



Swim Meet Checklist

❖ Swimmers Items To Pack

- Swim backpack
- Two towels
- Two pairs of goggles
- Team swim cap
- Two swimsuits - racing suit and backup suit (team suit is preferred, not required. A swimsuit that fits tight and proper is more important than any brand or design)
- On-deck clothes
 - Team shirt, hoodie and/or parka
 - Shorts or sweatpants
 - Shoes (swimmers lose most heat and energy from feet and deck is very slippery)

❖ Meet Day Fuel

- Water AND Gatorade
- Simple snacks -pretzels, apple sauce, banana, fruit snacks, rice krispy treat etc. (easy to digest, quick energy, no mess, 1-2 per session)
- Arrive to the competition fueled and plan out daily nutrition before the day of (what time to wake up for breakfast, when/where are you going to eat lunch and dinner, etc.)

❖ Parent FAQ's

- How early should my swimmer arrive for a competition?
 - 10-15min before scheduled warm up time. Coach will send parents information before the meet when warm ups will start, races start and when to arrive.

- Does my swimmer need to stay until the end of session or can we leave when their races are finished?
 - We encourage swimmers to stay until all team members are finished racing but understand there may be special circumstances
- Can my swimmer come to the parents' stands when they are not racing?
 - We ask our swimmers to stay on the pool deck and support their teammates when not racing. Parents are also not allowed on the pool deck during a USA Swim competition due to Athlete Protection rules. Parents should wait until the end of competition to meet with their swimmer
- What's the best recovery for my swimmer after racing?
 - Drink lots of fluids, eat well (for food/nutritional advice check our website for more suggestions), relaxation and have fun (take your mind off swimming when not at the pool)
- What should we do/say if our swimmer does not hit their goal times or beat personal bests?
 - A parents job is to support their swimmer, a coach's job is to evaluate their swim and performance. Sometimes a swimmer applying new technique/skills in a race is as important as a personal best (in long term development). Keep your swimmer positive by celebrating the process and the work they've put in for the past week, month, year etc. The time improvements will come! When the meet is completely over a discussion between coach, swimmer and parent can happen.
- Where can I find my swimmers race entries/results?
 - Before the meet, the coach will send swimmers race entries and competition timelines if provided by the host team. Most swim competitions use the software "Meet Mobile". You can download the app and search the competition name. On the app you can see your swimmers entries, heat/lane number and live results.
- What team gear is my swimmer required to have and wear?
 - Swimmers must race in their Fast Fins Elite swim cap. If they do not have one, it will be provided for them. We suggest swimmers wear their team apparel on deck but it is not mandatory or required. Any racing swimsuit is appropriate. We have team racing suits on our TYR store, but most important is that the swimsuit fits the athlete correctly (tight and comfortable). No board shorts or two-piece swimsuits allowed in competition.