

MEET PARTICIPATION and IMX SCORES

Daily Meet Attendance: \$60 per day

Swimmers in the competitive groups are expected to attend Meets. Meets are the main system of testing and feedback we use to determine whether a swimmer is progressing as expected. Coaches need to see the swimmer perform in a meet setting to determine whether the practice sessions are achieving optimal effect on the swimmer's progress.

Coaches pick events at the beginning of the season; they work in co-operation with the swimmer for the middle of the season and if all events have been swum at least once during the season, the swimmer chooses the events they wish to swim at Championship Meets.

Development / Open Meets are generally held once per month with Championships in December, February / March and July. Swimmers do not have to attend every meet nor do they have to attend every day of a meet. We do expect all of our competitive swimmers to work to achieve their IMX Score each season (both Short Course and Long Course) because it is best for a swimmer's overall development and gives our team credibility with USA Swimming. We strongly encourage all of our competitive swimmers to try to swim every event at least once per year.

The \$60 per day amount was established to cover entry fees, participation fees, team entry fees, relays and coaching costs (travel, accommodation, time on deck, etc.). The Fee does not change regardless of the number of events in which each swimmer is entered or the location of the meet. Some meets have low costs, but they help off-set the higher cost meets. The one exception to this fee will be the Team Travel Meet where swimmers will be assessed fees based upon swimmer travel expenses, coach and chaperone expenses.

Meet Fees are given a due date, published in the newsletter under the UPCOMING MEETS section. Parents are asked to comply with the due date to avoid missed opportunities for their swimmer to participate.

Please make all checks payable to POWER.

Payments may be made in the same manner as monthly fees.