

## All Montana Mixed Meet

**The 2015 All Montana Mixed Meet is scheduled for April 18-19. We would like to extend an invitation to interested Montana Swimming clubs to submit bids to hold this meet. Criteria under consideration for awarding the meet to a venue are not limited to, but may include the following:**

Times example: Saturday 8:00 am – 6:00 pm, Sunday 8:30 am - noonish

Saturday dryland sessions – may include rotating stations of stretching techniques, exercise, team building games, nutrition education, educational activity unique to your area.

It has been suggested the 11 and over group begin their sessions in the morning – participating in events which may not be geared toward the 10&U group. This must also include some time for them to work on their leadership skills and plan ways to help the younger swimmers the rest of the weekend.

As this meet is for swimmers of all abilities to have fun, it is essential our more experienced swimmers take an active role in building their “mixed team”.

There should be some pool time for each “mixed team” on Saturday in order for them to learn from a different coach, and their “new” team mates.

Lunch should be provided both days and dinner provided on Saturday.

Sunday is likely all swimming with lunch at the end.

**Keep it light and promote fun! Swim events may include 25s (all ages), 50s and relays. Relays especially can/should include non-conventional ways of getting up and down the pool.**

Participant survey results from the first Mixed Meet indicated the following order of importance to the families:

1. Meeting other Montana swimmers and building new friendships
2. Working with new/different coaches
3. Learning new swimming skills
4. Gaining leadership experience
5. Competing in non-conventional relays
6. Interactive dryland games/relays
7. Competing for official times (this was a significant last)

MTS has an approved budget of \$6000 to be used for each of the Mixed Meets. This money is to be used for food, swag, snacks/drinks throughout the event, and some compensation to the coaches who help during the weekend. Venue rent is the responsibility of the host team and it is suggested the community be approached to help fund the event. The host team may charge \$20-\$30 per swimmer.

Number of swimmers will be limited by venue and the number of coaches. It is suggested one coach per 10 – 12 swimmers and assistant coaches are welcome to lead a team as well as head coaches.

Please submit your bid proposal to [drtonymontanasmwimming@gmail.com](mailto:drtonymontanasmwimming@gmail.com) by December 31<sup>st</sup>, 2014. Bids will be forwarded to the Athlete Reps, Technical Planning Chair, and Coach's Rep. for review.

Feel free to use your imagination and tell us what you will do when you send us your bid to hold this meet.