



## What You'll Need to Know as a Swim Parent

- Results are usually posted somewhere in the facility. Awards are often gathered for a team and given to the coach at the end of the meet. The coach will give the awards to the swimmers at a later time.

### What to Take to the Meet

- **Most important:** Swim Suit, Team Cap—and goggles (if your swimmer uses them).
- **Baby or talcum powder to dust the inside of swim cap.** This helps preserve the cap and makes it easier to put on.
- **Towels.** Your swimmer will be there awhile, so pack at least two.
- **Something to sit on.** The swimmer area may be located in a gym or cafeteria. *Example:* sleeping bag, old blanket, or anything that will be comfortable to sit on. The swimmers will be spending a lot of time on it.
- **Sweat suits.** Each swimmer may want to bring two because they can get wet and soggy.
- **Team T-shirts.** Two or three. Same reason as above.
- **Games.** Travel games, coloring books, ipod, books, anything to pass the time.
- **Food.** Each swimmer is usually allowed to bring a small cooler. It's a good idea to bring snacks as the snack bars at the meet may not have healthy options.

Once you have attended one or two meets this will all become very routine. Do not hesitate to ask any other parent for help or information.

These meets are a lot of fun for the swimmers. He gets to visit with his friends, play games and meet kids from other teams. He also gets to race and see how much he has improved from all the hard work he has put in at practice.

