

COACHES INFORMATION for the 10 & Unders Age Group Championships

(as of 02/11/25)

All deck coaches – please read all this info and the Parent info sent out on Tuesday. Be informed for yourself and your families.

- 1. Championship Meet:** This is a championship meet meaning more rules and less leeway. We need to be fair to all swimmers and teams regarding entries, placings, and scoring.
 - Entries are now final. Any new entries will be exhibition.
 - Scratch rules and deadlines are important, especially for those swimmers entered in more than 7 individual events
- 2. Meet Website:** [10 and Unders Meet Information website](#) – will have all the documents we send out plus heat sheets once they are available
- 3. Contact Form and Communications:** Every coach attending 10 & Unders - Please complete this quick [10 and Unders Deck Coach contact form](#).
 - General announcements to all teams will be by email – to team contacts and added coaches
 - Messages to specific coaches may be by text number is provided – with email backup
- 4. Theme Days** – consider having your team participate in the theme days for the meet
 - Friday: Red – it's Valentine's day
 - Saturday: Hat day – have a fun hat?
 - Sunday: Other sports – shirt or jersey from a local, college, or professional team
 - Please do not bring any pompoms or balloons.
- 5. Coaches Meeting:** Friday Coaches Meeting at 4:30. We will have a quick coaches meeting on Friday only to go over a few reminders now that you see the facility. Notes from that meeting will be in coaches' folders for Saturday and Sunday coaches. Additional coaches' meetings will be called if needed.
- 6. Parking** – there are NO free parking passes for coaches at this meet. To park on-site, coaches must pay the same \$30 weekend as other cars. **CASH** only. It is likely that on-site parking passes will sell out Friday evening. If arriving Saturday or Sunday, consider going straight to the off-site free parking lot and using the free shuttle to get to the pool. Don't get caught in line at the pool just to be turned around due to the on-site parking lot being sold out.
Address is 242 Sykes Mountain Ave, White River Junction VT [Directions to Free Parking Shuttle Lot](#)
- 7.** The pool deck opens an hour before warm-ups start each session.
- 8. SCRATCHES:** As always tell me of any known scratches. Scratches are due the day before each session. The session will then be seeded that evening and heat sheets made available for the next day.
 - **Friday Session scratches** are due by 7:00 PM Thursday February 15. Email scratches to uvac.entries@gmail.com
 - **Saturday session scratches** are due by 7:00 PM Friday. Scratches can be submitted at the computer table or via email.

- **Sunday session scratches** are due by 3:00 PM Saturday at the computer table or via email.
 - Make sure to tell me of known relay scratches as well as swimmer scratches.
 - While there is no penalty for not scratching an event (or being a no show for an event), any seeded entry is considered one of the swimmer's 7 maximum allowed individual events.
9. Heat sheet pdfs will be posted each evening at [10 and Unders Meet Information website](#) and on MeetMobile.
10. **UVAC Weather Hotline:** 802-698-8361. This has a recorded message saying if the facility is open as scheduled or closed due to weather. We would email you if the facility had to close, but anyone can call the hotline at any time.
11. **Credentials.** Be ready to show your USA Swimming credentials when you arrive, each day. There will be a check-in table in the lobby for all coaches, officials, and workers. You will get a wrist band to wear on the pool deck that day.
12. **Finding your Swimmers** – or Your Swimmers finding you. Consider having your parents text you when they arrive at the pool – especially those of you with only a few swimmers. Given the large number of swimmers and coaches on the deck it will be hard for a lone little swimmer to see where you are on the deck when they arrive. Get a text and then meet up with them in the lobby or at the pool entrance.
13. **Team Fees and Signed Waiver:** If you did not already mail team fees, give the check and signed team waiver to Mary at the computer table at your team's first session. Do NOT mail checks this week. We'll get them sooner if you bring them to the meet.
14. **Team Folders** in the crates by the computer table will contain
- Warm-up Assignments
 - Timing Assignments
 - DQ slips if Referee was not able to find the coach
 - Relay slips (blue) for that day with your relay swimmers and order as submitted so far
 - Ribbons for 11th-20th places for individual events and 4th-8th places for relays
15. **Pool Deck**
- There will be lots of swimmers and coaches on deck. Please scrunch on the bleachers and benches to allow as many people to sit as possible.
 - Help to ensure emergency exit doors and emergency equipment (at the base of the stairs) remain clear. There are markings on the floor; keep bags out of those boxes.
 - Swimmers need to stay on the pool deck level. They may not sit with their parents upstairs.
 - Teams should NOT set up on the benches behind the blocks. Those are for timers and swimmers about to swim.
 - No glass containers on the pool deck or anywhere in the facility.
16. **Additional Facility Items**
- Restrooms for Coaches are in the hallway by the Café window. Coaches should NOT use the locker rooms

- Hospitality is available in the room behind lane 1. There are no Café lunch tickets at this meet.
- Banners are allowed but may only be affixed with ropes – no tape
- Chairs can stay overnight. Just fold them up and move them back to the wall

17. **Medical Issues:** Please see Patrick Johnstone, the Meet Referee, with any medical issues for your swimmers that need approval. Bandages used to cover wounds are permissible. Kinesio taping is not approved for competition under any circumstances and must be removed.

18. Relays - Cards and Due Times

- You must submit relay cards the day of the session even if the names and order are the same as you submitted with your original entry
- Blue relay slips will be in your coaches' folders each morning with that day's relays and the information we currently have for each of your relays that day.
- Friday relay slips are due at 5:20 PM on Friday
- Saturday relay slips are due at 10:20 AM and 1:40 PM on Saturday
- Sunday relay slips are due at 9:50 AM and 12:40 PM on Sunday
- Make sure to scratch a relay the day before if you know you will not have the swimmers
- If you have not already provided tentative swimmers and order for your relays, consider sending a written list (NOT a new entry file) to Mary before the meet so you only have to make tweaks the day of the relay.

19. Warm-Ups

- Ideally, have at least one coach arrive before the start of warm-ups each session, even if you are in the last warm-ups group. Young swimmers want the comfort of a recognizable face on deck.
- All warm-up sessions require Sit and Slide entry. Please ensure your swimmers sit in the gutter and slide into the water. No jumping or diving.
- You along with the other coaches in your lane can choose when to start one way sprint lanes in your lanes. You can join another lane's sprint lanes if your assigned lane is not ready to do sprints yet.
- You may NOT practice relay starts during warm-ups.

20. **Friday 500 Frees.** Seeded fast to slow and will be swum fastest two heats of girls, fastest two heats of boys, then alternating girls and boys heats. Final heat of each may be combined if it saves a heat.

21. **Timing Assignments:** Team timing assignments were sent out earlier this week. Friday night session has timing assignments rather than parents timing their own swimmers. All sessions require the team to provide timers for the entirety of the session.

22. **Competition Lanes:** We will use 8 lanes for competition (lanes 3-10), and 2 lanes for warm-ups and warm-down (lanes 0-1). Using 8 lanes rather than 10 provides more rest between events for swimmers in multiple events each day. Warm-down lanes in the same pool allows for the same cool water for warm-downs.

23. A Referee will attempt to deliver **DQ** slips directly to coaches. If that's not possible DQ slips will be placed in the Coaches' folders. The box of team folders will be at the table next to the computer table. That's where you will find your DQ slips.

- Questions about DQs - go see the Deck Referee at the Starter's Podium.

24. Questions about posted **results** - come see me. Remember that times appearing on the scoreboard are unofficial.

- If all goes well, final results will be posted while working on event results MeetMobile and then updated immediately after the event has been finalized.
- MeetMobile will have Psych Sheets starting Wednesday and will have heat sheets once sessions are seeded. Heat sheets will be available on MeetMobile once sessions are seeded.
- 2025 NE UVAC 10 & Under Champs

25. Awards Ceremonies and Awards:

- Medals for 1st-10th for individual events and 1st-3rd for relay events will be awarded at breaks during each session. See the session timeline for the scheduled
- The coach of the winning swimmer for each event should be present to award the medals for that event.
- High Point plaques will be presented to the top 8 individual point scorers in each gender.
- Team plaques will be presented to the top 3 team scores.
- Ribbons for 11-20th for individual events and 4th-8th for relay events will be places in team coaches' folders. Please pick up ribbons from your coaches' folders before leaving.

26. **Warm-up / Warm-Down during the meet.** There will be two lanes open for warm-up and warm-down during the meet portion of all sessions. These will be lanes 0 and 1 in the competition pool. Sit and Slide entry requirements apply in the warm-down lanes. We will not be using any of the lanes in the warm water pool this year.

27. **Time Trials:** You can request to do time trials. Time trials are \$10/swim.

- Time trials will begin immediately after the last awards session each session. Swimmers can use the warm-down lanes to warm-up. Requests for time trials are due before the last relay events of the day.
- Swimmers not already in the meet can do a time trial. Requests for time trial only swimmers must be submitted by 9:00 PM Thursday Feb 13. Those requests must include the official first and last name of the swimmer along with date of birth, USAS ID, event, and seed time. Time trial only swimmers must pay the \$32 swimmer participation fee along with the \$10 time trial fee. Those fees are due before the last relay events for the day.

Last but not least

28. **Coaches Social on Saturday:** The Coach Reps of New England have put together a Coaches Social on Feb 15th upon the conclusion of the Saturday Session.

- **Where:** Wicked Awesome BBQ 93 Beswick Dr, White River Junction, VT 05001
- **When:** 30 Minutes after Saturday Session Concludes
- **To Reserve your spot:** <https://inkfactoryclothing.chippily.com/UVACU10Meet/>
- **Food and snacks provided** by the New England Swim reps. Jesse (INST) and Ben (CS) will be on the pool deck and happy to answer any questions

See you soon