

# Burnaby Mountain Mantas Meet Protocol

This Meet Protocol document has been prepared for all BMM families to follow during summer swim meets. This document outlines how to be fully prepared for competitions and explains how the team will be organized—covering swimmer responsibilities, interactions with teammates, and communication with coaches. All families are expected to review the document thoroughly, as the protocols outlined are standard for every swimmer in the club. These guidelines will apply to all summer swim meets throughout the season.

## How to prepare your swimmer

Please bring:

- ☐ Multiple swimsuits (so swimmers can change after each event. A dry swimsuit will keep them warm and more comfortable)
  - Swimsuits that are wetsuits or have zippers are not allowed in BCSSA speed swimming competitions. Two-piece swimsuits are also not ideal for competitions. **We require that all swimmers are equipped with one-piece swimsuits. Thank you.**
- ☐ MANDATORY Mantas caps during all pool time (warm ups and races) and extra caps
- ☐ MANDATORY Mantas shirts and additional Mantas attire
- ☐ Swim goggles (please bring spares)
- ☐ Multiple towels
- ☐ Layers of clothing, swimmers NEED to stay WARM!
- ☐ WATER
- ☐ LIGHT snacks, examples:
  - ☐ Bananas
  - ☐ Granola bars
  - ☐ Crackers or pretzels
  - ☐ Sports drink (electrolytes)

**ALL THE ITEMS LISTED ABOVE** should be in a swim backpack that swimmers are responsible for. This allows them to be ready to swim at all times, and reduces the

risk of expending energy and missing races! We also want to instill independence and responsibility.

- Swimmers **MUST** stay warm, well rested, and hydrated to prepare for their race(s). **ESPECIALLY YOUR SWIMMERS FEET!** If swimmers are cold, they will race cold. Please keep them bundled up! Thick socks, cozy parkas, toques, etc. (if the weather allows it).
- **MEALS THROUGHOUT THE DAY:** Please have swimmers consume healthy meals throughout the day and the weekend for swim meets. PLEASE avoid the following:
  - Fried + high fat foods, can cause bloating and cramps
  - Lots of sugary foods and sweets, can cause spikes in energy followed by crash mid-performance
  - Any large or heavy meal, can cause bloating, sluggishness, fatigue

## Activation Protocol (ON LAND)

It is crucial for swimmers to properly activate their bodies on land before any workout in the pool. That is why we are **heavily enforcing** group-led activation before morning warm-up sessions, and individual activation routines for swimmers before their race(s).

- **ACTIVATION IN THE MORNING BEFORE WARM-UP SESSIONS**
  - Swimmers **MUST** arrive **20 minutes before the scheduled pool warm-up** for activation
    - Example: If pool time warm-up is 6:45 AM, please arrive at 6:25 AM.
    - *Forming a habit of hopping in the pool for warm-up without proper land activation will not be tolerated.*
  - This will be a group activation, led by the coaches and VoCos in the club. All swimmers will go through a standardized routine.
  - Please have swimmers arrive in the morning for activation with **SWIMSUITS ON**, and swimming caps and goggles ready to go. Swimmers **MUST** carry their own swim bags with towels and clothes inside. Transition from activation to warm-up is a very tight window, and we need to move fast.
  - Parents cannot enter some pool spaces during warm-ups due to crowd control. Swimmers must be prepared to hop out of the water and take care of themselves after warm-up. Parents can meet them at pool entrances if needed be.

➤ **INDIVIDUAL ACTIVATION BEFORE RACES**

- Swimmers should be activating their bodies 30 minutes before their race. This includes physically and mentally.
  - Examples of activation exercises below. Please remember that this is simply an activation to restart the body again from a rest period. Activation should not be draining and compromise performance of race.
    - Jumping jacks
    - Streamline hops
    - All variations of arm swings
    - All variations of leg swings
    - **Mental visualization.** Swimmers need to have a focused mindset before their race. They should imagine important race components, and how they will execute them in the water.

### Warm-Up Protocol (IN WATER)

Warm-ups are pool sessions for swimmers to familiarize themselves with a foreign pool, and allow themselves to feel out their swim before competition. This can happen in the morning or before finals in the middle of the day during a meet. Swimmers are required to attend this in water session, unless prior arrangements are communicated with the lead coaches.

- Coaches will deliver a set/workout for swimmers to complete in the pool. Warm-up sessions can range from 10-20 minutes depending on how the swim meet is organized.
- Morning warm-up schedules and lane assignments will differ by meet, and will be sent out the week before every swim meet.

### Race Protocol

- Families and swimmers are fully responsible for keeping track of the swim meet agenda. **Swimmers SHOULD NOT miss their races unless due to last minute extenuating circumstances. These circumstances NEED to be communicated to coaches.** Families can keep track of meet events by:
  - Staying vigilant with marshalling announcements and clerk of the course calls

- **Div 1-3 + O1 swimmers** will go through the marshalling system, essentially a registration system in place that checks in the swimmer for their racing event, and guides the swimmer all the way up to their heat and lane assignment for their race.
- **Div 4-8, O2 +O8 swimmers** will go through self-marshalling, where they need to keep track of meet agenda and find their own heats and lane assignments to swim their races.
  - Following a heat sheet throughout the meet (club or coaches will provide heat sheets)
  - BMM will likely have a WhatsApp group chat, with constant updates of what events are in the pool
  - Using the app Meet Mobile (not always 100% reliable)

**The club will give out a warning to those who miss their race the first time unexcused. If a race is missed again (unexcused), the club will ask for a no-show fee to be paid before the swimmer can register for another swim meet.**

- **BEFORE EVERY RACE, ALL SWIMMERS** are expected to see their coach for a pre-race talk
  - **COACH => SWIMMERS.** Coaches have set goals for all swimmers, and will emphasize the importance of these focus points before the swimmers race. Please allow coaches to execute this process.
  - Do not leave this pre-race talk till the last minute, risking missing a race. Plan to talk to coaches with ample time to prepare for the next race.
- **AFTER EVERY RACE, ALL SWIMMERS** are expected to see their coach for a post-race talk
  - **SWIMMERS <=> COACH.** Having a debrief session between coaches and swimmers is extremely important. Coaches receive personal feedback from swimmers themselves, and coaches supply feedback in return.
- All Lead coaches will be present and taking notes for all races. However, if a lead coach is preoccupied and cannot conduct the pre-race or post-race talk, swimmers will be directed to another member of the coaching team (group or assistant coaches).

### **Qualification for Finals**

- Some swim meets throughout the season will include preliminary heats followed by finals (Regional + Provincial Championships for sure). Swimmers will first compete in a preliminary event, and based on their performance, may qualify for either the A Final or the B/Consolation Final. This means they will compete in the same event again in the evening with the finalists.

- Qualified swimmers are expected to compete in their finals event—**no exceptions**. The only acceptable reason for withdrawal is with prior approval from their lead coach (with heavy consideration, and does not happen often).
- Swimming in finals builds resilience, reinforces accountability, and cultivates strong character. It also allows swimmers to contribute to the club by earning valuable points and representing Mantas with pride.

## Relay Protocol

Relays offer a valuable opportunity for our club to strengthen connections among swimmers. They foster teamwork, camaraderie, and a shared sense of competitiveness and motivation. Successful relays depend on all four team members being present, responsible, and focused. Because relays are such a key part of our meets, last-minute absences can lead to entire teams being scratched—something we must avoid. By showing up and committing to our roles, we can build a strong, unified club culture where everyone supports one another.

- Relays will be sent out from the club a week before each swim meet, giving families ample time to familiarize themselves with relay assignments and to communicate any last minute (under extenuating circumstances) changes
- Swimmers should know who they are swimming with, and throughout the day of a meet, stay with their relay team till race time.
  - We cannot afford swimmers and families frantically trying to organize and form relays minutes before marshalling, and worst case missing the race. Please help each other out with organizing relay gatherings!
- If there is a constant pattern of a swimmer being deemed unreliable within a relay team, that swimmer will not be considered to participate for any future relays.

## Team Cheers

Fostering team spirit and a strong club culture is an ongoing commitment, and team cheers play a vital role in that effort. **Cheers will take place each morning before races begin and again before relays.** While some swimmers may be occupied with marshalling, all who are available NEED to participate. Every Mantas voice deserves to be heard—strong, united, and proud. The energy brought to the team cheer sets a powerful tone for the day ahead.

**THANK YOU MANTAS FAMILY!** By respecting and enforcing these rules of our meet protocol, we are laying the foundation for a stronger, more unified club—one where expectations are clear, responsibilities are shared, and every swimmer thrives. Together, we are creating a system that runs smoothly and efficiently on its own—building a meet-day environment that is reliable, focused, and nearly flawless.