



PARENT RESOURCES: "PARTICIPATION" vs "PERFORMANCE MEETS"

- **BAC SWIMMERS ATTEND MANY DIFFERENT MEETS THROUGHOUT THE YEAR AND WITHIN EACH SEASON.**
- **DIFFERENT MEETS HAVE DIFFERENT GOALS, AIMS, AND AREAS OF FOCUS. THESE WILL ALSO DIFFER WITHIN THE SAME MEET FOR DIFFERENT SWIMMERS**
- **GENERALLY, MEETS CAN BE GROUPE INTO 'PARTICIPATION MEETS' AND 'PERFORMANCE MEETS'**

PARTICIPATION MEETS

Most of the meets on our schedule can generally be described as 'participation meets', where the goal is to race hard, gain experience, and – most importantly – HAVE FUN! Generally speaking, our coaches won't do anything special in preparation for these meets, so swimmers will learn to race without extra rest or certainly without a 'taper'. Swimmers at these meets – especially younger and newer swimmers – will likely go personal best and potentially very impressive times, but the main goal is race well, execute great racing skills, and to gain meet experience.

Most of the BAC-hosted meets as well as most of the local meets we attend are considered participation meets.

PERFORMANCE MEETS

A few times throughout the season we identify certain meets as 'performance meets' for some or all of the athletes attending. This typically means that coaches are preparing athletes differently with the expectation of season or lifetime best times at the meet. This might include shortened or reduced volume or intensity at practice, or even a full 'taper' for different 'season-ending' meets.

Many of the performance meets we attend have time standards for swimmers to qualify. This would include meets like WGLO, Schroeder A+, or Single Age State in December. This also includes all Championship season-ending meets like Regional Championships, various State Championship Meets, Speedo Sectionals, NCSA Junior Nationals or other comparable 'high level' meets.

Typically meets are not formally labeled as 'participation' or 'performance' anywhere on the meet schedule. Some meets might be more of a participation meet for one level or age of athlete but a performance meet for another swimmer. The distinction is much more about how our coaches prepare the individual athletes in their group.

If you have any questions be sure to reach out! GO BAC!