

TSC Swim Meet Protocol

Entries

The coach selects all events for each swimmer.

Depending on the type of meet it is swimmers will be placed in events that best suit their needs and the expectations set by the coach.

Each athlete will race a variety of events throughout the swim season.

In order to qualify for short or long course Provincial Championships all swimmers will race the Swim Ontario Provincial Pre-Requisites events.

Expectations

Swimmers are expected to be ready on deck **15 minutes** prior to start of every meet warm up. Being on time indicates to the coach that the athlete is prepared Team instructions and team activation takes place prior to the start of the meet warm up.

Swimmers are expected to be on deck during the entire meet.

Parents are not allowed on deck during the meet.

Swimmers are to wear proper TSC attire during the entire meet

Mandatory items include:

- Black TSC swim cap(s)
- Racing suit (Speedo)
- TSC T-shirt
- Warm clothing
- Goggles (extra pair)
- Water bottle
- Nutritious snacks
- Goal sheets
- Team spirit!!

No video games, no junk food and no nuts are allowed on the pool deck.

All new TSC families will be receiving an exclusive Speedo discount card, which will entitle you to a 30% discount on Speedo swim suits and accessories at the UofT Varsity Sports Store located at the Athletic Center 55 Harbord Street (416)977-8220.

TSC is a Speedo sponsored club, all TSC swimmers are strongly encouraged to wear Speedo swim suits and accessories.