAST SWIMMING ASSOCIATION
Halloween Specialty Meet
October 26, 2008

WARM-UP SCHEDULE

******Sunday Morning WARM-UP 7:00 AM (session starts at 8:00 am)**

7-7:25AM: all 13& 14 girls and boys

7:25-7:50 AM: all 10 & under girls and boys

******Sunday Afternoon WARM-UP 12:30 PM (session starts at 1:30PM)**

12:30-12:55PM: all 15 and over girls and boys

12:55-1:20 PM: all 11-12 girls and boys

- We will not be assigning lanes by team. Please find a lane and share with other coaches as needed.
- Swimmers are expected to enter the pool feet first from the start end of the pool.
- Coaches may begin one-way sprints when they are ready and their lane is cleared.
- The diving well will be open for warm-up and warm-down throughout the meet!!!

Seacoast modified its swimmer check-in process this past summer. **Coaches from each team are now required to check in their swimmers.** Upon arriving at the pool, a coach from each team needs to locate their team folder in the clear bin (with blue top) at the bullpen desk. Each folder will contain a team check-in report for each of the weekend's four sessions. A coach from each team is required to pick up the sheet and mark off which swimmers (or events) to be scratched. You then need to sign the check-in report and turn it in to someone in the Bullpen at least 35 minutes before the start of the session. We will be making numerous announcement reminders.

Those coaches with unattached swimmers will find their check-in lists in a red folder the same clear bin. Please make unattached scratches right at the bin and replace the form for the next coach.

Also, we will be asking for volunteers to assist us with timing and officiating. Please let your parents know that if they want to be on deck they need to volunteer for one of these positions. We will make a volunteer announcement prior to the meet starting. Per New England Swimming rules, only swimmers, coaches, officials, timers and designated meet management will be allowed on the pool deck. The deck is any area inside the fence.

Coaches, please make it clear to all of your swimmers that there can be no fooling around in the locker rooms or hallways. We are privileged to be able to use the facilities at UNH. It is imperative that we have best behavior from all swimmers in order to keep our good standing with the University. All problems will be brought to the attention of the swimmers coach. We trust that you will help us in this matter.

WE LOOK FORWARD TO SEEING YOU ALL ON SUNDAY!

See you at the pool,
--SSA Meet Management