

TC SHARKS 2009 Ready Bench Guide

READY BENCH is here to make sure all the kids get to be “on their mark” and “ready to go” for each event they swim in!

TRAVIS COUNTRY ASKS THAT **VISITING TEAMS** SUPPLY 3-4 **READY BENCH VOLUNTEERS** IF POSSIBLE.

Don't forget to **print your heat sheets** the morning of the meet, you will need them to work **Ready Bench** and they are not available at the meets.

The Benches: (See Diagram)

We have two **ready benches**. **BENCH A**, which is located streetside of Travis Country Circle; this **Bench** feeds into **DECK A**, and **BENCH B**, located behind the BABY POOL; this feeds into **DECK B**.

READY BENCH A and DECK A are for:

Swimmers 1 & 3 for the 100 yard relays (12 and ↓)
Swimmers 1-4 for the 200 yard relays (13 & ↑)
50 yard individual strokes (11 & ↑)
IMs

READY BENCH B and DECK B are for:

Swimmers 2 & 4 for the 100 yard relays (12 & ↓)
25 yard individual strokes (10 & ↓)

READY BENCH POSITIONS:

Head Ready Bench: Joe Nanus

2 **DECK LOADERS**

3-4 **BENCH LOADERS**

2 **ESCORTS** (BENCH TO DECK)

Head Ready Bench:

This person will be the coordinator to fill **Ready Bench** Positions by the TC and Guest Team Volunteers. Volunteers will communicate with them what meets they are able to attend and if they need breaks etc.

BENCH LOADERS:

BENCH LOADERS call out the *event* and *heat* number to be loaded next on the first **bench** (the **bench** at the back). The Swimmer's names are called as read from the **HEAT SHEET** (**AGE GROUP PARENTS** will help if there have been changes made to the **HEAT SHEET**) and the Swimmers are seated onto the correct lane number on the **bench**. If **10 & ↓**, they are given a colored LANE TICKET (different color for each *heat*) to carry as they progress through the **benches** and finally to the **DECK**. This is their **"TICKET TO SWIM"**. ****PLEASE TRY TO DISCOURAGE THE SWIMMERS FROM ABUSING THE TICKETS** (they shouldn't go into mouths, pants or mud -GROSS!-, get stretched, torn, bitten, etc.). The **BENCH LOADER'S** job will all be done with the help and supervision of the **AGE GROUP PARENTS**. We love our **age group parents!!!!**

DECK LOADERS:

This person, besides being a cheerleader for the Swimmers, is **POOLSIDE** and communicates with, and receives Swimmers from, the **Ready Bench ESCORTS**. He/she then guides the Swimmers to the appropriate lane positions. If Swimmers are **10 & ↓**, the **DECK LOADER** will collect the Swim **TICKETS** from the Swimmers once in the appropriate lanes and return those **TICKETS** to the **ESCORT** person upon receiving the next *heat* of Swimmers.

ESCORTS:

This person is at the final row of the **Ready Bench** Line up and will be sure to have the next group of Swimmers ready to **escort** to the **DECK LOADER**. **ESCORTS** should be aware of which *EVENT* and *HEAT* is in the water and anticipate when to **ESCORT** the Swimmers so that they will be **ON DECK ON TIME** for their swim to avoid delays in the meet.

An example of the ideal situation on **DECK** would be to have **HEAT 2** in place, ready to swim, as **HEAT 1** is swimming. **HEAT 3** can be lined up along the fence by the Baby Pool, by the **DECK B**, or behind the timer's chairs, on **DECK A** (streetside) waiting if things are moving quickly (ie. 25 yard 9 & 10s; short distance, fast swimmers). If the **HEATS** are longer lasting (ie. 200 yard IM or relays; longer distance) Swimmers may stay at the **bench** longer.

AGE GROUP PARENTS:

- TC **Relay sheets** should be sent to the **Head Age Group Parent** and **Head Ready Bench** by Friday evening, before the meet, then should be **emailed to Age Group Parents and Ready Bench Volunteers**. PLEASE **print these out** and **bring them to the meet**.
- **AGE GROUP PARENTS** are asked to have **ALL HEATS of EVENTS 1 and 2** checked in at **READY BENCH 15 minutes prior** to the singing of **THE NATIONAL ANTHEM**, which starts the meet.
- **AGE GROUP PARENTS** also will be responsible for checking their kids in with **Ready Bench** and **remaining with THEIR SWIMMERS until handed off to the DECK LOADER**.
- When arriving at **Ready Bench**, if you have **CHANGES**, Scratches or Add-ins, **esp. with Relays**, please **stay with these HEATS** to let the **Ready Bench Volunteers** know what is going on. (it is also important that the **Coach and Timers** are aware of all changes, so that the kiddos get credit for their swim).
- Make sure to bring Goggles, Swim Caps, etc. to **ready bench** with you. Check if swimmers have these items upon first lining up for **Ready Bench** placement. **AVOID last minute needs**, (i.e. goggles, bathroom, etc.) when sitting on **Ready Benches** and approaching starts.
- Try to **keep Swimmers in their age group areas until CALLED to Ready Bench**. We are trying to avoid chaos and mass number of swimmers gathering behind **ready benches**. It also keeps the kids fresher and more relaxed before their swim. **If you can't hear the announcer**, keep track of the **heats** and have them **at the Ready Bench about 10-15 minutes before they are to swim**. THANKS!
- We need to limit to 2 **Age Group Parents** (Max) per group (3 – 4 with **relays**) at the **Ready Bench**. This is for **Age Group Parents only** and **not for parents** that merely want to follow their swimmers around the pool. **Coaches, Age Group Parents** and **Ready Bench** personnel will get them to the pool to swim. This **prevents overcrowding** in the **bench areas**.
- **FOAM LANE # TICKETS** for our Swimmers **10 and ↓** to hold onto until placed in their lanes at the **DECK**. The **READY BENCH LOADERS** will give the kids their **TICKETS** when they are seated on the **benches**. Each **heat** is given different color tickets with numbers 1 through 6 indicating the lane (relay tickets have lane and swimmer #); the **different colors prevent heats from getting mixed together** as the Swimmers progress from the back to the front **benches**. They will hold and carry them until they are in their lane positions where the **DECK LOADER** will collect them after ensuring that all children are in the lane # indicated on their **TICKET**.
- **Age group parents** and **Coaches** are **not to take the tickets**, the **DECK LOADERS** are the **only** ones to take the tickets to **ensure** that swimmers are in the **correct heat**.
- When loading on **DECK A** – Swimmers not in current **heat** should **stand behind Timer's chairs** until the **heat** before them is through. If **Timers** are in the way of the Swimmer getting to the **lane** they need to be very loud in saying “**excuse me swimmer coming through.**”
- **13 years and older swimmers must come to Ready Bench! WHY??** We know you older swimmers can keep track of yourselves and get to the pool on time, what you forget is that it is not only about you. We need you in your places at **Ready Bench** to keep the system working so that other Swimmers don't get accidentally put into the wrong **event/heat** because their was an empty position overlooked. We have hundreds of young Swimmers from visiting, as well as home team, to try and keep organized. **THANK YOU!!**

ALL PARENTS, PLEASE, if your child is in relay, have your child to the meet early. Also notify **Coach Paul** or the **Head Age Group Parent** ASAP if your child is going to be **delayed or not able to attend the meet**.

THANK YOU EVERYONE for working with us to improve the flow and fun at Ready Bench!!

GO SHARKS!!

