



## Kicking off the Short Course Season

Short Course Meet Season is Sept – March. SCY = Short Course Yards  
All meets in the Short Course Season will be conducted in a 25-yard pool.

FGSC Hosts 4 Short Course meets each season. Volunteers are key to the success of our season. Jobs will be posted for signup on TeamUnify. This is the **EASIEST** way to fulfill your service hours and to support your swimmer!

Behind the scenes of every swim meet is a group volunteers that work together to keep the meet going. You may see them behind the blocks timing, working in hospitality, running the computers and timing system or posting final results.

1. **They Keep the Sport Alive.** Volunteers make it possible to have swim meets. Without their help, there would be no timers, no snack trays coming around, and no one posting results. Volunteers make it all possible.
2. **They Show Passion for the Sport.** Many volunteers are parents, even after their children are grown up and moved on. It's the passion that makes them continue to stay and serve the young swimmers today.
3. **They Spread their Knowledge of the Sport.** Some volunteers have grown up in the world of swimming. They have maintained a solid connection with the sport. They are able to spread their knowledge by sharing it with the young athletes.
4. **They Make a Difference in Our Lives.** Volunteers are everyday people doing everyday things that makes the most difference in the lives of our youth.

**SWIM MEET VOLUNTEERS** -- <https://swimswam.com/7-best-parent-volunteer-jobs-swim-meets/>

Parent Volunteerism is crucial to the success of our meets as well as providing swimmers across the state a safe and fair opportunity to compete. By Volunteering you are helping our sport grow and offering opportunities to our local swimmers. You also are becoming involved and participating, which demonstrates an interest to your child for his/her involvement in the sport.

**COLORADO TIMMING EQUIPMENT OPERATOR** This volunteer needs to be comfortable with computer and watch each heat to make adjustments as needed.

**ADMINISTRATIVE OFFICIAL** This volunteer must go through training provided by USA/Oregon Swimming. It is his/her job to oversee that the meet provides fair results.

**ANNOUNCER** This volunteer has a clear, pleasant voice that announces events numbers, heats numbers, warm up assignments, sponsor shout outs and other general announcements.

**AWARDS** This volunteer sorts and prepare awards for distribution. May also distribute awards to teams after the completion of the meet.

**DECK MARSHAL** This volunteer monitors the pool deck/ and surrounding areas for safety. They monitor the warm up lanes to be sure all swimmers are entering and exiting the pool safely. They also monitor athlete only areas to ensure parents/adults do no enter locker rooms.

**HOSPITALITY ROOM MONITOR & HOSPITALITY RUNNERS** A parent that will man the hospitality room to ensure cleanliness and safety of the food provided. They will make trips around the pool deck offering officials, coaches, and administrators' water, drinks, and snacks.

**OFFICIAL** Become an Official! A Parent that has gone through online training & on deck shadowing. Officials provide a professional, safe, and fair environment for our swimmers. They will be trained and current on USA swimming Rules and Regulations.

**RUNNER** These volunteers are "runners" at the administrators request picking up timer sheets after each heat/event. They will be responsible for posting results on the guard room windows.

**SET UP / CLEAN UP** Parent volunteer that will come prior to and/or stay after the meet and assist the meet director and coaches in set up and clean up.

**HEAD TIMER** A Parent that is responsible for supervision of the timers and their stopwatches through the duration of their session. They will be responsible for being the backup timer by starting their watch at the beginning of each race and their timer will be used if a timer fails to start his/hers.  
**TIMERS** These volunteers start the watch upon the start strobe and stop the watch and plunger on the completion of the race by the swimmer in his/her lane. They will check swimmers name and will record the time they have on their watch for each heat.

**BULL PEN** -- Make sure all swimmers are accounted for prior to the beginning of the heat. Line each heat up and have them be prepared for their heat. Also, serve as traffic control on the deck.

**CONCESSIONS** – This volunteer sells refreshments and snack to spectators and swimmers

**GREETER** – This volunteer greets meet participants, parents, coaches and volunteers. Their job is to welcome them to our pool and assist in finding the right area for them to set up.

### Season Kickoff Reminders:

- Time Management – Our coaches are here to help your swimmer be successful in all areas.
- Be prepared – Swim bag, suit, goggles, tennis shoes & water.
- Be on time.
- Hydration, Nutrition and Sleep are very important to your overall success!
- Have fun – Bring your happy energy to the pool!