

WHAT TO PACK IN YOUR SWIM BAG FOR A MEET



Are you a new swimmer and you don't know what to take to a swim meet?

Here is a list of "must haves" and "nice to haves" in your swim bag to make your swim meet experience an excellent one.

Remember the night before a meet, have a good dinner, get your bag ready, and get a good night's sleep. You will be ready to go in the morning!

"MUST HAVES" IN YOUR SWIM BAG: 2 is the magic number! ☺

TEAM SUIT: whether you wear your suit to the pool or bring it in your swim bag, always bring a spare suit, just in case! There have been occasions where a suit ripped! (2 suits)

TEAM CAP: again, bring a spare. This might be the meet your cap rips. (2 Caps)

TEAM TEE: show your team spirit and wear your team t-shirt. Bring along a hoodie, sweatshirt or parka, in case you get cold on the pool deck.

GOGGLES: again, two pairs is a must. Many goggles have broken just before a race. Make sure if they are new you wear them in warm ups so you can adjust them if you need to. (2 pairs of Goggles)

DECK SANDALS, CROCS OR FLIP FLOPS: a must on the pool deck.

Some type of deck shoe is required!

TOWELS: at least two or three. One usually gets really wet! Sometimes the kids use a towel to sit on the deck together. (min. 2 towels)

WATER/SPORTS DRINK: Swimming is hard work and you need to stay hydrated. Bring at least two bottles of water or preferred sport drink (Gatorade/Propel). It is not recommended to drink any type of soda or even juice unless it is watered down. (2 drinks)



FOOD: Bring plenty of nutritious snacks: Ritz bits w/ peanut butter or cheese, goldfish, fruit, jerky, power bars, cheese sticks, yogurt, bagels, dry cereal in Ziploc

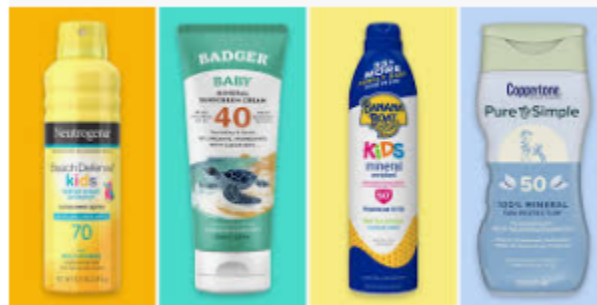
bags, etc. Make sure munchies are small as many pools do not encourage food on the deck. Stay away from the donuts and candy at the concession stand.



IF YOU ARE AN ASTHMATIC: BRING YOUR INHALER: This is an important tool that you own. Make sure the coaches know that you have your inhaler. You never know what might be a trigger.

SUNBLOCK!

We live in the sunshine state! Sunblock during all seasons is a must.



BLACK SHARPIE: This is to write your events and event numbers on your arm! When writing events on a swimmer's arm, it's important to be clear and concise so that swimmers can quickly glance between races. The information you write usually includes the event number, heat, and lane. For example, "E3 H2 L4" would mean Event 3, Heat 2, Lane 4. You can use a permanent marker in a dark color to create a simple table across the top of the inner forearm. The letters "E", "H", and "L" stand for event, heat, and lane. You can use black or a different color Sharpie to make the grid easier to read



“NICE TO HAVE” IN YOUR SWIM BAG MISCELLANEOUS: Cards, books, magazines, music...no gameboys or DS games. These games have the ability to cause the swimmer to zone out and many a swimmer has missed their event. Also, be smart, don't bring anything of great value to a meet.



JUST A FEW THINGS TO REMEMBER

Get to the pool at least 15 minutes before the start of warm-ups to stretch. This will also allow you to find the team and find a place for your stuff.

If you are wearing sweats, shirts, coats, you may want to leave them with your parents (or whomever brought you to the meet) in the stands so they do not get wet on the pool deck. Always bring socks, shoes, coats, and a hat for after the meet. You may not feel cold, but it will be chilly outside.

Bring a positive attitude and your team spirit to the meet.

REMEMBER...CHEER YOUR TEAM MATES ON!

GET AT THE END OF THE LANE!!

SHOW YOUR TEAM SPIRIT!!!

Make new friends, make up team cheers! Have fun! ☺