

NHSA Coaches Brief

- * **IMPORTANT:** If you have any scratches prior to the meet, please email them to: office@exeterswim.org to Shannon Deschenes. Scratches for Friday need to be in by Thursday so she can do heat sheets for the 1st couple of events to get started on time.
- * Coaches will get scratch sheets for each session. These must be turned in at the beginning of your teams warm up session. We may be able to save time with everyone's cooperation. Hopefully there will be no empty lanes.
- * Heat sheets will be printed before each session and distributed to the coaches and posted around the deck and in the stands.
- * Please note that the timelines are approximations only. We hope that the start times for the events will be useful for parents to take breaks and to alleviate crowding in the stands but, obviously, start times may change as needed.
- * All 8+U 25-yard events will start at the turn end of the pool.
- * Relay forms are in the coaches' packets and are to be brought up to the lane timers. Please have the swimmers bring up the original white top copy. Keep the other copies for yourself.
- * Please remember that we need to enforce that the swimmers are in the gym until they are allowed on the deck in advance of their event. The Fire Marshall will be there. We need to remain in compliance with the deck limit of approximately 200. Please remind your swimmers that no food or drink is allowed in the gym.
- * The coaches and officials will have a hospitality room set up on the 1st floor as was done at Exeter Sprints. Thus, there are no vouchers for food at the concession. If you use the concession, please pay them.
- * A note about warm-ups. There is not a good way to warm-up 400-530 swimmers in an 8-lane pool in a short time period. It is a problem we face each year. The warm-up assignments "are what they are" and we ask for everyone's cooperation.
- * **IMPORTANT:** We are guests at Phillips Exeter Academy and they are gracious to let us use their facility each year- -so please ask everyone to treat the facility with respect.
- * The Exeter Swim Team has worked hard to run our championship meet and secure the facility. Please do everything possible to cooperate in running the meet with EST. Have timers ready, people in place for your team's work assignments, clean up your team's areas, and help wherever possible. We thank everyone in advance.
- * Each and every swimmer, parent, team, and coach has worked hard to get to this point in the season. We congratulate all, in advance, and hope all concerned enjoy the weekend.

Steve Van Der Beken

