

# JIST BULLPEN

## ATTN: 8 & UNDER STINGRAYS

### PRE-RACE REMINDERS

- ✓ Check the Heat Sheets in case of changes. Last minute signouts and no shows happen and your swimmer could be added into additional events, or swapped with a different event.
- ✓ Ages 8 & under swimmers report to the bullpen at least 10 mins before each event. From there, volunteers will get your swimmer to the appropriate line for each race.
- ✓ Swimmers arrive at the bullpen with their SWIM CAPS & GOGGLES ALREADY ON.
- ✓ Swimmer's arrive at the bullpen with their name written on the back of their right shoulder First Name followed by Last Initial (Ex: Emery W).

### DURING RACE REMINDERS

- ✓ Listen out for your swimmer's age & event announcement. Ex: "Girls, 5-6 Freestyle to lineup" - this means your swimmer needs to report to the bullpen.
- ✓ If a swimmer isn't present during the lineup, we will do our best to find them. However, they will not hold a race to wait for a swimmer. We do have to line swimmers up earlier than most parents anticipate because it's inevitable that we have to search for one or two.
- ✓ If your swimmer is in consecutive events, it is best to have them report to the bullpen immediately following their first race.
- ✓ If your swimmer is in a relay, you must stay until the very end of the meet. If you can't stay for the duration of the meet, please let Coach Andrew in advance so edits can be made to the Heat Sheet. Why? Because when a meet begins, the Heat Sheet essentially becomes "locked" and substitutions can not be made. We will have to forfeit a race if the swimmer listed to swim that event is absent.

### CONSESSIONS

- ✓ If your swimmer needs to eat, make sure to have them eat during their break with enough time to finish before their next event.

### BEHAVIOR

- ✓ Please discuss behavior expectations with your swimmer, including keeping hands to themselves, respecting everyone (fellow swimmers and adults), and listening to directions. A copy of the three strikes policy is available below.

**\*\*Please reach out with any questions or if we can help explain the process further. At a practice (date TBD) prior to Mock Meet, we will walk 8U swimmers and their parents through this process.**