

Swim Meet Information

1. Get all information pertaining to the swim meet at the bulletin board at the end of the pool. You should know: A) time of warm up and meet for your swimmers age group. B) Location of swim meets. C) Directions to the pool. D) Most pools have an admission fee so be prepared.
2. Make sure your swimmer has all necessary equipment for meet such as:
 3. 2 pairs of goggles
 4. 2 towels (Big)
 5. 2-3 bathing suits (one of which is the team suit)
 6. 2-3 bathing caps (you never know when they will rip or get lost)
 7. 1 sweatshirt or long sleeve shirt to keep handy after races (even though you are roasting in the stands your swimmers will actually get cold)
 8. Deck shoes so they can get food in the cafeterias and not have to worry about cutting their feet.
 9. Sports drink or water to keep hydrated during the meet.
 10. Snacks such as apples, oranges, bagels, and crackers, to keep energy levels up.
 11. A pair of short or sweat pants to wear when cold.
1. While at the meet parents are required to:
 - A. Support their swimmers whether they have a good performance or a bad performance.
 - B. Leave the coaching to the coaches. (You are to support your swimmer and encourage not giving technical advice on their strokes).
 - C. Stay in the spectator area during the swim meet to ensure that the meet runs smoothly.
 - D. Let the coaches know of any unusual nervousness or any concerns you may have about your swimmer before the meet starts.
1. While at the meet swimmers are required to:
 - A. Arrive on time with a positive attitude
 - B. Be ready to swim.
 - C. Have all equipment for the meet with them (see list above)
 - D. Sit with the team during the meet. (They will be allowed to come visit parents for a couple of minutes but need to return to the team).
 - E. Cheer on team members even if they don't know the person very well (they soon will know one another)
 - F. Talk to the coaches before and after their swim events.
 - G. HAVE FUN!!!!!!!!!!