

## HEAT Frequently Asked Questions (Q&A)

### WHAT DO I NEED TO BRING TO EVERY MEET?

- Team suit, team cap, goggles
- EXTRA SUIT
- EXTRA PAIR OF GOGGLES
- HEAT T-shirt
- HEAT Warm-up, if you do not have a HEAT warm-up, then you should bring warm-up/sweat pants and a sweatshirt
- At least 2 towels, 3 is ideal
- 2 pairs of shoes, one at least full-footed, the other pair can either be another full-footed pair or crocs or flip-flops
- 2 pairs of socks
- Pair of shorts
- Extra set of clothes for after the meet
- Hat of some sort
- Water bottle and meet appropriate snacks (bagels, fruit, crackers, power bar, veggies, peanut butter and jelly, cold pasta, etc.)
- Cards, iPod, etc. if desired
- **Parents/siblings may also want to bring portable DVD Player, books, iPod, cards etc.**
- **Note for Parents: Sometimes the stands can be very warm and humid. Please dress in layers or you could become VERY uncomfortable!**

### WHAT DO I NEED TO SHOW UP WEARING TO EVERY MEET?

- Team suit
- HEAT T-shirt
- HEAT warm-up, if you do not have a HEAT warm-up, then you need to have warm-up/sweat pants and a sweatshirt (HEAT one if you have one)
- Full-footed shoes and socks
- Hat

### WHEN SHOULD I ARRIVE FOR A MEET?

- Swimmers should arrive at least 15 minutes before the scheduled start of warm-ups. This gives them time to circle-in, find their coach and team area on the pool deck, change into suit (if not already wearing it), etc. Please check the website [www.hudsonheat.com](http://www.hudsonheat.com) for up-to-date meet warm up information, especially for the pm sessions.
- There will always be a warm-up prior to the start of the meet. Swimmers are expected to be there for the entire warm-up period. When it is time for warm-ups to begin, all HEAT swimmers will warm-up in the same lane(s). Each group has a specified meet warm-up which they have been doing in practice. They will swim their specified meet warm-up under the direction of the coaches.

## **WHERE DO I GO WHEN I GET TO THE MEET?**

- All swimmers should report to the pool deck when they arrive. Look for other HEAT swimmers and coaches. HEAT always has a designated place where all swimmers are expected to sit, so that the team is together.
- If the meet is not pre-seeded, the swimmers should look for the ‘swimmer circle-in’ or “swimmer sign-in” area on the pool deck. If unable to find this area, check with your coach to see where it is.
- Parents are generally not allowed on the pool deck. Parents should find a place in the stands to sit. Look for other HEAT families to sit with—particularly beneficial to new families to help show you the ropes.
- Parents are encouraged to purchase and wear HEAT apparel to the meets.
- If your swimmer is young and anxious about where to go, feel free to walk them to the pool deck and point them toward a HEAT coach.
- It is recommended that swimmers stay on deck in the HEAT designated area between swims. However, if the swimmer is new, young and/or anxious about not being with his/her parents, then parents will need to follow the meet closely in order to make sure the swimmer is back on deck in ample time for their scheduled event. They also need to notify the coach if this is the case. **COACHES WILL NOT HAVE TIME TO HUNT FOR SWIMMERS THAT HAVE LEFT THE HEAT DESIGNATED AREA.**

## **HOW DO I KNOW WHAT EVENTS I AM SWIMMING AND WHEN TO GO TO THE BLOCKS?**

- Parents can buy a Psyche Sheet (or Heat Sheet) when they pay admission to the meet. **BE SURE TO BRING CASH TO THE MEET. PARENTS AND SIBLINGS ARE CHARGED ADMISSION AND THERE IS A CHARGE FOR PSYCHE SHEETS (OR HEAT SHEETS).** The cost of admission and Psyche Sheets is always contained in the Meet Information file located on the HEAT website.
- If the meet is a pre-seeded meet, parents can buy a ‘Heat Sheet’ that will reflect in which heat and in which lane swimmers will be swimming. If Heat Sheets are available, it is recommended that parents write on the swimmers hand or arm the event number, heat number, lane number, and description of specific stroke that they will be swimming. It is easiest to do this prior to warm-ups. **BRING SHARPIE MARKERS FOR THIS.**
- If the meet is not a pre-seeded meet, heat sheets will not be available to parents. Parents will be able to purchase a Psyche Sheet which will list the swimmers in order from fastest to slowest for each event, but will not show which heat and lane they will be in. Swimmers will have to get this information from either their coach, or the listings that will be posted on the wall of the pool deck prior to the start of the meet. Swimmers can either write this information down, or continue to check the postings between races. **IT IS RECOMMENDED THAT NEWER AND/OR YOUNGER SWIMMERS WRITE THE EVENT, HEAT AND LANE INFORMATION DOWN.**

- Meets for younger swimmers often have a clerk of course area that lines up swimmers that are aged 8 and under. Check with your coach to see if the meet you are attending has a clerk of course.
- If there is a clerk of course responsible for lining up the 8 and under swimmers, listen for your event to be called, then report to clerk of course. **BE SURE TO TAKE YOUR TEAM CAP AND GOGGLES WITH YOU!**
- If there is no clerk of course, or if your swimmer is older than the age being gathered, then the swimmer should go to the blocks at the start of the event prior to their event (or at least 3 or 4 heats before their heat). For shorter distance events, it is recommended that swimmers report earlier in order to provide ample time before they swim. **BE SURE TO TAKE YOUR TEAM CAP AND GOGGLES WITH YOU WHEN YOU REPORT TO THE BLOCKS.**
- When you get to the blocks, **BE SURE TO CHECK IN WITH THE TIMERS IN YOUR LANE TO MAKE SURE THAT YOU ARE IN THE CORRECT LANE. GIVE THEM YOUR NAME AND THEY WILL CHECK THEIR INFORMATION TO MAKE SURE YOU ARE IN THE RIGHT PLACE.**

#### **WHEN DO I TALK TO MY COACH AND WHEN DO I TALK TO MY PARENTS?**

- Talk to your coach **DIRECTLY AFTER** your swim. This is so that we can talk about your race while it is still fresh in both our minds. After talking to your coach, warm down according to the coach's instructions to you (if applicable).
- Talk to your parents **AFTER** you have talked to your coach and warmed down!!

#### **WHEN SHOULD I BE EATING AND DRINKING?**

- **DRINK ALL OF THE TIME (WATER, GATORADE, POWERADE, ETC.)**
- Eat one of your meet snacks **AFTER** you have talked to your coach **AND** warmed down (if applicable), **AND** you have put your warm clothes on over your suit **AND** there is at least 20 minutes between events. If you will be swimming in less than 20 minutes, wait until after your next race to eat a snack.

#### **WHEN DO I WARM-UP (BETWEEN RACES) AND WARM-DOWN (AFTER RACES):**

- If you are sitting around for 25-30 minutes or more between team warm-ups and your first event or if you are sitting around 25-30 minutes or more between events...You need to warm-up again. This generally applies to older swimmers. Swimmers should check with their coach to see **IF** they should warm-up again before an event, and **HOW MUCH** they should warm-up. The warm down area is not for playing, it is for warming up and down for races.

#### **WHAT KIND AND HOW MUCH OF WARM-UP (BETWEEN RACES) AND WARM DOWN SHOULD I DO? (generally, this applies to older swimmers—check with your coach if you are unsure whether you should warm-up again and/or warm down)**

- Warm-up before races will always vary and you should always see your coach to be instructed as to what you should do for warm-up or warm down. You should not get in and just swim your event...you will do that when it is time to race.

Generally, a warm-up will consist of a little easy swimming (200-300), some 25's or 50's, or 100's of some drill work of the stroke you are about to swim, and some 25's, or 50's, or 100's of build or descend to get your heart rate up and then a little easy swimming again.

- Warm down is different from warm-up. The purpose is some easy swimming to clear the garbage out of your system and bring your heart rate back down. If you are swimming an event that is a 50 or a 100, you should warm down at least a 300-400, if you feel you need more, that is fine.
- If you are swimming an event that is a 200 of anything, your warm down needs to be a 400-500...again, you can do a little more if you feel you need it. If you are swimming the 500 free, the mile or the 400 IM, your warm down needs to be about 500-600.
- When a session of a meet is over **YOU NEED TO WARM DOWN AT LEAST 500 REGARDLESS OF WHAT YOU JUST SWAM.** This will help your body recover faster for the rest of the meet or for practice the next day.

### **WHAT DO I DO IF THERE IS NO WARM-UP OR WARM DOWN OPPORTUNITY?**

(again this relates more to older swimmers, see your coach if questions)

- Go see your coach to talk about your race, then....
- **STRETCH, STRETCH, STRETCH;** possibly walk the pool deck a few times to warm your muscles and get your heart rate up.

### **WHEN DO I WARM-UP AND THEN GO BEHIND THE BLOCKS?**

- As stated earlier, older swimmers should warm-up again if they have been sitting around 25-30 minutes between events. This warm-up needs to be done early enough that it gives you time to get to the blocks, but not so early that it is a wasted warm-up and you are still sitting around waiting to swim.
- A good rule of thumb is warm-up during two events directly before yours, but please make sure to look at the heats posted on the pool deck to see how many heats are in the event before you and what heat **YOU** are in.
- You should be behind the blocks **AT LEAST 3** or 4 heats before your heat. Be sure to have your team cap and goggles with you when you go to the blocks.
- Meets for younger swimmers often have a clerk of course area that lines up swimmers that are aged 8 and under. Check with your coach to see if the meet you are attending has a clerk of course.
- If there is a clerk of course responsible for lining up the 8 and under swimmers, listen for your event to be called, then report to clerk of course.
- If there is no clerk of course, or if your age is not being lined up by the clerk of course, then you must pay attention to the meet and report to the blocks when the event before yours begins.