

January 2014

Dear Coaches, Parents and Swimmers:

On behalf of Strath Haven Swimming and Diving program we are pleased to welcome you to the 2014 Central League Silver Meet to be held February 7<sup>th</sup> and 8<sup>th</sup> at Strath Haven High School. We look forward to a wonderful weekend of competitive swimming, strong camaraderie and team spirit. We really want this to be a memorable and fun weekend, but we do request your help with a few things given the limitation of space.

### **BASIC ITEMS FOR SWIMMERS**

#### **Where to go?**

- Buses will drop swimmers off in the rear entrance of the high school and swimmers will enter the pool deck from the drop off location.
- Teams will be assigned areas on the pool deck. We do ask that you keep your area clean from trash and debris.
- Teams will be assigned locker rooms. The locker rooms will be available **only** for the gender of the swimmers swimming each day.
- Strath Haven High School will have a trainer available to support swimmers who require attention due to an injury or health emergency.

#### **What can I bring?**

- Valuables – we strongly recommend that you do not bring any valuables to the event. We do not have the capacity to protect your valuables during the meet.
- Please do not bring any seating, SHHS does not have room for chairs or extra seating.
- Please do bring your appetites. We realize that many swimmers will be with us for many hours and have planned a diverse and delicious selection of healthy foods and drinks.
- Once again, an “awesomely cool” t-shirt will be for sale – so please bring your money and look for the stand near the snack bar.

### **BASIC ITEMS TO REMEMBER FOR SPECTATORS AND FANS**

- **Parking is available at the Strath Haven Middle School.** Spectators and fans must cross the walking bridge to the main pool entrance. Parking in the fire lane of the high school is illegal and the local police department will issue tickets and remove cars. You may drop off passengers at the front of the school, and then park the car in the middle school lots.
- **Entrance/Admission** to the meet is available from the front doors of the high school. The Central League is charging **\$5 for adults and \$3 for children/students** (non-swimmers) to defray the cost of officials and certificates. **The good news is that one day’s admission gets you in for both days!** Please remember these fees are collected by SHHS, but given directly to the Central League. (We are required to charge.)

- **Heat Sheets** will be available at a cost of \$3 and will be for sale at the entrance.
- Please bring your appetites – we have a great selection of healthy and delicious foods so that you can eat dinner and watch some great swimming! Please come ready for hoagies, pizza, baked goods, fresh fruit and vegetables!
- Spectator seating is limited to approximately 160 seats. In the event that there are more spectators than capacity, we ask all fans to again be **COOL and share the POOL**. Be kind to other parents and do not permanently camp out in the spectator area – take advantage of the extended seating we have near the food concessions to enjoy some dinner or a drink and allow others a space to watch their swimmer's race.
- If you are looking for the best seat at the meet, please **volunteer to time** the events! If you are interested, please report to the announcer's table.
- **T-shirts** will be for sale – get them early as they sold out last year – look for t-shirts in the hallway with concessions, tables for relaxing, and results board.
- **Results boards** will be located in the hallway by the pool area and near the t-shirt stand as well.
- Signs will point all guests to rest rooms.
- Clean up as you go –with so many people in our limited space, we do ask that you keep your area clean of trash and debris. We made sure that we have lots of trash cans and recycling bins for your use.
- **First Aid** for all spectators is available from the lifeguard on duty. If anyone needs emergency attention, please flag down a SHHS Swim Booster, Coach or lifeguard with your problem.

Please know that we at Strath Haven Swimming and Diving really look forward to hosting a fun and enjoyable meet. We do hope that you will come to us with any questions or concerns along the way. We are here to help.

Good luck to all swimmers and their wonderful fans!

*Dina Dormer, Head Coach and the Strath Haven Swim Boosters*