



Swim Meet Protocol, Policies and Suit Guidelines

Overview:

We have established a set of guidelines and expectations for all aspects of meet participation. Please review the following sections carefully.

Event Selection:

- Event selection is a coaching decision.
- The only exception is if there are family budget concerns, which need to be communicated to Coach VanDriessche well in advance of the meet.
- Even with budget considerations, coaches will select events while adhering to the family budget.

Scratching Events:

- Swimmers do not scratch events or meets unless they are ill.
- Once at the meet, scratching is a coaching decision.
- Swimmers will not be kept in a meet if truly sick; however, nervousness is often mistaken for illness.

Prelims/Final Expectations:

- Swimmers are expected to swim in finals if they qualify or are scratched into an event.
- Swimmers who qualify as alternates should report to the pool as if they are swimming.
- Swimmers may only scratch from a finals swim at a qualifying meet (e.g., Divisionals) if their prelim swim meets the cut they aimed for. This will be a coaching decision.
- When at an out-of-town meet (Championships or other meets that require a hotel stay), swimmers who do not qualify for finals must return to cheer for teammates who have qualified, except on the last day of the meet, if it would delay travel plans.

Attendance and Timelines:

- Swimmers must be on deck at the appointed time, typically 15 minutes before warm-ups begin.
- Meet times will be communicated in weekly emails, available on the website under the news tab, or on social media.
- All swimmers in dual meets are expected to stay until the final event.
- Swimmers in invitationals or other non-championship meets may leave after their last event but must check in with a coach before leaving.

Pool Deck Conduct and Protocol

- Our expectation is we will be the best behaved & most engaged team on the pool deck.
- We expect our **Whatever it takes** philosophy to be present at any competition, where our athletes are not only focused on their events but also on supporting, motivating and inspiring their teammates.
- We ask swimmers to minimize their use of their cell phones, and in some cases may restrict the use of their phones. We have found that swimmers distracted by their devices do not engage socially, cheer for teammates, and miss out on the team building opportunities swim meets provide.

- We clean our area after every session and thank officials and volunteers for their help in making any competition we attend a success.
- Swimmers must ask the coaching staff before leaving the pool deck.
- Only healthy snacks should be brought or purchased at swim meets.
- Swimmers must speak to their coach before approaching the blocks or the clerk of course for each event.
- After each swim, swimmers should report directly to their coach.

Team Apparel

We expect our athletes to take pride in wearing the Marlins blue, red & white. From the time they arrive at the pool for a meet, to when they leave, they should always be in their Marlins team gear – including the designated team suit, red team cap (unless otherwise specified) & team t-shirt.

- Swimmers are expected to wear only team shirts while at the meet. No other shirts should be worn. This includes any team gear from the swimmer's high school or college team.
- Swimmers need to compete wearing the appropriate team cap for that meet.

Different meets will require different apparel depending on the level & timing of the meet each season

Regular Season Competition Apparel

- **Michiana Marlins Team Suit**
 - 12 & U girls can wear the Diamondfit option
 - 13 & Over girls can wear any strap option available
 - 12 & U boys can wear a jammer or a brief
 - 13-14 year old boys can choose to wear either a jammer or brief
 - High School boys can wear a brief
- **Marlins Red Team Cap**
- **Marlins Team Shirts**

Tech Suit Policy

USA Swimming, the leadership at the top five USA Swimming Clubs, and our Marlins staff believe tech suits have a *limited place* in Age Group swimming. We believe the following are far more important to a swimmer's success: hard work, great technique, excellent practice &, meet attendance, championship mindset, pre-competition and recovery nutrition & hydration and strength training.

Tech suits were originally designed for world class athletes and we, as the swimming community, have been duped into believing swimmers need high dollar suits to have fast swims at any age. ***We know this is not true.***

MM Tech Suit Tenets

Our policy will evolve over time and may change each season. Any changes will be made at the beginning of a season and will be communicated to our families.

Our club has a contract with TYR, so only TYR racing suits may be worn at championship meets. Per our contract, TYR will subsidize the costs of these suits as follows:

- Olympic Trials & USA Swimming Nationals Qualifiers
 - o (1) free TYR Tech Suit & 40% additional TYR tech suits
- USA Swimming Junior Nationals Qualifiers
 - o 40% TYR tech suits
- USA Swimming Futures, NCSA Qualifiers
 - o 40% TYR tech suits
- USA Swimming Sectional Qualifiers
 - o 30% TYR tech suits

Swimmers 12 and under

1. 12&U approved racing suits can be worn at **Championship Meets Only**, if they meet the following conditions
 - a. Must have met at least one Divisional time standard in their age group
 - b. Have better than 80% attendance at scheduled practices
 - c. Must have head coach permission
2. 8&U may NOT wear these suits

Swimmers 13 and over

3. MM swimmers ages 13 and over will be allowed to compete in tech suits if they meet the following conditions
 - a. Must have met at least one Divisional time standard in their age group
 - b. Have better than 80% attendance at scheduled practices
 - c. Must have head coach permission
4. Swimmers 13 and over may be able to wear tech suits during in-season (non-taper meets) if there is a compelling reason. Any time achieved while wearing a tech suit *will not be* used to determine relays for championship meets
5. All decisions made by the coaching staff will be made on an individual basis. No two swimmers are alike, and no two situations will be the same regardless of the number of similarities they may have.
6. Violation of this policy may result in scratching of any remaining events of the meet. Violations will require a meeting of the parent(s) and swimmer before entry into any subsequent meets.