

## SWIM MEET CHECKLIST

- Get to the pool early. Be on deck 15 minutes prior to warm up. (ex. Warm up is at 8 am, be on deck at 7:45 AM). Usually, the coach will notify what time they expect the swimmers on deck for activation.
- Inconnu team gear and extra clothing to wear on deck between swims.
- Extra towels (swimmers get wet and cold very fast).
- Shoes and socks to wear between swims.
- Items to keep swimmers entertained between races. We discourage the use of tablets or phones, as we want the swimmers to socialize and engage with each other.
- Pack a cooler of healthy snacks and water. Coaches insist on nutritional food such as fruit, vegetables, sandwiches, etc. Any junk food or candy will be thrown out.
- Swimmers must talk to the coach before and after their races.
- Never leave the pool without talking to a coach. This includes after your child's last event/swim of the day.
- When possible, we try to sit as a group to cheer for our team. Look for the INCONNU team upon arriving.
- Communication during swim meets, we create a WhatsApp group. All information regarding warm ups and any changes are posted here.
- Make sure you have the coach's number in case any problems arise.

- If you have any questions before, during, or after the meet, don't hesitate to ask another member. We've all been new swimmers or parents.